

An invisible boundary



Positive Ending

KEY CONCEPT/ DISADVANTAGE

Respect

OBJECTIVES

- To recognise the importance of respecting personal space and boundaries.
- To show assertiveness by expressing your discomfort in a kind and clear way.
- To encourage inclusive and respectful interactions among peers.
- To understand that setting boundaries helps to maintain healthy friendships.

QUESTIONS FOR DISCUSSION FOR THE POSITIVE ENDING

1. How do you think Filippo felt when Luca invaded his personal space?
2. Why is it important to tell others how we feel when something bothers us?
3. Have you ever felt uncomfortable because someone got too close to you? How did you deal with it?
4. How can we ask for personal space in a polite and friendly way?
5. How can we respect the personal space of others and still be friendly and helpful?

SUGGESTIONS FOR ADDITIONAL RESOURCES

Pupils can participate in a personal space exercise in which they explore different levels of closeness and discuss how physical boundaries differ from person to person. The exercise includes the following steps:

Step 1: Definition of personal space

Step 2: Proximity experiment – pupils form pairs and take it in turns to step closer to each other. If one partner feels uncomfortable, they raise their hand, signalling that the limit has been reached. In this way, the pupils learn that everyone feels differently comfortable.

- Step 3: Reflection and discussion – After the activity, pupils share their experiences and discuss why respecting boundaries is important for friendships and teamwork.

An invisible boundary



Negative Ending

KEY CONCEPT/ DISADVANTAGE

Respect

OBJECTIVES

- To recognise the consequences of not respecting your personal space and boundaries.
- To recognise the emotions and challenges faced by people who are uncomfortable but don't talk about it.
- To understand how failing to set boundaries can lead to frustration and misunderstanding.
- To develop strategies on how to respond when your personal space is not respected.

QUESTIONS FOR DISCUSSION FOR THE NEGATIVE ENDING

1. How do you think Filippo felt when he didn't tell Luca that he felt unwell?
2. What can happen when someone constantly ignores the boundaries of personal space?
3. Have you ever experienced a situation where you felt uncomfortable but didn't say anything? How did that affect you?
4. Why is it important that we communicate our feelings when something bothers us?
5. What could Filippo have done differently to improve the situation?

SUGGESTIONS FOR ADDITIONAL RESOURCES

Pupils can participate in a personal space exercise where they explore different levels of closeness and discuss how physical boundaries vary from person to person. The exercise includes the following steps:

Step 1: Definition of personal space

Step 2: Proximity experiment – Pupils form pairs and take it in turns to step closer to each other. If one partner feels uncomfortable, they raise their hand, signalling that the limit has been reached. This helps the pupils to understand that everyone feels differently.

- Step 3: Reflection and discussion – After the activity, pupils share their experiences and discuss why respecting boundaries is important for friendships and teamwork.