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SEEDS
Therapy Center

HEALTHY RELATIONSHIPS

— Training 1 of 6 —

Self

THE COMPLETE SERIES

SELF

FAMILY

ACQUAINTANCES

FRIENDS

STRANGERS

COUPLES



Why is personal space important?





It's your choice!

- You always have a choice about who can come in your personal space.
- If someone is in your personal space and this does not make you happy and comfortable, you can tell them that you do not want them that close.



**How do we protect our
personal space?**



Other people need personal space
too!



How can we be respectful of other
people's space?

Sample Teacher Guide: Self, Lesson 1

3



30-60 minutes, 1 session



- Relationship Poster
- Pointer
- Flash Drive

Slide 1:



Lesson 1: Intro to Self

Objectives

1. Students will demonstrate the size of their personal space
2. Students will identify themselves as the most important person
3. Students will identify their likes and dislikes

INTRODUCTION

Welcome the students to the class and make them feel comfortable.

Introduce yourself and learn the names of the students. Give a brief introduction to the course.

"This is the first lesson of relationships, which teaches us about the different kinds of relationships, activities, and boundaries that are acceptable in different groups of people that we have in our lives."

Discuss ground rules for students:

1. Have respect for each other
2. When you want to speak, raise your hand
3. Stay on topic

Sample Worksheets

Name: _____

Date: _____

PEERS

Directions: Where do you spend time with your peers? Write down 3 examples of where you may see your peers.

- 1.) _____
- 2.) _____
- 3.) _____

TRUE or FALSE?

- A peer is about the same age as I am _____
- A peer is my friend because I like their hair _____
- I can tell a peer all of my private information _____
- A peer can become a friend _____

Remember...

A peer must meet the 4 requirements to call them a friend!

Name: _____

Date: _____

Boundaries with Peers

Directions: Circle the pictures of appropriate behavior between peers. Put an X on the inappropriate behavior.



Doing homework/project



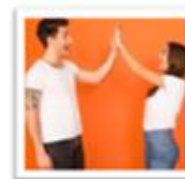
Chatting during break



Hugging



Working together



Giving High 5



Touching Private Parts

