

DRAW THE LINE

Directions:

Talk with your teen about their personal boundaries. There are some things that your teen is okay doing; however, there are other things that cross the line...things that your teen is not comfortable with. For each statement, your teen should determine if it does or does not cross their personal boundaries and draw a line through all statements that cross the line.

- ✧ Lying to a friend.
- ✧ Spreading a rumor.
- ✧ Wearing a bracelet that supports a cause you believe in.
- ✧ Letting someone copy your homework so you can sit together at lunch.
- ✧ Sharing your Facebook password.
- ✧ Giving your friend a hug on their birthday.
- ✧ Grabbing someone by the arm to keep them from going to class.
- ✧ Saying no when asked to do something that makes you feel uncomfortable.
- ✧ Telling your friend you are worried about them and asking if there is anything you can do to help.
- ✧ Persuading someone to kiss you after he or she resists.
- ✧ Intentionally making unwanted physical contact with someone in the hallway.
- ✧ Telling your friend that you won't give him the answers to the test.
- ✧ Writing a comment on your Facebook wall supporting your school's basketball team.
- ✧ Daring someone to steal earrings from the mall.
- ✧ Helping a friend who is struggling with Algebra 2.
- ✧ Always telling your friends that they are stupid.
- ✧ Telling a lie to your parents.

We all have boundaries. Those boundaries are often challenged. People use power to try to control others. It is very important for your teen to understand when there is an imbalance of power in a relationship and how they need to stand up for themselves and maintain control over themselves and their choices. Encourage your teen to think about how people can exert control over others.