

particularly difficult in a society based on power to understand the importance of giving everyone the right to set their own boundaries and to avoid victimization.

This lesson can be useful in assessing one's own values and relationships in the workplace.

MATERIALS NEEDED:

Flipchart, markers, for each participant a copy of ***Setting Boundaries Worksheet***

METHOD:

Warm up: Advancing Boundaries

Divide participants into dyads. Make sure that you have a large room with uninterrupted space. Ask each dyad to stand about 20 feet apart. Tell participant **A** to begin walking slowly towards Participant **B**, without making any noise. When Participant **B** feels that Participant **A** has come as close as his/her boundaries allow, s/he must put up his/her hand firmly in front of them and say "Stop!" loudly, at which point Participant **A** will freeze and stand still. Then they switch roles.

It is easier to model this than to explain. It is often surprising how quickly hands go up to say "Stop!"