education lifeskills



COURSE OVERVIEW

Boundaries

SCH 205

COURSE DESCRIPTION

The **Boundaries** course is a cognitive awareness course designed to help teens become safer and more aware of their own and others boundaries. It is written in a story format as it follows individual lives and consequences of both victims and perpetrators. It is one of several short courses that all come together to help teens navigate the many difficult obstacles they face and stay out of harm's way into adulthood.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Increase student understanding of their constitutional rights and personal boundaries.
- Students will be able to more readily identify instance of boundary breaking.
- Students will learn how to effectively respond to instance of boundary breaking.
- Perpetrators will learn how to respect each persons personal boundary.

RECOMMENDED USES

- Self-Directed—Student does most of the course work independently with a coach or mentor.
- Group—To be completed at school in a group format with a facilitator.
- Hybrid—A combination of self directed learning and group instruction.
- Live Instruction—Facilitator led digital curriculum, suitable for both in class or virtual.

COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
Course Format: eLearning and Printed Workbook
Item Number: SCH 205
eLearning Length: 220 Slides
Scientific Model: Cognitive Restructuring
Workbook Pages: 36
Course Length: 3 hours
Instructor Guide: G605

COURSE CONTENT

Unit 1: HUMAN RIGHTS
Your fundamental rights to freedom and safety.

Unit 2: SETTING BOUNDARIES
How to keep your boundaries from being broken.

Unit 3: RELATIONSHIPS
Abuser probability profile test.

Unit 4: HEALTHY MINDSET
I am smarter and more intelligent than I may think I am.

PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- Customized eLearning platform
- Parent Enrollment
- School Referral

eLEARNING ACTIVITIES

Narration
Story Telling
Animation
Gamification
Animated Thoughts
Self Assessments
Interactive Images