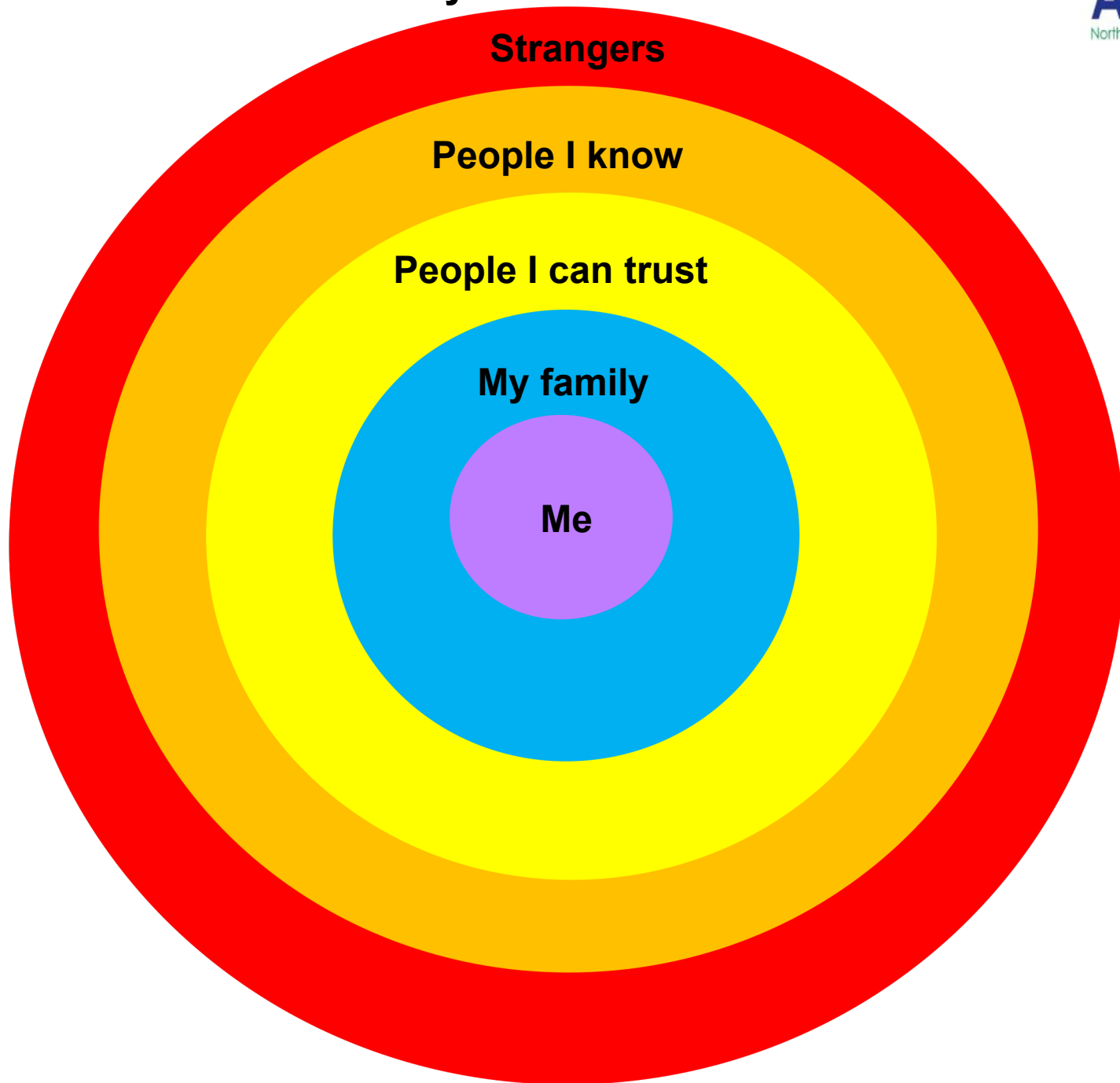


My Circle of Trust





Kiss



Hug



Wave



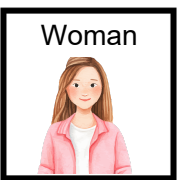
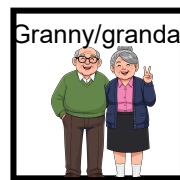
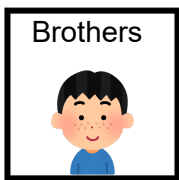
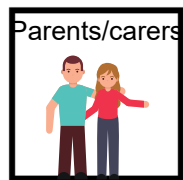
Smile



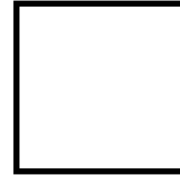
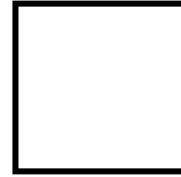
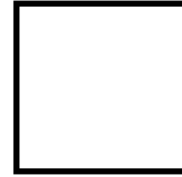
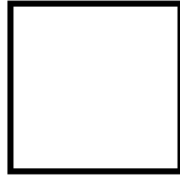
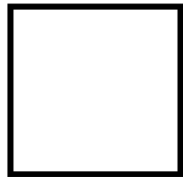
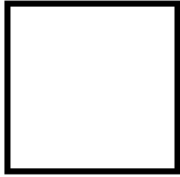
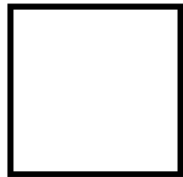
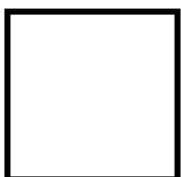
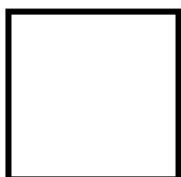
High Five



Say hi



Blank boxes for others you can think of



Guidance notes

This resource is used to teach about boundaries with different types of people. Start by cutting out the boxes of different types of people, there are blank ones to use if needed just draw/write in additional examples. Cut out your boxes and with your young person decide where they should go in the circle of trust. E.g. mum and dad might be in the closest to circle which means unlimited boundaries, no topics of conversation are off limits, you can also discuss personal space, is hugging and kissing ok in this circle? the further you move out the more boundaries so in the circle of people I know we might not be able to talk about body issues, home address, passwords and it might just be appropriate to wave, say hi but no kissing or hugging. Pets can also be added into this as they can be a big comfort for young people.

If age appropriate online safety can be brought into this, if gaming online for example with people that aren't friends in real life they may have to go into the strangers circle and therefore no personal information is given away.

You may also have to think about emergency services or medical professionals. They are technically strangers so we should have personal space boundaries etc but it needs to be taught there are a certain group of people that are an exception to this rule. You may want to term this 'safe strangers'



Safe strangers

Dentist
Doctor
Police
Speech and language

You can also use this to teach about the change of relationships just because you say hi to someone and they say it back doesn't mean you are friends they are still a stranger, but if you spend lots more time with them and know more about them over time they start to move through the circles, likewise the opposite way, your young person may have a best friend in school and she wants them to go into the closest to circle but if they were to change schools and 2 months later they haven't spoke would the friend still be in the closest to circle or maybe its better to move them into the people I can trust or know circle. For this reason it can be useful to laminate this resource so it can be adapted over time.