

Boundaries

Body Boundaries

We have the ability to set our own guidelines about how people treat us. During a quiet moment, tell your child that he or she gets to decide how others are allowed to treat his or her body. Emphasize that your child does not have to touch others or be touched by them if the physical contact would make your child uncomfortable. Encourage your child to let you know immediately if someone violates his or her boundaries.



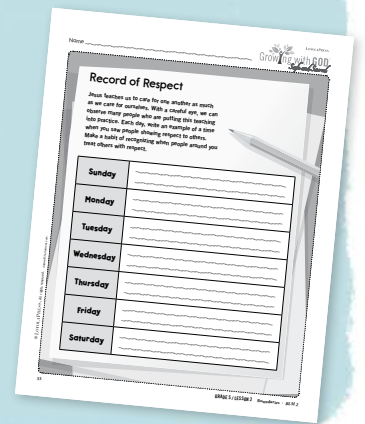
Paying Attention

People communicate their wishes using words and body language. Help your child understand the importance of communicating his or her wishes to others and of recognizing how others are communicating their own wishes. Take turns talking about how words and body language can be used to say “no” or to express discomfort.



Personal Conscience Reflections

The conscience is the inner voice that guides us to follow God. Explain that your child’s conscience can help him or her make good choices in difficult situations. Discuss the Record of Respect handout that your child will be filling out over the next week with examples of respectful acts he or she witnesses. Invite your child to pray with you, asking God for help as your child listens to his or her conscience and shows respect for others.



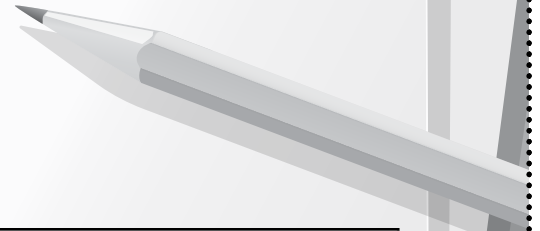
Other Personal Boundaries

Remind your child that everyone has spiritual and emotional boundaries in addition to body boundaries. Share some of your own personal boundaries with your child.

Name _____

Record of Respect

Jesus teaches us to care for one another as much as we care for ourselves. With a careful eye, we can observe many people who are putting this teaching into practice. Each day, write an example of a time when you saw people showing respect to others. Make a habit of recognizing when people around you treat others with respect.



Sunday	_____ _____
Monday	_____ _____
Tuesday	_____ _____
Wednesday	_____ _____
Thursday	_____ _____
Friday	_____ _____
Saturday	_____ _____