

Indigenous Alignment with Project 11 by Grade





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PROJECT 11





Kindergarten Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Possible Indigenous Connection(s)
Lesson 1: New Friends	Friendship-promoting behaviours; making new friends; friendly/unfriendly actions	Relationality and belonging: friendship is built through respect, careful observation, listening, and welcoming others into the circle. The “friendly/unfriendly pond” can connect to learning from the natural world and noticing how our actions ripple outward.
Lesson 2: We Are All Unique	Uniqueness; personal qualities; strengths; classroom belonging	Gifts and identity: each child carries gifts that strengthen the group. The handprint activity can connect to the idea that each person leaves a unique mark and has something to contribute to the community.
Lesson 3: It's Okay to be Different	Celebrating differences; self-acceptance; being true to oneself	Identity, respect, and acceptance: Indigenous worldviews often emphasize that people, families, languages, and communities are diverse. Difference can be understood as something that brings balance and richness to the group.
Lesson 4: The Golden Rule	Kindness; compliments; respectful treatment of others	Respect and reciprocity: treating others with care connects to the idea that our words and actions come back to affect the whole community. Compliments can be framed as lifting one another up in a respectful circle.
Lesson 5: Fairness	Fairness; similarities and differences; sharing, taking turns, and inclusion	Equity, balance, and responsibility to the group: fairness is not always sameness. A classroom community can be understood as a circle where each person may need different supports to participate fully.
Lesson 6: Mindful Monkey, Happy Panda	Mindfulness; focus; relaxation; mindful eating, listening, movement, art, and breathing	Learning through the senses and the land: mindfulness can connect to observing, listening, breathing, and being present with food, sound, body, and environment. This supports self-regulation and gratitude.
Lesson 7: Take the Time	Slowing down; relaxation; stretching; self-care; mindful listening	Balance of body, mind, heart, and spirit: taking time supports wellness and helps children notice what their bodies need. The lesson can connect to rest, gratitude, and being present.
Lesson 8: Peer Pressure	Peer pressure; opinions; positive/negative choices; being your best self	Courage and personal responsibility: children can practise listening to their inner voice and making choices that protect themselves and others. This connects to being a good relative/classmate.
Lesson 9: Kindness	Acts of kindness; classroom community; kindness in action	Kindness as community care: small actions strengthen relationships. The kindness jar/poster can connect to reciprocity: when we care for others, we also care for the whole group.
Lesson 10: Can I Play Too?	Inclusion; feeling left out; friendship; retelling and problem solving	Belonging and making room in the circle: inclusion is an action. The lesson connects to ensuring everyone has a place, a voice, and a way to participate.
Lesson 11: What is Family?	Family diversity; family uniqueness; belonging and support	Kinship and community: family may include parents, grandparents, aunts, uncles, siblings, cousins, caregivers, chosen family, community helpers, and ancestors. Children can learn that love, care, and belonging may look different across families.
Lesson 12: My Friend is Sad	Helping a sad friend; empathy; cheering self and others up	Compassion and caring for the heart: noticing feelings in others and offering support connects to empathy, relational responsibility, and caring for one another in community.
Lesson 13: Feelings	Emotion vocabulary; recognizing feelings in self and others; healthy expression	Emotional awareness and storytelling: children can learn to name feelings through story, faces, movement, and body cues. This supports healthy relationships and helps children care for themselves and others.
Lesson 14: Making Mistakes	Mistakes; learning and growth; positive self-talk; trying again	Learning through experience: mistakes can be understood as part of learning, creating, and growing. Indigenous pedagogies often value observation, practice, patience, and learning from what happens.

Lesson 15: Optimism	Trying new things; asking for help; positive attitude; perseverance	Hope, courage, perseverance, and help-seeking: children learn that we grow through trying, support from others, and believing that change is possible. This connects to community support and encouraging one another.
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Grade 1 Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Possible Indigenous Connection(s)
Lesson 1: Proud to Be Me!	Self-awareness; uniqueness; sharing talents; confidence	Gifts and identity: each child carries gifts that can support the classroom community. Connect to belonging, name/pride, and the idea that gifts do not have to be performed to be valuable.
Lesson 2: I Like Myself	Self-worth; identity; appreciation of differences	Self-respect and belonging: students can notice that identity includes family, community, interests, language, land, and relationships. Emphasize that everyone belongs without needing to be the same.
Lesson 3: Emotions	Identifying emotions; non-verbal cues; body language	Holistic well-being: feelings live in the heart, mind, body, and spirit. Students can learn to notice body cues and respond with care rather than judgment.
Lesson 4: Feelings Chart	Daily emotional check-ins; tracking and naming feelings	Cycles and change: connect to daily rhythms, seasons, weather, and the idea that feelings can shift like the sky. Students learn that no feeling is "bad"; feelings give information.
Lesson 5: Class Collection of Feelings	Comparing class feelings; respecting different emotional experiences	Collective care: the class can learn that everyone's feelings matter and that community well-being includes noticing and caring for one another.
Lesson 6: Anger Thermometer	Anger awareness; body signals; calming strategies	Self-regulation and balance: connect anger to body signals and restoring balance. Students can learn calm-down practices through breath, movement, quiet space, or help from a trusted person.
Lesson 7: Peanut Butter and Cupcake	Making friends; courage; social behaviours	Relationality: friendships grow through kindness, listening, sharing, humour, and reciprocity. Connect to the idea that relationships are responsibilities, not just feelings.
Lesson 8: How to Be a Good Friend	Kindness; friendship qualities; self-reflection	Reciprocity and respect: being a good friend includes taking turns, listening, including others, apologizing, and offering help. These are daily practices of community care.
Lesson 9: Being a Good Classmate	Responsible social behaviours; kindness; classroom community	Classroom as community: students learn that everyone has a role in making the classroom a respectful, safe place. This can connect to classroom agreements and shared responsibilities.
Lesson 10: The Zax	Peaceful conflict resolution; listening; compromise	Consensus and peaceful problem solving: students can practice listening, making space, and finding a path where everyone can move forward with dignity.
Lesson 11: Work It Out	Conflict causes; kindness during disagreement; peaceful strategies	Restoring relationships: conflict is part of community life; repair can include listening, taking responsibility, kindness, and making a better choice next time.
Lesson 12: Giraffes Can't Dance	Perseverance; encouragement; believing in yourself	Learning from gifts and the land/world: everyone moves and learns differently. Students can connect to animals, movement, music, and the idea that each being has its own way.
Lesson 13: Positive Self-Talk	Perseverance; confidence; encouraging inner voice	Words have power: the words we speak to ourselves can help us grow. Connect to respectful language, encouragement, and speaking life/goodness into ourselves and others.
Lesson 14: Encouragement	Encouraging others; kindness; positive peer influence	Lifting one another up: encouragement strengthens the group. Connect to team, community, and the role of positive words in helping people feel brave and capable.
Lesson 15: Making Mistakes	Learning from mistakes; trying again; growth mindset	Mistakes as learning: learning often happens through trying, observing, adjusting, and trying again. Connect to humility, patience, and learning from experience.



Grade 2 Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Possible Indigenous Connection(s)
Lesson 1: Friendships	Healthy friendship qualities; trust; kindness; cooperation	Relationality and reciprocity: healthy friendship is built through kindness, trust, sharing, listening, and responsibility to one another. The friendship pie can connect to the idea that relationships are made from many shared ingredients.
Lesson 2: Courage	Courage; confidence; asking for and offering support	Courage/bravery and support: students learn that courage can come from within and from trusted relationships. This connects to the 7 Sacred Teachings, community support, encouragement, and noticing when someone may need strength from others.
Lesson 3: Encouragement	Positive words; motivation; supporting peers	Connects to Indigenous teachings about reciprocity, respect, and community. Encouraging words can be seen as a gift we offer to others. When we lift someone up, we help strengthen their confidence and sense of belonging, while also making the whole group stronger.
Lesson 4: Be Kind	Kindness; compliments; inclusion; positive communication	Kindness as community care: kind words and actions help people feel seen, welcomed, and included. This can connect to reciprocity and the responsibility to care for one another in the classroom circle.
Lesson 5: How Full is Your Bucket?	Bucket fillers; emotional wellbeing; caring actions	Wellness and balance: "bucket filling" can connect to caring for the whole self - body, mind, heart, and spirit - and to noticing how our actions affect the wellness of others.
Lesson 6: Breathe	Mindfulness; breathing; relaxation; stress management	Learning through the senses and the land: breathing, listening, tasting, moving, and creating can help students be present. Mindfulness can connect to gratitude for food, water, breath, body, land, and helpers. Neurodecolonization connection to contemplative practices.
Lesson 7: Empathy	Empathy; feelings; non-verbal cues; caring responses	Empathy and relational responsibility: students practise putting themselves in another's place and noticing cues with care. This supports being a good relative/classmate and responding in ways that reduce harm.
Lesson 8: Loyalty	Loyalty; trust; teamwork; sticking together	Commitment and trust: belonging to a group carries responsibilities. Loyalty can connect to being dependable, caring about the group, and showing up for friends/family/community in respectful ways.
Lesson 9: Growth Mindset	Growth mindset; mistakes; goal-setting; perseverance	Learning through practice and patience: students learn that mistakes and challenges are part of growth. This is connected to humility, courage, observation, practice, and learning over time.
Lesson 10: Can I Join Your Club?	Inclusion; belonging; friendship qualities; body language	Belonging and making room in the circle: inclusion is an action. Students can connect the lesson to ensuring everyone has a place, a voice, and a way to participate.
Lesson 11: Words Matter	Hurtful words; teasing; emotional safety; kindness	The power of words: words can harm or heal relationships. This connects to respect, truthfulness, kindness, and restoring balance after harm has been caused.
Lesson 12: Sorry	Sincere apologies; repairing harm; communication	Restoring relationships: a sincere apology can be one step in repairing harm and returning balance to a relationship. Students learn that making things right includes honesty, responsibility, and changed behaviour.
Lesson 13: Shi-shi-etko	Family traditions; memories; cultural connection; belonging	Family, memory, land, and teachings: this lesson can connect to the importance of family/community teachings, memory, belonging, and the impact of being separated from family, culture, language, and land.
Lesson 14: Problem Solving 101	Problem-solving; decision-making; asking for help	Problem solving and community support: students learn that problems can be approached thoughtfully and that trusted people can help. This is connected to patience, responsibility, and seeking guidance from Elders and community.

Lesson 15: Small Steps, Big Difference	Kindness; helping others; positive action; community impact	Reciprocity and collective care: small acts can ripple outward and strengthen the whole community. The kindness chain can connect to the idea that each action becomes part of a larger web of care.
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Grade 3 Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Possible Indigenous Connection(s)
Lesson 1: Ruby the Copycat	Behaviour awareness; friendship; being yourself; good citizenship	Identity, gifts, and relational responsibility: students explore how being themselves and making respectful choices affects the whole classroom community. The lesson can connect to the idea that each person has gifts and responsibilities within the circle.
Lesson 2: Citizenship	Classroom citizenship; responsibility; respect; class treaty	Treaty relationship, agreements, and community responsibility: a class treaty/agreement can help students understand that promises, responsibilities, and respectful relationships help a community work well together.
Lesson 3: Kindness is Cooler	Acts of kindness; home, school and community; paying kindness forward	Reciprocity and community care: kindness is not only an individual action; it strengthens relationships across home, school, community, and land. Small acts can ripple outward and benefit the whole circle.
Lesson 4: Gossip	Power of words; rumours; responsible communication	Words carry responsibility: oral language and storytelling are powerful. Students can learn that words can hurt, heal, spread, or repair, and that truthfulness and careful listening protect relationships.
Lesson 5: Just Kidding	Playful vs. hurtful teasing; respectful responses; kindness	Respect and dignity: humor should not harm or shame. This lesson can connect to honouring each person's spirit, gifts, and identity by noticing when words or jokes damage belonging.
Lesson 6: Teasing - Bystander Strategies	Bystander strategies; teasing prevention; helping others	Collective responsibility: everyone in the circle has a role in keeping others safe. Bystanders can choose courage, kindness, and responsibility by interrupting harm or seeking help.
Lesson 7: The Invisible Boy	Belonging; inclusion; loneliness; small acts of kindness	Belonging and making room in the circle: every child deserves to be seen, heard, and included. The lesson can connect to relationality and the responsibility to notice who may be outside the circle.
Lesson 8: Spread the Love	Peer appreciation; positive qualities; teamwork; encouragement	Gifts and affirmation: students practise seeing the good in others and naming strengths. This connects to lifting one another up and honouring the gifts each person brings to community.
Lesson 9: Act It Out	Feeling left out; inclusion strategies; calm responses	Courage, voice, and belonging: students learn to ask for inclusion, respond calmly, and seek support. This connects to using one's voice respectfully and helping everyone find a place in the group.
Lesson 10: People Search	Visibility; belonging; getting to know classmates; inclusion	Relationship-building through respectful questions: students learn that knowing someone's strengths, interests, and stories helps them feel visible. This connects to listening, curiosity, and community belonging.
Lesson 11: A Walk in the Rain with a Brain	Unique talents; brain differences; strengths; self-awareness	Gifts, diversity, and learning in many ways: every learner has strengths. This connects to the understanding that learning can happen through observation, story, movement, land, art, language, relationships, and practice.

Lesson 12: Positive Thoughts, Words and Actions	Thoughts, words and actions; brain health; positive interactions	Mind-heart-body connection: thoughts, words, and actions affect wellness and relationships. This can connect to balance, self-awareness, and the responsibility to choose words and actions that support life and community.
Lesson 13: Setting Goals	Strengths; brain growth; short-term goals; action planning	Growth, patience, and tending gifts: the seed/brain metaphor can connect to caring for gifts over time. Growth requires patience, nourishment, support, practice, and healthy relationships.
Lesson 14: Bubblegum Brain	Growth mindset; flexible thinking; fixed vs. growth mindset	Flexible thinking and resilience: students learn that minds can stretch through effort, support, and practice. This connects to perseverance, humility, courage, and learning from mistakes.
Lesson 15: The Power of YET	Optimistic thinking; growth mindset; positive perspective; resilience	Hope, perseverance, and becoming: “yet” supports the belief that learning continues over time. This connects to resilience and the understanding that growth happens through community support, practice, and patience.

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Grade 4 Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Possible Indigenous Connection(s)
Lesson 1: Self Awareness	Self-awareness; identity; personal qualities; uniqueness	Identity, gifts, and belonging: students notice the qualities they carry and how those qualities contribute to the classroom community. The collage/word splash can connect to the idea that each person brings gifts, stories, interests, and responsibilities to the group.
Lesson 2: Character Strengths	Character strengths; self-reflection; positive attributes	Gifts, humility, and community contribution: character strengths can be understood as gifts that become stronger through practice and through service to others. Students can consider how their strengths help them be good relatives/classmates.
Lesson 3: Gratitude	Gratitude; positive emotions; thankfulness; classroom community	Gratitude and reciprocity: thankfulness can include people, land, water, food, animals, plants, ancestors, helpers, and daily relationships. The tree activity can connect to noticing what supports life and how we give care back.
Lesson 4: Flexible Thinking	Flexible thinking; healthy choices; problem-solving; positive mindset	Balance, adaptability, and learning from change: flexible thinking can connect to observing how the natural world adapts through seasons, weather, and growth. Students learn to pause, consider options, and choose actions that keep relationships healthy.
Lesson 5: Problem Solving	Problem-solving steps; identifying the true problem; choosing solutions	Collective problem solving and careful listening: students practise slowing down to understand the real problem before acting. This connects to listening to many perspectives and seeking help from trusted people when needed.
Lesson 6: Conflict Resolution	Win-win solutions; resolving disagreements; cooperation	Restoring balance and relationships: conflict resolution can be framed as repairing connection and finding a path where everyone is treated with dignity. Win-win thinking supports relational responsibility.
Lesson 7: Apologizing	Sincere apologies; accountability; repairing harm	Accountability, humility, and repair: a sincere apology is part of restoring a relationship after harm. Students can learn that making things right includes honesty, listening, changed behaviour, and care for the person affected.
Lesson 8: Active Listening	Listening skills; verbal/nonverbal communication; respectful conversation	Listening as respect: careful listening is central to learning from others, stories, Elders/Knowledge Keepers, family, and the land. Students practise listening with attention, patience, and care.
Lesson 9: Empathy	Empathy; recognizing feelings; supporting others	Compassion and caring for the heart: empathy connects to noticing another person's experience and responding with kindness. Students learn that support may look different for different people.
Lesson 10: Trouble Talk	Gossip; rumours; hurtful words; respectful communication	Words carry responsibility: speech can harm or heal relationships. Students can connect respectful communication to caring for the whole community and protecting people's dignity.
Lesson 11: Reporting vs. Tattling	Reporting; tattling; safety; responsible communication	Responsibility and safety in community: reporting can be an act of care when someone is unsafe or needs help. Students learn that speaking up can protect relationships and wellbeing.
Lesson 12: Mindfulness	Mindful breathing; body scan; gratitude; self-regulation	Presence, gratitude, and balance: mindfulness can connect to paying attention to body, breath, feelings, land, and relationships. Gratitude hearts can include people, places, animals, water, food, and helpers.

Lesson 13: Working With Others	Cooperation; communication; group work; collaboration	Collaboration and shared responsibility: working well with others requires listening, patience, turn-taking, and making space for each person's role. Learning is strengthened when the group supports everyone's participation.
Lesson 14: Stress	Stress awareness; stress responses; coping strategies	Wellness and balance: stress affects body, mind, heart, and relationships. Students can learn to notice signs of stress and choose supports that restore balance.
Lesson 15: Goal Setting	SMART goals; wishes vs. goals; action steps; personal growth	Hope, vision, and action: goal setting connects to imagining a good path forward and taking practical steps with support from community. Students learn that growth happens through effort, patience, and relationships.

Grade 5 Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Possible Indigenous Connection(s)
Lesson 1: Friendship Traits	Friendship qualities; positive/negative traits; vocabulary; healthy relationships	Relationality and responsibilities in friendship: students can connect friendship traits to being a good relative/classmate and to the responsibilities we have to care for relationships with honesty, respect, kindness, and trust.
Lesson 2: A Good Friend	Healthy friendship qualities; self-respect; boundaries; choosing supportive friends	Reciprocity and self-respect: healthy relationships involve both giving and receiving care. Students can connect “we teach people how to treat us” to respecting self, setting healthy boundaries, and choosing people who help us grow.
Lesson 3: Friendship Self-Reflection	Self-reflection; personal friendship strengths/challenges; improving relationships	Humility and relational accountability: honest self-reflection helps students notice how their actions affect others and how they can repair and strengthen relationships.
Lesson 4: My Friendship Bullseye	Support systems; circles of connection; emotional/social/physical supports	Kinship, community, and circles of support: students identify people and places that support wellness. This can connect to the idea that wellbeing is relational and may include family, caregivers, Elders, coaches, teachers, land, and community helpers.
Lesson 5: Our Classroom Community	Classroom community; respect; inclusion; valuing differences	Collective responsibility and belonging: the classroom can be understood as a circle where each person has a role in keeping the community safe, respectful, and welcoming.
Lesson 6: Facial Expressions	Emotions; nonverbal cues; recognizing feelings in self and others	Careful observation and empathy: students practise noticing emotional cues while remembering that we should ask kindly rather than assume. This supports caring relationships and emotional safety.
Lesson 7: Whole Body Listening	Active listening; body language; respect; empathy	Listening as respect: many Indigenous pedagogies value learning through listening, observing, patience, and story. Whole-body listening can connect to honouring the speaker and the relationship.
Lesson 8: Conflict Strategies	Conflict resolution; decision making; pros/cons; choosing healthy strategies	Restorative thinking and balance: conflict strategies can focus on repairing harm, restoring relationships, and choosing solutions that keep everyone’s dignity intact.
Lesson 9: Compliments	Genuine compliments; positive peer influence; kindness; character strengths	Lifting one another up: kind words strengthen the community. Compliments can connect to recognizing gifts in others and practising reciprocity through affirming words.
Lesson 10: Respect	Respect for self and others; Golden Rule; discussion; values	Respect and reciprocity: respect can be understood as how we care for self, others, community, and the world around us. Students can explore how respect is shown through words, actions, listening, and responsibility.
Lesson 11: Mick E. and Me	Self-awareness; similarities/differences; identity; connection	Identity and belonging: students learn about themselves and others through interests, strengths, and personal stories. This can connect to the idea that everyone has a story and place in community.
Lesson 12: My Personal Profile	Interests; strengths; characteristics; self-awareness; peer connection	Gifts, identity, and self-awareness: students identify what makes them who they are and how their strengths can contribute to relationships and community.
Lesson 13: Feelings and Emotions	Emotion vocabulary; how feelings look/sound/feel; emotional awareness	Emotional literacy and balance: naming feelings helps students understand body, mind, heart, and spirit and supports healthy relationships with self and others.

Lesson 14: Empathy	Perspective-taking; empathy vs. sympathy; supporting others	All my relations and perspective-taking: empathy asks students to consider the experiences of others, including people, animals, and the more-than-human world, and to respond with care.
Lesson 15: Seeing Red	Anger management; physical cues; cooling-off strategies; self-control	Restoring balance and self-regulation: students learn to notice anger cues and choose calming actions that keep themselves and relationships safe.

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Grade 6 Indigenous Alignment with Project 11

P11 Lesson	P11 Focus	Potential Indigenous Connection(s)
Lesson 1: Stress	Stress awareness; forms of stress; personal stress ratings; stress-management resources	Holistic wellness and self-awareness: stress affects the whole person - body, mind, heart, and spirit. Students can learn to notice stress as information and seek balance before it becomes overwhelming.
Lesson 2: Healthy and Unhealthy Stress	Healthy/unhealthy stress; emotions and the brain; grief and loss; expression through art	Balance, change, and emotional truth: some stress can help us grow, while too much stress can harm wellness. Grief and loss can be honoured through quiet reflection, art, story, ceremony and support from community.
Lesson 3: Stress Reducers	Coping strategies; physical, emotional/social, and time-management stress reducers	Self-care as responsibility: caring for oneself helps students care for family, friends, and community. Stress reducers can include meditation, movement, rest, creative expression, connection, land-based noticing, and asking for help.
Lesson 4: Resilience	Resilience; bouncing back; realistic personal goals	Resilience through relationships and continuity: strength grows through connection, practice, stories, humour, patience, and support from others. Students can see resilience as something built over time, not something they must have alone.
Lesson 5: Signs and Symptoms	Internal/external signs of stress; body responses; stress warning signs	Listening to the body: the body gives messages that deserve respect. Noticing physical, emotional, mental, and behavioural signals helps students respond with care and restore balance.
Lesson 6: Facing Challenges	Challenges; resilience; coping strategies; healthy responses	Learning through challenge: difficult experiences can teach patience, courage, humility, and help-seeking. Students can connect challenge to growth while still honouring that hard feelings are real.
Lesson 7: Positivity	Positive influences; negative influences; emotional reflection	Gratitude, perspective, and environment: students can notice who, what, and where helps them feel grounded. Positivity can be connected to recognizing supports, relationships, land/place, and moments of gratitude.
Lesson 8: Self-Care	Self-care; stress reduction; building inner strength	Self-care and balance: caring for body, mind, heart, and spirit supports resilience. Self-care may include rest, movement, time with family/community, creativity, healthy boundaries, laughter, and time on the land.
Lesson 9: Optimism	Optimistic thinking; positive perspective; strategies for optimism	Hope and future orientation: optimism can be understood as hope, perseverance, and choosing a helpful path forward while still being honest about difficulty. Humour, story, and community support can help shift perspective.
Lesson 10: SMART Goals	SMART goals; future planning; dream board; optimism	Dreams, gifts, and responsibility: goals can connect personal gifts to community contribution. Students can consider how their dreams support their own wellness and the wellbeing of people/places they care about.
Lesson 11: Managing Emotions	Emotional expression; healthy/unhealthy reactions; perspective-taking	Emotional responsibility and empathy: feelings are valid, and actions have impact. Students can learn to express emotions in ways that protect relationships and honour other perspectives.
Lesson 12: Support Networks	Support systems; community connections; helping others	Kinship, reciprocity, and community care: wellness is relational. Support networks include family, friends, school staff, community helpers, cultural supports, and organizations that care for people in need.
Lesson 13: Setting Boundaries	Morals and values; classroom boundaries; personal boundaries	Respect, values, and relational responsibility: boundaries help protect dignity, safety, and relationships. Students can connect boundaries to knowing what matters to them and honouring others' limits.

Lesson 14: Communicating Limits	Healthy boundaries; communicating limits; role play	Voice, courage, and respect: communicating limits can be an act of self-respect and care for the relationship. Students can practise speaking clearly while also listening to others' boundaries.
Lesson 15: Crossing Boundaries	Healthy/unhealthy boundaries; saying no; refusal strategies	Safety, consent, and community accountability: knowing when a line has been crossed helps students protect themselves and others. Saying no and seeking help are protective, responsible actions.

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