**Explainer Video Worksheet 5**: **Steps model**

**Topic:** Setting boundaries, asking for change.

**Audience**: E for everyone - mostly for pre-teens to teens (10 - 14 year olds)

**Learning objective or take-away**: Set clear and healthy boundaries by asking someone to change how they treat you.

**Big ideas**: Its ok to ask someone to change how they treat you. Its hard but can be easier if you plan and practice.

**Length**: 3 minutes

1. Introduction: What will the first few words be? How will you get the audience’s attention?

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| Ask a question? Have you ever struggled to tell other people that you don’t like what they are doing? (doormat) |

2. What is the context or big picture?

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| There are all kinds of situations where we need to be respected. |

3. What is the model, process or list you are explaining.

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| Here is a super easy model you can use to let other people know that you want them to treat you in a different way.Step 1. Identify the behavior you want to change.Step 2. Identify how you want people to behave instead.Step 3. Write out and then rehearse what you want to say. It should sound something like:  When you take my stuff without asking, I feel disrespected. I would prefer that you asked before going into my closet. Step 4. Use your rehearsed statement at an appropriate time. |

4. What examples can you use?

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| For example, you can use this process to create more respectful relationships with friends and with family members (it may not work with you mom though). |

5. Why is this important?

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| This is a good skill to have and use in all parts of your life and in lots of different situations. This is part of being able to set and maintain healthy boundaries at school, with friends, and at home. |

6. How are you going to wrap up?

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| How long does it take to work and what to do if that doesn't work. Add something about being in real danger, being hurt physically and bullying. |