

What is personal space? (unwanted touch)

Personal Space

During this lesson pupils will learn about what is meant by personal space. They will be able to recognise different types of physical contact (touch), why touch is important to us, what is acceptable / unacceptable physical contact and develop strategies to respond to unwanted physical contact.

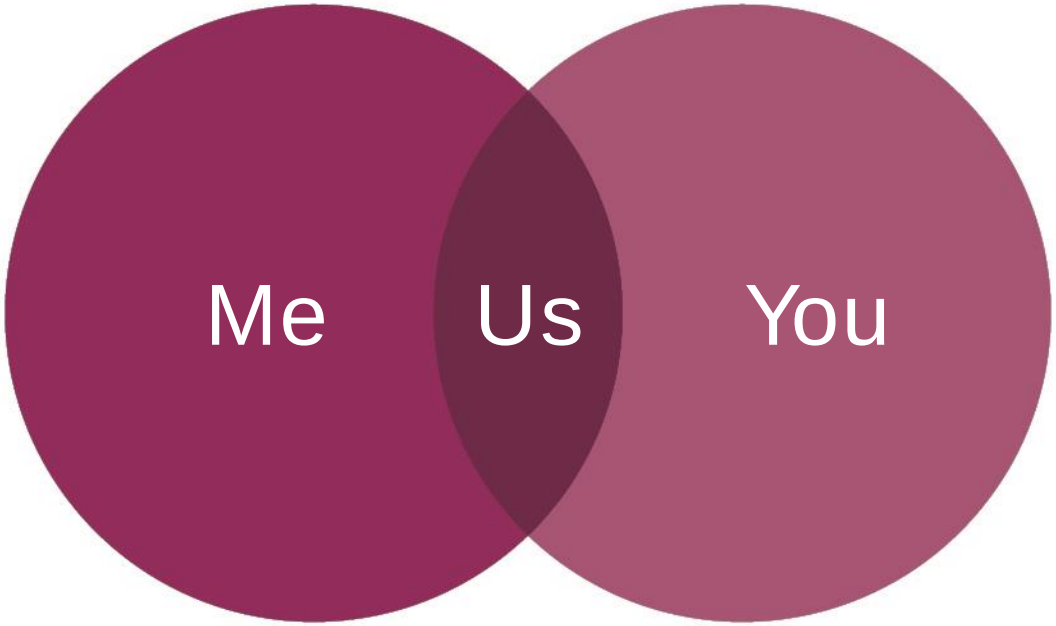
Ground Rules

Respect

Listening











Confidentiality

What is personal space? (unwanted touch)

I can…

- List reasons why touch is important
- Describe what kind of physical contact is acceptable or unacceptable.
- Describe how to respond to unacceptable contact.
- Define what is personal space.

What reasons can you think of for <u>why</u> we <u>touch</u> each other?



Touch

A form of communication

Can help sleep

Depending on the type of touch it can generate positive or negative feelings

The first sense we develop

It's a basic human need



Makes us feel loved

Strengthen bonds

Makes us feel happy

Has physical benefits e.g. reduces stress

Helps form attachments

Good for our emotional wellbeing

Working in small groups:

- ✓ Copy the table
- ✓ Add words to the correct column

Acceptable touch	Unacceptable touch
Hug	Hitting

Pulling hair

Holding hands

Scratching

Hand shake

Pat on the back

Kicking

Punching

Putting on a plaster

Can you think of any more?



How would you respond to this?







What does *unacceptable contact* mean to you?

How would it make you feel?

What is personal space?

Challenge: can you define what this means in 5 words or less?

Who decides who can enter your personal space?

YOU are the most important person in your world, so only you can decide who can enter your personal space and have physical contact with you.



Don’t be a space invader…



Don't be a space invader…

Imagine we all have our own bubble around us this is our personal space or boundary. Everyone has one!





Don’t be a space invader…



yellow circle – **Family** can enter this circle but only when I say it’s ok

Green circle - **family** and **close friends** can enter if I say its ok

Orange circle – **Acquaintances** (people I’ve met before)

Blue circle – People we might **not know** but **help** us



Red circle – **Strangers**. We don’t talk to them alone & they don’t enter our personal space

Task: Make your own Personal Space diagram!

Using coloured pencils, draw your personal space bubbles





Can you fill in the gaps?

Davina and Martin are best friends, they often go to each other's ….. after school. They always give a …… when they meet or leave one another. When they were playing at Martin's house he started to tickle Davina and she asked him to ….. but he continued, which made Davina feel …….. and upset.
Davina became very quiet until she went home and when her mum asked her if she was ok Davina said that she felt ….. and that Martin had not …….. to her.

Her mum told her to explain this to Martin and that he should respect her right to personal space and that people, including best friends can only …….. Davina if she says it is ok and it is important to speak to someone if we ever feel ……., confused or sad.



home
hug
sad
listened

frustrated
uncomfortable
stop
touch

Hand of Trust



Draw around your hand

In each finger write down the people that you would talk to if worried or upset

You can talk to…

- Trusted adult
- Staff member at school
- School nurse
- Teacher
- Parent or carer
- ChildLine 0800 1111

Tell us your thoughts!
We value your input.

Healthy Schools

Thank you for using this pilot lesson, we'd love to get your feedback.

Our survey takes 2 minutes.

Click here to review this lesson

