

Boundaries



Personal Boundaries

Setting physical and emotional boundaries is necessary to stay safe and have healthy relationships. Discuss with your child what he or she considers to be appropriate boundaries. You might share with your child some of your personal boundaries. Remind your child that he or she has the right to feel safe and respected.

Saying No

It is important for your child to communicate his or her boundaries clearly and to say *No* if these boundaries are ever crossed. Explain to your child that it is never okay for an adult or a peer to make your child feel unsafe or uncomfortable. Together discuss and practice ways your child might say and demonstrate a clear *No*. You might say: ***If a person's words or actions ever make you feel uncomfortable, please know that you can tell me or another trusted adult. I love you and I'm always here for you.***



Trusted Adults

Discuss with your child people you both know and consider to be trusted adults. Share reasons and qualities that make them trustworthy. Then together complete the Trusted Adult Contact List handout and, if applicable, have your child put the names and contact information into his or her cell phone or other device.



Through God, We Are Strong

God's love empowers us and makes us stronger and more confident. Talk with your child about ways you experience God's love. Pray with your child to the Holy Spirit for help to grow in wisdom, confidence, and strength.

Name _____

Trusted Adult Contact List

Knowing who to reach out to when you are having a problem or need to talk is important.

Use this form to list the contact information of people you trust. Complete this record with your family and keep it in a safe place.

When completing this form, identify people

- you trust and feel comfortable around.
- who will believe you.
- who are old enough to help you solve a problem.



Parent/Caregiver Information

Address _____

Phone Numbers

Home _____ Home _____

Work _____ Work _____

Cell _____ Cell _____

Email _____ Email _____

Notes _____

Other Trusted Adults in My Life

Name _____ Phone _____

Email _____

Why I Trust This Person: _____

Name _____ Phone _____

Email _____

Why I Trust This Person: _____
