

6th Grade Shifting Boundaries Program Overview

The Shifting Boundaries curriculum is an evidence-informed intervention used to raise awareness and prevent harassment and bullying. Shifting Boundaries is a four-session program that was developed for middle school students to set the stage for healthy relationships and social interactions. This curriculum serves as a tool for prevention by aiming to increase student knowledge of boundaries, harassment, and bullying and to promote nonviolence. Group discussions and activities invite students to critically reflect on their own knowledge and experiences as it relates to what they are learning about harassment. Students are encouraged to interpret what boundaries mean to them and identify their own personal boundaries.

As the Shifting Boundaries sessions conclude, students are asked to engage in a “Hot Spot Mapping Project”. During this activity, students are each given a map of their school and asked to use a green crayon to color areas where they feel safe from bullying and harassment, use a yellow crayon to color areas where they feel somewhat safe, and to use a red crayon where they feel unsafe. This activity is particularly important because it encourages school-wide involvement to answer the questions: “Why are these specific areas colored red on most maps?” and “What can be done to make students feel more safe in areas commonly colored red?”. While the Educators implement this intervention, the schools are responsible for creating protocols and taking action. Thus, making school-wide participation a significant piece in the awareness and prevention of harassment and bullying.

