

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. Included in the discussion was about healthy boundaries...

Ways to set and maintain healthy and appropriate boundaries.

- Identify teens and adults you can trust and build relationships with them.
- Avoid people who are selfish, disrespectful, manipulative or abusive. These people will likely disrespect you.
- Spend time with people who do well in school and at home, who are liked and respected by many people. These people are more likely to treat you the way that you want to be treated.
- Learn to say "no" when you're being pressured to do something wrong or makes you uncomfortable. Anyone that pressures or invites you to do something wrong doesn't respect you and is not a friend.
- Trust your sense of safety or danger. These are good indicators of right and wrong. If someone or something seems dangerous or threatening, stay away!
- Think through and solve problems before speaking or acting.
- Learn from the past. Think about situations when you felt uncomfortable and felt that your personal boundaries were violated. Who was involved? What was the situation? Think of a better way to handle similar situations in the future.
- Speak up when someone or something bothers you. Talk to adults you can trust.
- Set limits about where you will go, what you will do, and how long you will be there. Having and sticking to a plan helps you keep and respect boundaries.
- Tell others what makes you comfortable and what your personal boundaries are.

Your child was also given a copy of "A Catholic Perspective on Sexuality." This handout is a summary of what the Catholic Church teaches about sexuality. It may be helpful to read and discuss this handout with your child.