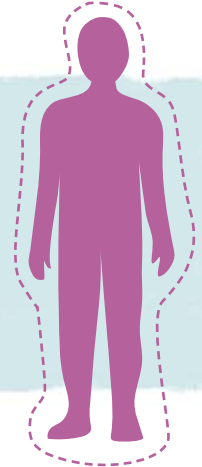


# Boundaries

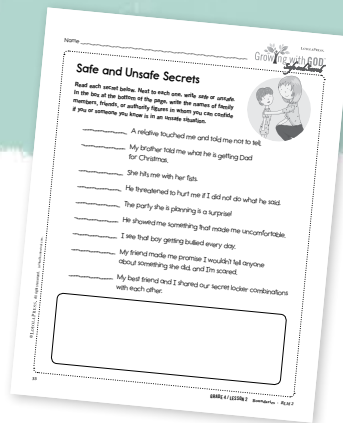
## Personal Boundaries

Your child can identify some of his or her personal boundaries. Let your child know that you will always support him or her in setting boundaries. Remind your child that our bodies and souls are precious gifts from God. When our bodies are treated as sacred, our souls are nurtured.



## Safe and Unsafe Secrets

There is a difference between safe and unsafe secrets. Use the Safe and Unsafe Secrets handout to help you discuss unsafe secrets with your child. Tell your child that unsafe secrets often make us feel confused or upset. Encourage your child to tell you if someone asks him or her to keep a secret that makes him or her feel this way.



## Common Bullying Behaviors

Bullying behaviors include actions that do not respect others' boundaries. Tell your child: **You deserve to be treated with love and respect. No one has a right to touch you in a way that makes you feel uncomfortable.** Encourage your child to tell you if someone makes him or her feel uncomfortable in this way.



## The Body Is a Temple of the Holy Spirit

The Bible says that our bodies are temples of the Holy Spirit. Point out that honoring the body boundaries of other people shows honor to them and to God. Together pray a prayer of thanksgiving to God for giving us our bodies.

Name \_\_\_\_\_

## Safe and Unsafe Secrets

Read each secret below. Next to each one, write *safe* or *unsafe*. In the box at the bottom of the page, write the names of family members, friends, or authority figures in whom you can confide if you or someone you know is in an unsafe situation.



- \_\_\_\_\_ A relative touched me and told me not to tell.
- \_\_\_\_\_ My brother told me what he is getting Dad for Christmas.
- \_\_\_\_\_ She hits me with her fists.
- \_\_\_\_\_ He threatened to hurt me if I did not do what he said.
- \_\_\_\_\_ The party she is planning is a surprise!
- \_\_\_\_\_ He showed me something that made me uncomfortable.
- \_\_\_\_\_ I see that boy getting bullied every day.
- \_\_\_\_\_ My friend made me promise I wouldn't tell anyone about something she did, and I'm scared.
- \_\_\_\_\_ My best friend and I shared our secret locker combinations with each other.