

# Just for Parents...

Today, your child learned about the Sixth Commandment, "Thou Shall not Commit adultery." This commandment asks us to honor the love we have for ourselves, the need to respect and be in control of our bodies, love we have for family and friends and the proper way to show our feelings.

Talking about appropriate boundaries and touching is difficult, yet necessary. Here is a tool that you may or may not choose to use to discuss this issue.

Ask your child...

- Who are [family members](#)?
- Who are best friends?
- Friends?
- People we've met who we aren't close to?
- Write names or examples in the circles.

Discuss appropriate behaviors for the different "circles." Here are some examples:

- **Family Circle:** Family members are the people we're closest to. Family members can have hugs and kisses. We say "I [love you](#)," to family members. We can talk about private things with our parents.
- **Best Friend Circle:** To our closest friends, we can give hugs when we say hello and goodbye. We can say "I like you," to them.
- **Friend Circle:** We can shake hands with our [friends](#), or pat them on the back. We can say "I like you." We can play games and take turns.
- **People We've Met Circle:** People in our classes at school or neighbors can have a handshake, and a wave. We can say, "Hello, how are you?" and smile.
- **Strangers (On the outside):** Strangers are people we have not met and don't know. We don't hug or say "I love you," to them. We can be polite and say, "Thank you," and "Excuse me" if we need to. But otherwise we don't talk to strangers.

If your child grasps the concepts, you can go further with your discussion. Ask "what if" questions. What if a stranger asks you to help him look for a lost dog? What if a person we've met tries to kiss us? What if a friend asks us private questions?

Post the "Circles" model in the child's room, as a reminder about the discussion. Refer back to it, if the child has ongoing difficulties or questions.