

Name _____ Parish _____ Grade _____

Grade 7 & 8 Safe Environment Program End of Program Assessment

Parent/Guardian: Please print this page or ask your Parish Faith Formation Leader to send you a printed page if you do not have access to a printer. Once your son/daughter completes these questions, you can scan and send, fax and send or “snail mail” to your Parish Faith Formation Leader.

Student(s): You may complete these questions with the help of your parent/guardian, and you may also go back to the slides that you viewed. Looking back is not cheating, it will just help you to learn this information.

Fill in the blanks below:

1. _____ is defined as something that indicates a border or limit.
2. The purpose of having boundaries is to _____ and _____ of ourselves. You have a right to _____ and _____ yourself. In fact, you have a _____ to take responsibility for how you allow others to treat you.
3. Three types of boundaries that are presented in this Safe Environment Lesson are: a.) _____ b.) _____ and c.) _____

4. Match the Terms with Their Definition:

Term	Definition
A. Emotional Boundaries	_____ refers to the area around a person (personal space), which is generally 2.5 to 3 feet. Healthy boundaries respect personal space.
B. Physical Boundaries	_____ boundaries that include many important aspects of life: beliefs, thoughts, decisions, and choices.
C. Mental Boundaries	_____ refers to a person's self-esteem and feelings. Name calling or labeling a person can have negative effects, even in jest. Humor is a powerful tool, and it should be used wisely and never to hurt.

5. List at least two examples of potentially unhealthy boundaries that you discussed with your parent/guardian on the page with Slide 9. You could choose two from the ones on that slide, or, you could provide your own examples if you prefer.

6. In your own words, explain what is meant by:

Learning to set boundaries is vital to learning to love oneself and to communicating to others that we have worth.

7. How does the golden rule help you to understand why boundaries are important; why you have the right to boundaries and if they are violated, why you do not have to allow others to do anything that makes you uncomfortable?

Explain in your own words: _____
