

# Teaching Boundaries and Safety Guide

## Empowering God's Children – videos

- Gds K – 5 – <https://www.youtube.com/embed/As5weSqt9Jw>
- Gds 6 – 8 – <https://www.youtube.com/watch?v=P3RoYAYkDQ4>
- High school – [https://www.youtube.com/watch?v=eY\\_oua646oc](https://www.youtube.com/watch?v=eY_oua646oc)
  - Personal Boundaries, safe touches, safe & unsafe adults & children
  - Personal safety rules (in person or online)
  - No one has the right to cross your boundaries. You have a right to be safe.
  - It's never your fault

HS Students comments → we want them to come to us – or prevent it in the 1<sup>st</sup> place.

## Teaching Boundaries & Safety Guide

### Recap of Important Points – pg 18

- One conversation isn't enough.
- Use learning opportunities & teachable moments.
- We are the primary protectors of our children, but there are tools we must teach our children to empower & help them to protect themselves when outside.
- Abusers are often known individuals and trusted by the youth and the family.
- It may be very difficult for victims to talk about abuse.
- Children disclose in a variety of ways, and the adult's reaction can affect the communication and healing.

### Boundaries

- Introduction
  - Definition – pg 1
  - Preparing yourself – pg 2
- Physical /Touching Boundaries
  - Defining private body parts – pg 3
  - Safe & unsafe touches – pg 4
  - Safe Friends & safe adults – pg 6
  - What to do if boundaries are violated – pg 8
  - Secrets vs Surprises – pg 9
  - Additional thoughts for older youth – pg 10
  - Responding to a disclosure – pg 12
  - Third party supervision – pg 14
- Technology Safety Guidelines – pg 15
  - NetSmartz videos - <https://www.missingkids.org/netsmartz/videos>
    - <https://www.youtube.com/@NetSmartzWorkshop>