**Suggested Model #1**

*60min Long*

*For a large group of teens who meets on a regular basis*

00:00 Opening Prayer

00:05 Activity Option #1: Play the Introductory Video

00:15 Youth Minister gives Talk that Highlights Key Topics from the Video (Activity Option #1) and Reviews Vocabulary Words (Activity Option #2)

1. Establish your own boundaries
   1. What is appropriate touch vs. unsafe touch
   2. How to say no
2. Respect other’s boundaries
   1. Listen, show respect
   2. Peer pressure
   3. Model appropriate boundaries with younger kids
3. What to do if your boundaries are violated
   1. Tell someone you trust (parent, mentor, coach, teacher)
   2. Help others to do the same
   3. Not your fault
   4. No secrets
4. Technology
   1. Recognizing dangerous behavior
   2. Leave the situation
   3. Report abuse

00:35 Discussion as Small Groups (Based on Activity Option #3)

1. There are lots of types of important boundaries. What types of boundaries might you have in the following areas?
   1. With how you use your time
   2. With relationships
   3. With physical touch
2. Parents, guardians, teachers, and other adults sometimes have expectations that they haven’t explicitly verbalized but are still there. What are some examples of expectations that families, schools, or churches have that aren’t verbalized? Why are they important to be aware of?
3. Human touch is important: when used appropriately, it can reaffirm someone’s dignity, but when used inappropriately, it can be unsafe and degrade someone. What are some good examples of human touch? What are some bad examples?
4. Why is the word “no” important? What are some examples of times we should use the word “no”? What makes it hard to say “no”?

00:50 Closing Prayer

Have a time of intercessory prayer, where teens can share their prayer requests. After prayer requests are shared, pray the USCCB’s “A Prayer for Healing: Victims of Abuse” together, found here: <https://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Bilingual-PC.pdf>.

**Suggested Model #2**

*45min Long*

*For a small group of teens who does not meet on a regular basis or know each other well*

PRE-SESSION Ask parents to watch the Introductory Video (Activity Option #1) with their teen

00:00 Opening Prayer

00:05 Introductions – Have teens and adults say their name, where they go to school, and one fun fact about themselves

00:10 Youth Minister gives Talk that Highlights Key Topics from the Video (Activity Option #1) and Reviews Vocabulary Words (Activity Option #2)

1. Establish your own boundaries
   1. What is appropriate touch vs. unsafe touch
   2. How to say no
2. Respect other’s boundaries
   1. Listen, show respect
   2. Peer pressure
   3. Model appropriate boundaries with younger kids
3. What to do if your boundaries are violated
   1. Tell someone you trust (parent, mentor, coach, teacher)
   2. Help others to do the same
   3. Not your fault
   4. No secrets
4. Technology
   1. Recognizing dangerous behavior
   2. Leave the situation
   3. Report abuse

00:30 Discussion as a Large Groups (Based on Activity Option #3)

1. There are lots of types of important boundaries. What types of boundaries might you have in the following areas?
   1. With how you use your time
   2. With relationships
   3. With physical touch
2. Human touch is important: when used appropriately, it can reaffirm someone’s dignity, but when used inappropriately, it can be unsafe and degrade someone. What are some good examples of human touch? What are some bad examples?
3. Why is the word “no” important? What are some examples of times we should use the word “no”? What makes it hard to say “no”?

00:40 Closing Prayer

Pray the USCCB’s “A Prayer for Healing: Victims of Abuse” together, found here: <https://www.usccb.org/issues-and-action/child-and-youth-protection/resources/upload/Bilingual-PC.pdf>.