



Boundaries Of Trust Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ Pens / Pencils
- ▶ The Boundaries of Trust Worksheet

L.O:

- ▶ To recognise what my personal boundaries of trust are.
- ▶ To know who I would put in each boundary.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Have the children discuss what makes someone a trustworthy person, and who in their lives they trust the most.

MAIN TEACHING (10mins)

Following on from the group discussion ask for volunteers to share why they trust a certain person the most, and without going into detail what are the kinds of things they trust that person with.

Tell them that it is important to know who you trust with certain things, as we don't want to tell everyone every little secret that we have. It can also be good practice to figure out what topics you would talk to certain people about.

MAIN TASK - Boundaries Of Trust (15mins)

Create a series of boundaries of trust where you place things you are willing to talk about with certain people. For example you could list out the more personal things to talk with your trust champions about, less personal topics with your trustees and general everyday topics to talk about with everyone else.

Think about the topics that go into each section and when you are speaking to someone, keep in mind

which section you think they would fit into and stick to those topics. This can help us avoid telling someone something that we may regret, and make it easier to know who we can go to with certain topics or issues.

Using the Boundaries of Trust worksheet, have the children write the topics of conversation that they would include in each circle of trust, and keep in mind which people fit into which section.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share with the other children what topics they put in their circles of trust and why.

DID YOU KNOW!

Our trust can evolve over time as we get to know someone better and either trust them more, or less making it clearer what boundary they eventually go into.

Find out more about evolution in the science lesson.



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CHILDREN'S SHEET

Using the Boundaries of Trust template think about what topics of conversation you would put into each section and write them on the template. Then when you are speaking to someone, keep in mind which section you think they would fit in, and stick to those topics.

This way you are more likely to avoid a breaking of trust.

