

THIS WEEK'S TOPIC IS PERSONAL SPACE

What is personal space?

- Personal space is the comfortable distance between you and other people. If someone enters your personal space it means they are too close to you and you feel uncomfortable.
- Everyone's personal space need is different and can change depending on who we are with. We are happier to be closer to those we know best.



Why is it important?

- The understanding of personal space is important so that children can express things that make them feel uncomfortable and is the first step in understanding consent.
- We want our children to be able to protect their personal boundaries when they grow up.

What can you do?

- Talk to your child about personal space and what is comfortable for them. This will change as they grow up. Most toddlers are happy to climb on people's laps but some older children don't even really like hugs from close family.
- Give your child the language to be able to express how they are feeling about personal space. 'You feel too close to me, could you move back please?' or 'I don't like hugging, can we shake hands or fist bump instead?'
- Empower your child to set their own personal space boundaries and model respecting other people's personal space when you are out and about.



The Responsible Behaviour Curriculum

