Respecting Personal Space

Understanding boundaries and keeping everyone safe



Key Words to Know



Personal Space

The physical area around your body where you feel comfortable and secure.



Consent

Giving clear permission or agreeing willingly before any physical contact happens.



Boundaries

The clear rules and limits we set about how others may treat our bodies.

Imagine an Invisible Bubble

How would you feel if someone suddenly stepped right into your face?

Everyone has an invisible space around them that helps them feel safe and secure.

- Stepping too close uninvited can feel alarming or uncomfortable.
- Nobody should push, grab, or lean against someone without their permission.



Remember

Your body belongs to you, and theirs to them.

Today's Goals

Click on link above for a video on Personal Space

1. Recognise that everyone has a right to personal space and bodily autonomy.

2. Explain why hitting, pushing, or unwanted touching is never acceptable behaviour.



If a Boundary Is Crossed

Click on link above for a video on consent

The parts covered by underwear are private. Nobody else should be touching it.

1. Say “No” or “Stop” if you can.
2. Move away and tell a trusted adult straight away.
3. Keep telling until someone helps. It is never your fault.

You can ask for help, even if someone says to keep it secret.




Your body. Your space. Your choice.
Respect boundaries.
If you need help, tell a trusted adult.