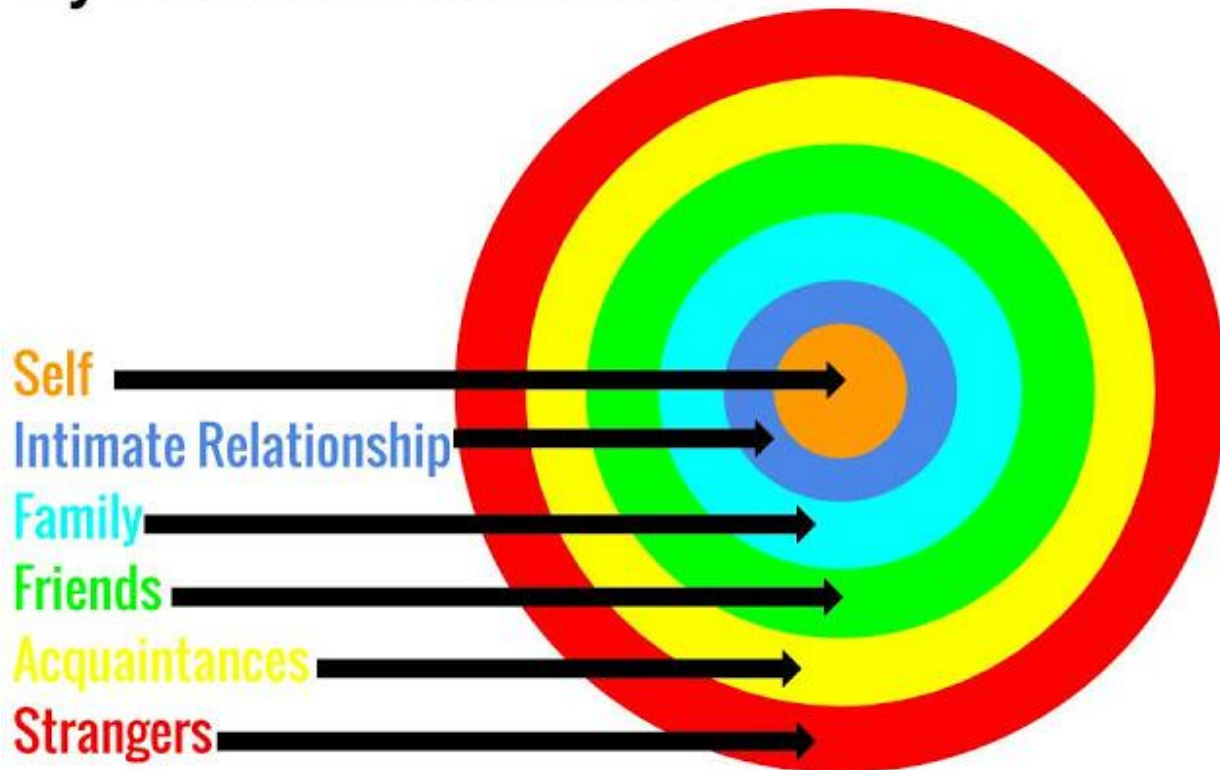


My Personal Boundaries



Activity Instructions:

1. Prepare labels/pictures and chart ahead of time
2. Define each category with learner: What does _____ mean to you?
3. Who/what fits into these circles?
 - People, topics of conversation, types of touch
 - *Reminders:*
 - o People/relationships can change circles
 - o Direction of privacy goes inward
 - o Everyone's circles may look different
4. At the bottom of the page, ask the learner to identify two trusted people they could tell if someone touches them in a way they aren't supposed to.

Mom	Dad	Grandparent
Siblings	Staff	Doctor
Therapist	Person on the bus	Co-worker
Boss	Best friend	Teacher
Myself	Dating partner	Sexual partner
Waitress at my favorite restaurant	Person on gaming system	Sex
My own health	Weather	Body functions
Weekend plans	Address	Phone number
Email address	Feelings/emotions	Sexual touching
Handshake	High five	Rub shoulders
Wave	Fist bump	Kiss cheek
Hug	Kiss lips	Be naked around