

Lesson 2: Boundaries and Limits

Dear Parent,

We presented the second lesson “Boundaries and Limits of our Circle of Grace” to your child. The goal of this lesson is that children will better able to identify safe and unsafe situations. We talked about borders or limits needed to protect themselves within their Circle of Grace. Below are the vocabulary words being taught in this lesson.

1. **Feelings:** Something I sense inside myself (e.g. angry, sad, happy, afraid, embarrassed, confused, excited, peaceful, etc.) which gives me information about others or myself.
2. **Holy Spirit:** God present with and within me. The Holy Spirit helps me to remember that I belong to God. The Holy Spirit helps me to experience and live God’s love.
3. **Signal:** A sign that tells me something may be safe or unsafe. This may be internal or external.
4. **Safe:** I am safe when my body and my feelings are respected by me and by others.
5. **Unsafe:** Anything that causes harm to me or others.
6. **Safe Touch:** Touch that respects me and others.
7. **Unsafe Touch:** Touch that is disrespectful and hurts, scares, or makes me feel uncomfortable or confused.
8. **Trust:** Being able to count on someone to help me to stay safe within my Circle of Grace.
9. **Trusted Adult:** A grown-up who helps me to stay safe in my Circle of Grace and to respect others within their Circle of Grace.
10. **Boundary:** A border or limit to keep ourselves safe within our Circle of Grace.
11. **Violate:** To break a law, promise, or boundary
12. **Secret:** A secret is something I know but do not tell.
 - Safe secret:** A secret is safe when it does not hurt others or me.
 - Unsafe secret:** A secret is unsafe when I think that someone, including me, might be hurt or get in trouble if I do not tell.

It is important as parents and guardians to dialogue with your child about how he or she understands these concepts. This lesson will help them begin to understand to seek help in situations that may make them uncomfortable or unsure. It may be helpful to come up with additional situations that you and your child can discuss.

Thank you for your support of the Circle of Grace program. It is essential and appreciated as we strive to provide the safest environment possible for our children.