

HEALTHY RELATIONSHIPS – CONSENT
Station Outline and Supplies

STATION 3 – PERSONAL SPACE

Supplies to bring:

- Tape measure
- Laminated sheets with descriptions of different personal spaces (2 copies)
- Incentive – bubbles to send with each student at the conclusion of the activity.
- Discussion sheet to facilitate with content delivery.

Space/supplies needed at site:

- Space large enough for students to stand 12 feet apart from each other

Set up:

- Students will be standing in 2 lines facing each other for this station. The lines will need to be 12 feet apart.

A	B
A	B
A	B
A	B

- Tape the laminated sheet with the red X on the floor where one group of students will stand.
- Using the red X as a starting point, tape one copy of the laminated sheets with personal spaces at the designated distance. Use the tape measure to space the sheets the proper distance from each other.

A				B
X	3ft	8ft	12ft	>12 ft
A				B
A				B
A				B

Interaction with the students:

- Have the students pick a partner, one of the partners will stand on the A side by the red X and the other partner will stand on the B side at the >12 ft mark.
- If there is an odd number of students, the mentor will need to partner with one of the students for this activity.
- The students on the A side will stand in the same location and not move.
- Have the students on the B side walk towards their partner on the A side.
- The students on the A side need to tell their partners when they are “too close for comfort.”
- While they are still standing close together, ask each pair how they know each other.
- Have the partners from the B side go back to where they started from .
- Have everyone on the A side shift one space to the left and are now facing a new partner. The student on the end of the A group without a partner needs to walk to the other end of the line.
- Repeat the activity again.
- Did the distance between the partners change? Were they standing closer together or further apart?
- The activity can be repeated multiple times with partners being changed each time it is done. Another option is to have the students on the B side stay in one location and have the students on the A side walk towards them.

HEALTHY RELATIONSHIPS – CONSENT
Station Discussion Sheets

The discussion sheets are provided to help guide conversations with the students. Feel free to let the students guide the conversations as well.

STATION 3 – PERSONAL SPACE

Review the different personal space distances with the students. You can use the 2nd copy of the laminated sheets for the discussion if needed. Who do the students feel comfortable having in each of the different spaces?

- Intimate space – 0 to 2 feet
- Personal space – 2 to 4 feet
- Social space – 4 to 12 feet
- Public space – more than 12 feet

Students will have a partner for this activity. One of the partners will be A and the other partner is B. They will need to line up across from each other at the start of the activity. If there is an odd number of students in the group the mentor can partner with one of the students.

Spacing for the partners:

A	B
A	B
A	B
A	B

After the 1st round of the station, have everyone on the A side shift one space to the left and are now facing a new partner. The student at the end of the A group without a partner needs to walk to the other end of the line. The activity can be repeated multiple times if time allows.

Questions to ask after each round:

- How do you know each other?
- Did the personal space change with a new partner?
- Does anyone in Group B feel like they wanted to stop before being asked to by their partner? If so, did you stop sooner?



Personal Space

(2 – 4 feet)

Personal space includes the people you know and usually have a personal relationship with.

Public Space

(More than 12 feet)

Public space generally includes the people you don't know.

Intimate Space

(0 – 2 feet)

Intimate space includes the people who are closest to you.

Social Space

(4 – 12 feet)

Public space includes people that you may know, but do not have a personal relationship with.