

# Establishing Relationships with Safe Adults and Peers

Youth & Children will

1. Recognize their own support systems
2. Understand what safe adults do vs should not do
3. Understand how friends should treat each other
4. Learn about boundaries to ensure safety & consent

## In Today's Class We

We watched Frozen to discuss Elsa's challenges to trust others, how her friends made her feel safe, and how we can create our own support systems.

Then, in our resilience handbooks answered "Who is my safe adult?"

## Activities To Do at Home

- Practice respecting each other boundaries by tickling each other and saying "stop"
- Learn about your child's friend circle (online and in person friends)
- Read "Riley the Brave"

## The Boundary Song

<https://youtu.be/aSFvJbSQdA4>

