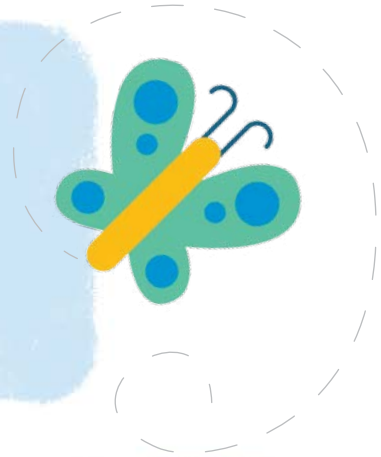


Boundaries

Healthy Personal Boundaries

Our personal boundaries tell others the safe and acceptable ways they can behave toward us. No one has the right to hurt us or touch us inappropriately, and we do not have the right to do this to others. You might say: **You have the right to be safe at all times. If anyone ever makes you feel unsafe or uncomfortable, it is not your fault. You can always come to me.** Discuss what your healthy boundaries are and invite your child to share his or her own.



Ways to Say “No”

There are many different ways to say “No” to someone who might be trying to cause discomfort or harm. Tell your child that it is good to practice saying a firm *no*. Take turns with your child saying *no* in different ways, such as *“That’s not okay with me!”*



Wise Choices

When we practice prudence, being mindful of what is right and good, we can be strong and self-disciplined. Talk with your child about a decision you had to make and how you considered your options to make a good choice. Ask your child to share his or her own example. Pray together the Lord’s Prayer or a prayer of your own.

Identifying Trusted Adults

Let your child know that he or she has a right to leave any situation that makes him or her feel uncomfortable or threatened. Talk with your child about adults he or she considers trustworthy and could go to for help, such as police officers, teachers, and school counselors. Together complete the Whom I Trust handout.

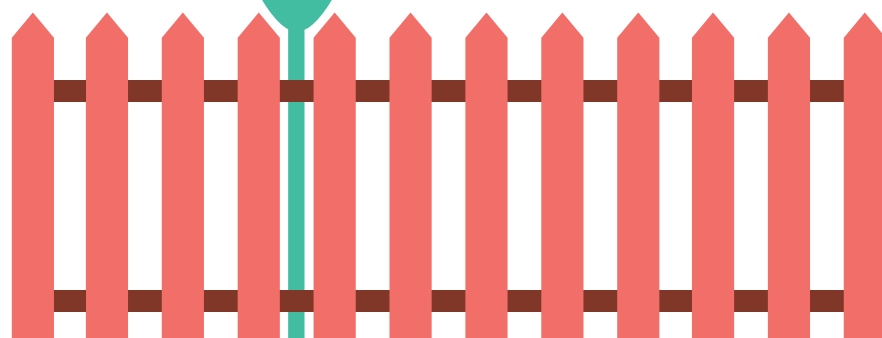
Whom I Trust
 Make a list of adult family and friends you can trust. Include their contact information. Note any you can reach out to them if a person in authority makes you feel uncomfortable. If someone is forcing you to do something wrong, contact a local resource for reporting immediately.

Local Resources for Reporting

Name of Agency	Phone Number	Website

My Trusted Adults

Name	Phone Number	Email Address



Name _____

Whom I Trust

Make a list of adult family and friends you can trust. Include their contact information. Know that you can reach out to them if a person or situation makes you feel uncomfortable. If someone is harming you or someone else, contact a local resource for reporting immediately.

*For wisdom will enter your heart,
knowledge will be at home in your soul,
Discretion will watch over you,
Understanding will guard you.*

Proverbs 2:10-11

Local Resources for Reporting

Name of Organization

Phone Number

Website

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

My Trusted Adults

Name

Phone Number

Email Address

_____	_____	_____
_____	_____	_____
_____	_____	_____