

Boundaries

Your Child and Personal Boundaries

Boundaries are limits to what people should do. Let your child know that you want to help him or her set positive physical and emotional boundaries. Emphasize that if another person's behavior makes your child feel unsafe, your child has the right to tell that person to stop and then let you know.

Appropriate Expressions of Care and Affection

Your child can identify some appropriate expressions of care and affection. Explain that an expression of affection, such as a hug or pat on the shoulder, may be appropriate coming from some people but not from others. Emphasize that you are always available to talk if your child is unsure about whether one of his or her boundaries has been crossed.



Trustworthy Behaviors



Observing a person's behaviors can help your child determine whether that person is trustworthy or untrustworthy. Discuss possible examples of untrustworthy behavior with your child and point out that Jesus, during his life on earth, provided good examples of trustworthy

behavior. Together, ask God in prayer for the discernment to find people who are safe and who live according to Jesus' example. After praying, point out that the adult whom your child chose for the Certificate of Appreciation handout is one example of a safe, trustworthy person.



The Boundaries of Others

Explain that words or actions that seem OK to one person might be uncomfortable to someone else. Discuss examples of physical contact that might be comfortable for one person but not another. Say: ***We honor other people's boundaries, just as we want them to honor ours.***

Name _____

Certificate of Appreciation

God brings trusted adults into our lives who care for us and demonstrate how to serve God, love other people, and honor the truth. We can encourage these people by letting them know how thankful we are that they are part of our lives.

Fill out the certificate of appreciation below by drawing a picture of the person inside the oval and filling in each field.

This certificate of appreciation is awarded to

Thank you for taking care of me and showing me how to be a trustworthy follower of Christ. You have done this by

_____ ,

_____ ,

and _____ .

I am so thankful that God has brought you into my life!