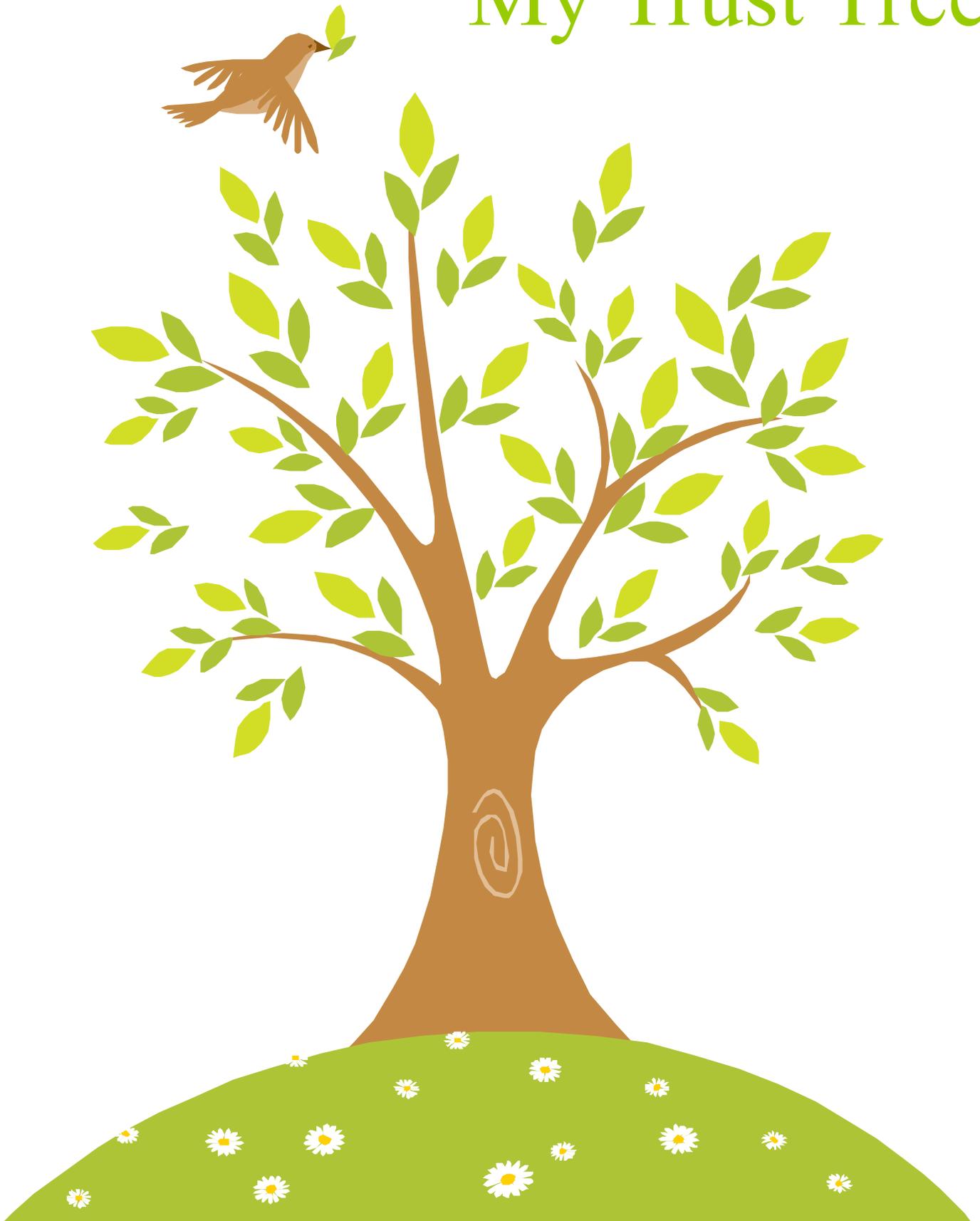
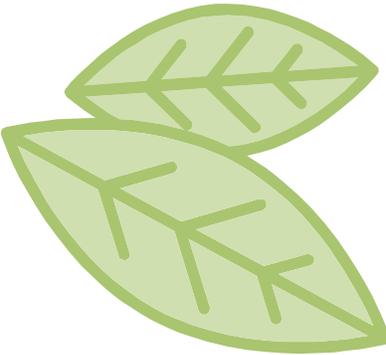
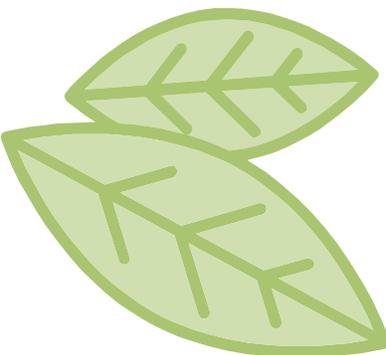


My Trust Tree



“My Trust Tree” Cut Outs



Rules and Reasons

- | | |
|---|---|
| ___ 1. Use reinforcement,
Not physical punishment. | A. Focus on positive,
not negative. Use logical
consequences. |
| ___ 2. Treat everyone with
Respect. | B. Everyone has their own
“comfort zone.” |
| ___ 3. Don’t meet alone. | C. “It’s the law” and it is the
responsibility of all adults
to look out for the well-being
of minors. |
| ___ 4. No drugs or alcohol. | D. “Safety in Numbers.” |
| ___ 5. Respect boundaries. | E. Impairs judgment. May
serve as an enticement. |
| ___ 6. No expensive gifts. | F. “It’s important to share
your feelings.” “Tell
someone if something’s
not right.” |
| ___ 7. Report suspected abuse. | G. Could be used as
enticements / bribes. |
| ___ 8. Good communication. | H. We are all created in
God’s image. Human life is
sacred. |

Often when we think of boundaries we just think of the physical boundaries between ourselves and others.

For relationships to be healthy and for us to be safe in our interactions with others, we need to have clear emotional and behavioral boundaries as well.

It is never ok for someone else to hurt us physically, to treat us disrespectfully, to intentionally hurt our feelings, to deprive us of love and interaction with others. It is never ok for others to encourage us to break God's commandments or engage in behaviors that go against our moral values and Christian beliefs.

Sometimes our physical, emotional, and behavioral boundaries depend on the kind of relationship we are in. For example, it might be ok for our parents to give us a hug and say "I love you," but not ok for some other adults. We may spend time alone with a close friend or relative, but only interact with our teacher, priest, or youth minister at Church events, with a group of other kids.

Spend some time thinking about the physical, emotional, emotional and behavioral boundaries in your relationships.

Physical touching, hitting, hugging, pushing, tickling, kicking, standing close, holding hands, back rub/massage, being alone together, sitting close, sharing a bed, sharing a drink, feeding one another, brushing/touching one another's hair, undressing, spanking, caressing, pinching, whispering...

Emotional love, jealousy, praise, excessive flattery, guilt, threats, demands for attention, conditional affection, bribery, sharing personal information, freedom, control, responsibility, isolation, intimacy, possessiveness, support, coercion...

Behavioral exchanging gifts, spending time together, lying, excluding others, keeping secrets, drinking alcohol, gambling, watching adult movies, doing favors, taking trips together, having sleepovers, taking pictures of each other, using drugs, smoking, driving, hiding things...

Boundaries

Some boundaries are absolute—some things are **never** ok. Other boundaries are determined by the nature of our relationship, the situation, and our own personal comfort zone. Speak out when you feel your boundaries have been violated.

“How to Say

...If someone is crossing boundaries.

If someone is in your personal space, violates your comfort zone, or pressures you to break the rules, What do you do? Sometimes it's not so easy to think of what to say to someone who is making you feel uncomfortable. Think of some respectful ways to “Say No.”

1. Just say, “No.” _____

2. Give an excuse: _____

3. Suggest an alternative: _____

4. Reverse the Pressure: _____

5. Avoid or leave the situation: _____

6. Give a reason: _____

7. Get a second opinion: _____

8. Delay your decision: _____

9. Share your feelings: _____

It is important to share how you feel. Sometimes others just aren't aware of our boundaries and if they know how we are feeling they will change their behavior. Sometimes people chose to cross boundaries. If someone won't take no for an answer or doesn't respect your feelings, get away and tell an adult who will listen.