

# Module B1 Quiz: Introductory Boundary Skills

<b>Question 1: Define in your own words: What is a boundary?</b>
<b>Question 2: Explain what assertive body posture looks like.</b>
<b>Question 3: Discuss the positive benefits of a strong yell. What does a good yell do? There are four effects; see how many you can name. What types of words are the best to yell?</b>
<b>Question 4: How would a person know if they were in a situation where they needed to be assertive? What would their brain or body know or notice?</b>
<b>Question 5: Which physical skill made you feel strongest and why?</b>
<b>Question 6: What will you most remember from this lesson?</b>

## **Module B1 Quiz Answer Key**

<b>Question 1:</b>
A line or barrier between things. Something that should not be crossed.
I decide what is right for me and let others know.
<b>Question 2:</b>
Five-point directness. I face someone with my forehead, shoulders, and hips. My hands are at my side or slightly up at my waist. I look someone in the face.
<b>Question 3:</b>
Calls attention to what is happening, breaks the attacker's script, impossible to be frozen if yelling, adds more strength to your physical skills
Yell commands or orders at an attacker: "No!" "Go Away!" "Leave me alone!" "I don't know you!"
<b>Question 4:</b>
"Uh-oh!" feelings. Feeling like you are frightened, need to run, stomach tight, or racing thoughts.
Noticing that a person is behaving in unsafe ways or crossing boundaries, and you want to get away.
<b>Question 5:</b>
Take answers as given.
<b>Question 6:</b>
Accept all relevant student thoughts.