

Coping: Engage mentors for children

Approximate time: 20 minute tutor time session

Materials: Pieces of paper with Agree written on one and Disagree written on another. Place the pieces of paper on different sides of the classroom. Mentors handout- Agree and Disagree statements

Aim/outcome: To encourage students to think about what boundaries are and why people have boundaries.

Explanation:

- Read out one statement at a time and ask students to move to one side of the room if they agree or to the other side if they disagree
- Once everyone has moved to different places one side or the other side or the middle of the room ask them why they have chosen that position. Whether they agree or disagree with the statement, and why.
- Once the tutor group has completed agree and disagree exercise ask students the following questions for discussion:
 - Why do you think people have boundaries?
 - What do you think boundaries are for?
 - Are your boundaries different from other people's boundaries?
 - Why is it important to have boundaries?
 - Why do you need to have boundaries?

Expansion activity:

Using You Tube video clips from soap operas look at the scenarios where soap opera characters have broken boundaries and discuss the consequences.

One-to-one:

Read out and discuss the Agree and Disagree sheet with the student.

Students say: Make sure you do not make students feel embarrassed or ashamed about their boundaries. Everyone has different boundaries. Boundaries are based on upbringing and so this might be the first time students actually think about boundaries and the fact that they have choice in what boundaries they have. Boundaries often change and are not fixed - it depends on situations and circumstances.

Boundaries handout

Agree and Disagree statements

It is ok to turn up wearing your pyjamas to school

It is ok to bring your dog to school

It is ok to call a teacher by their first name

It is ok to add a teacher as a friend on Facebook

It is ok to swear at a teacher

It is ok to smoke cannabis at school

It is ok to yawn and look bored in lessons

It is ok to steal from a friend

It is ok if you are 10 minutes late

It is ok to cheat with your best friend's girl friend / boy friend

It is ok to hit someone if they make you really angry

It is ok to drive 50 miles an hour in a 30 mile an hour limit

It is ok to not return library books

It is ok to yell at someone

It is ok to do exactly what the teachers tells you to do