

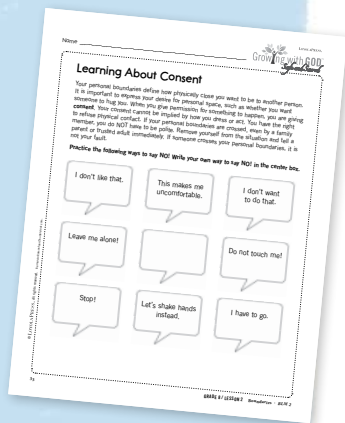
# Boundaries

## Truth-Telling Versus Tattling

Remind your child that we tell the truth to keep ourselves and others safe, to help others, and to solve problems. Emphasize that telling the truth about possible danger is never tattling. Reassure your child that he or she can always come to you with concerns, even when it is difficult, and you will do your best to listen and help.

## Warning Signs

Discuss with your child grooming behaviors, such as unwanted or inappropriate physical contact, preferential treatment, and isolation from other relationships. These are warning signs that may indicate an adult is trying to get close to a child in order to harm or abuse him or her. You might say: **Trusted adults do not share personal information with young people, ask them to keep secrets, or treat them like another adult.** Explain that this applies to all adults, including family members and friends. Go over with your child the Learning About Consent handout and help him or her complete it.



## The Value of Honesty

Discuss with your child how we can be an example of God's love when we are truthful. Take turns sharing ways that telling the truth helps strengthen and grow the relationships in your family. Remind your child that being truthful and doing what is right to protect ourselves and others is courageous.



## Holy Spirit, Make Us Strong

Pray together to the Holy Spirit for the strength and courage to always tell the truth. Remind your child that if he or she is being harmed by someone, to tell a trusted adult or the police.

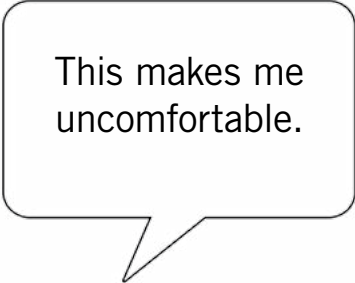
Name \_\_\_\_\_

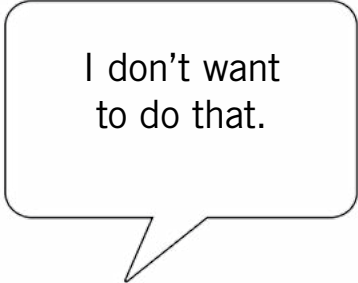
## Learning About Consent

Your personal boundaries define how physically close you want to be to another person. It is important to express your desire for personal space, such as whether you want someone to hug you. When you give permission for something to happen, you are giving **consent**. Your consent cannot be implied by how you dress or act. You have the right to refuse physical contact. If your personal boundaries are crossed, even by a family member, you do NOT have to be polite. Remove yourself from the situation and tell a parent or trusted adult immediately. If someone crosses your personal boundaries, it is not your fault.

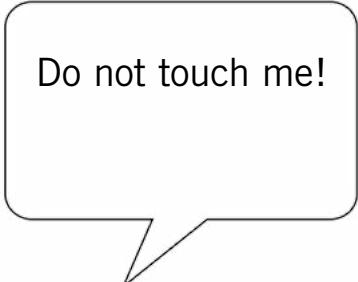
**Practice the following ways to say NO! Write your own way to say NO! in the center box.**


 I don't like that.

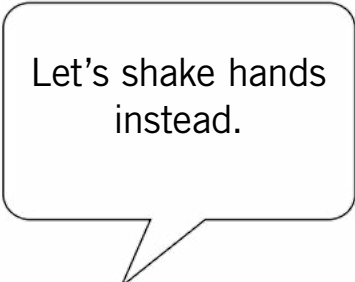

 This makes me uncomfortable.

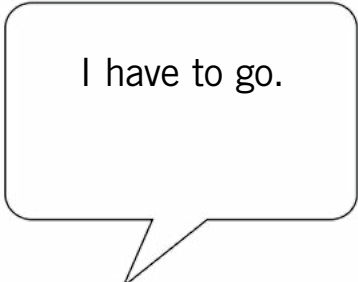

 I don't want to do that.


 Leave me alone!


 Do not touch me!


 Stop!


 Let's shake hands instead.


 I have to go.