

Personal space and boundaries

Learning together about Personal Space and Boundaries

Welcome to the unit we call **Personal Space and Boundaries**. This unit is part of our programme of learning called Relationships, Sexual Health and Parenthood (RSHP) education. When we do our RSHP education we focus on the needs of each and every learner in the classroom. We want to develop their communication, cognitive, physical and self-help and independence skills.

The unit on **Personal Space and Boundaries** is important because children and young people need to learn the rules about how they behave around others and how they should expect others to behave near them. We want all our learners to be able to manage social situations at home, in school and in the community as best they can.

It is important for learners that there is a close relationship between school (or college) and home when it comes to learning about personal space and boundaries. This will help make sure everyone works together to promote independence, personal safety and wellbeing.

While we can plan some of this learning a lot of learning also happens in what people sometimes call 'teachable moments', so in social situations where we can help our children to reflect on and understand personal space and boundaries wherever they find themselves.

With the right level of support and resources children and young people who take part in activities about personal space and boundaries will learn:

- About the idea of being close and far away from others.
- About the idea of their own personal space.
- That we have a choice about who comes into our personal space.
- To identify the roles of familiar adults (so the people that help or support them, they come into their personal space).
- The idea of respecting others personal space.
- Who it is appropriate to touch, hug or kiss.
- To indicate to an adult if they are upset.

Finally something important for us adults to remember about personal space and boundaries. When a child or young person needs personal care, for example with moving or dressing or washing or going to the toilet, we need to be aware that we are entering their personal space. We need to do this with respect and make every effort to ask and wait for understanding or permission. At school or college, personal care and support should be provided by an adult the child or young person knows, and who knows them. The key question to ask when we enter a child or young person's personal space is whether this is necessary and, when it is, to make sure they are treated with the dignity they deserve.

You will find the unit about personal space and boundaries here: <https://rshp.scot/complex-asn-draft/>