



Boundaries, Privacy & Consent

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What do you want for your family member?

▶ Safety

- ▶ Physical
- ▶ Emotional
- ▶ Financial

▶ A Purposeful Life

- ▶ Friends
- ▶ Relationships
- ▶ Activities



To achieve any of these they must understand about boundaries



What do we mean by boundaries?

Types of Boundaries

Physical Personal space, who can touch you, where, when and how they may touch you.	Material The limits you set on how much money or resources you give or loan other people.
Emotional How you allow people to talk to you. Not taking responsibility for someone else's mistakes or actions.	Time What you're willing to spend your time on. Spending time on yourself.
Sexual Your comfort with sexual experiences as well as the sharing of details.	Relationships Behavior that you are or are not willing to put up with in the context of relationships.



Not only is that a lot to think about but...

- ▶ **All areas of society have different boundaries!**
 - ▶ Some are concrete such as rules and laws
 - ▶ Some vary such as personal space, relationships, safety needs
 - ▶ Families
 - Respect/Role
 - Physical aspect
 - Responsibilities
 - Home Safety
 - ▶ School
 - Rules
 - Friendships
 - ▶ Community
 - Public behavior
 - Personal Safety



So how do we make this doable tonight?

- ▶ **Focus on:**

- ▶ **Personal boundaries** are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.
- ▶ These boundaries are **formed** by personal & family needs, culture and abilities.
- ▶ Boundaries are necessary for **healthy relationships**



Why are Healthy Relationships Important?

- ▶ Everyone is part of relationships
- ▶ Being in a good relationship helps us:
 - ▶ Know ourselves
 - ▶ Develop as a person
 - ▶ Grow emotionally
 - ▶ Keep safe
 - ▶ Communicate and maintain meaningful bonds with other people
 - ▶ Have fun!



So how do we make this doable tonight?

▶ Create a Plan

- ▶ Not all boundaries are concrete- which is why they must be taught
- ▶ If your family member doesn't learn just by watching others or being told once- here are some other strategies to use:

▶ Visuals

▶ Practice

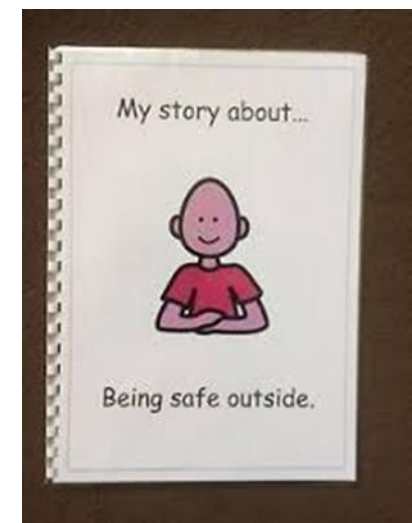
▶ Social Stories

▶ Role Play

▶ Model

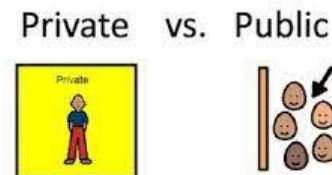
▶ Consistent reinforcement for safe behavior

▶ Consistent consequences for unsafe behavior



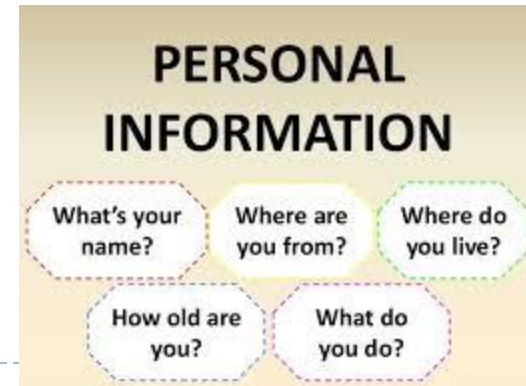
A good start is teaching about public and private

- ▶ Children need to know the difference between **private and public places**, as well as the gradations between semi-private and semi-public variations
- ▶ Private Place- bedroom and bathroom with door closed
- ▶ Public Place- community, school, neighborhood, friend's house, computer
- ▶ Semi-Private- public bathroom in the stall or doctor's office with door closed
- ▶ Semi-public- In your workplace office, family member or friend's house



Public and Private

- ▶ Teach what **private (personal) information** is:
 - ▶ data or behavior that is about hygiene, grooming, or of a sexual nature
 - ▶ medical information,
 - ▶ financial information,
 - ▶ phone numbers, addresses, birthdays.
 - ▶ Information about the family and your home
- ▶ **Information that cannot be freely shared in public**



Public and Private

- ▶ Teach **who** it is appropriate to share information with, and **who** they should **not** share information with
- ▶ This gets tricky because there are so many different people they see and interact with
- ▶ It might be easier to teach this by relationships



Relationships

- ▶ Teach that relationships are different
 - ▶ Family (such as siblings and parents)
 - ▶ Friends
 - ▶ Romantic (boyfriends or girlfriends)
 - ▶ Professional (such as teachers, clergy or medical professionals)
 - ▶ Acquaintances (such as people you know and recognize in passing)
 - ▶ Community (staff members, clerks, office workers)

- ▶ Boundaries are **different** with each type of relationship



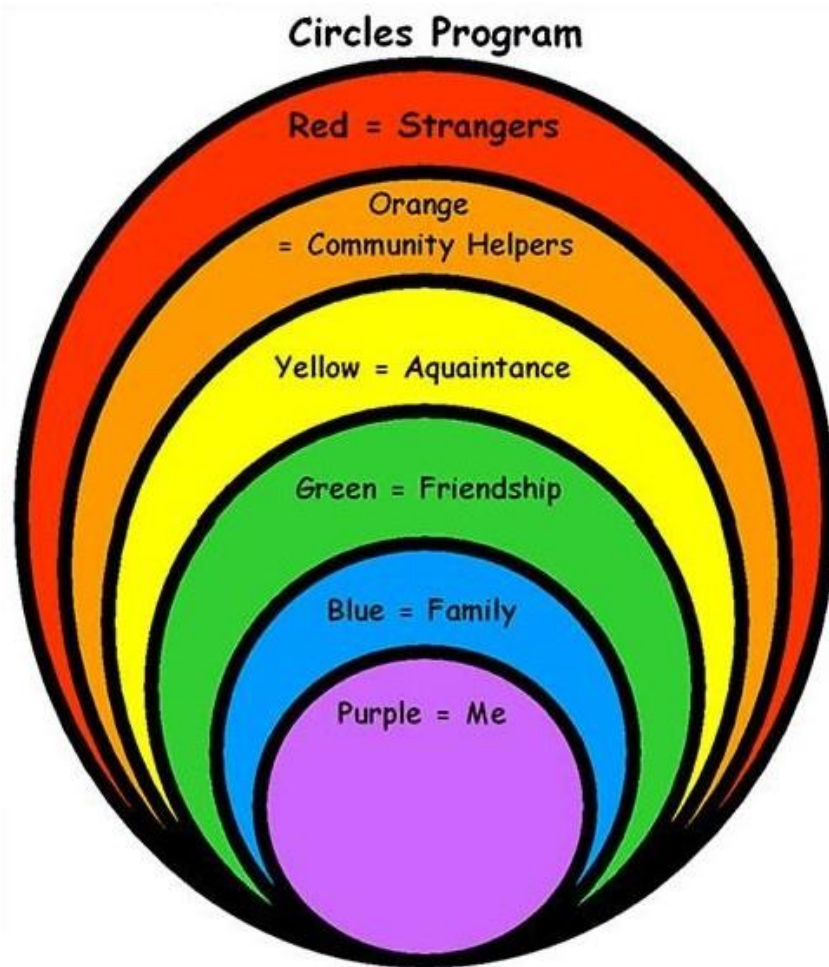
The Media and Relationships

- ▶ How are relationships portrayed in the media?
 - ▶ Most relationships on TV are superficial, short term and “easy.”
 - ▶ Out of the TV shows that contain overt sexual content, only 15% discuss risk and responsibility.

Teach about the reality of relationships!



Teach where each person falls



- ▶ Talk about the differences
- ▶ Identify specific people
- ▶ Make a chart
- ▶ Set concrete rules
- ▶ Live out loud



Different Boundaries for Family Members

▶ Family

- ▶ Identify close family
- ▶ Identify safe family “5 fingers activity”
- ▶ Teach what behaviors and information it’s okay to share
 - ▶ Physical touching (from hugs to private parts)
 - ▶ Who and when to go to when they have questions or concerns



Friendship & Acquaintances Boundaries

Different Levels

- ▶ **Acquaintance:** Someone you're friendly with but really don't know or talk to or only see rarely
 - ▶ Only public behaviors, waving, high-fives
- ▶ **Possible Friendship:** This is when you start to seek out people to talk to them.
 - ▶ Only public behaviors, waving, high-fives
- ▶ **Evolving Friendship:** This is when you start showing that you would like to spend more time with them by consistently hanging out with them and making plans to do things with them. Importance in this level is that the person chooses to be their friend as well.
 - ▶ Mainly public behaviors, but may start sharing more personal feelings or information
 - ▶ Can share basic family information



Friendship & Acquaintances Boundaries

- ▶ **Bonded Friendship:** This is when people are there for each other. They look out for each other, spend lots of time together and share more about your life and feelings. In this friendship level you may have one very close friend that you open up more with and spend more time together.
- ▶ Can share more private information but no personal touching except side hugs etc. Both friends have to be okay with the actions



Community Helpers Boundaries

- ▶ teachers, clergy, police or medical professionals
 - ▶ Teach specific to profession
 - ▶ no private behaviors unless cleared through parent or safe person
 - ▶ Medical- will needs to share if something about their body hurts
 - ▶ Teacher- share when confused, need assistance
 - ▶ Clergy- share what you faith leads you to share
 - ▶ Police- give them information they are asked or tell them what happened if they need help
- ▶ staff members, clerks, office workers
 - ▶ People they have to interact with
 - ▶ Public behaviors only



Stranger Boundaries

- ▶ People knocking at the door or calling
- ▶ People who talk to them in public
 - ▶ Establish concrete rules on when to answer
 - ▶ Teach set responses
 - ▶ Have a code word



Romantic Boundaries

▶ **Intimate**

- ▶ Close hugging/kissing
- ▶ Share secrets

▶ **Items to emphasize**

- ▶ Your body is **private** and some parts are more private than others
- ▶ No one can touch your body without your **permission**
- ▶ **No one can force** you to have sex or do anything sexual that you do not want to do- that is sexual assault and is against the law
- ▶ No one can see your body without your **permission**, and no one should be asking you for pictures of your private parts
- ▶ If they need help with personal care activities- they need to recognize what touch is necessary and **when they can refuse the touch**



Relationship becomes physical

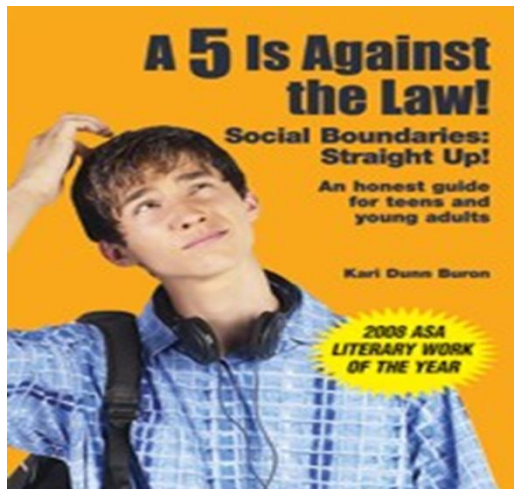
Consent!!!

- ▶ Don't show your body to someone that doesn't want to see it
- ▶ Know there is good touch and bad touch
 - ▶ Hugs and kissing can be good if you both agree
 - ▶ If the touch is scary or hurts or just doesn't feel right it is a bad touch
 - ▶ Ask for permission before you touch someone
 - ▶ If they say no, don't touch them or try to change their mind
 - ▶ Recognize the legal aspect- under 18 years old is a minor
 - ▶ You can say **no** at anytime
 - ▶ Consent for Kids

'No'
is a complete
sentence.

Boundaries work both ways

- ▶ Understand and honor other people's boundaries
- ▶ Understand when boundaries can/cannot be crossed
 - ▶ 5 is against the Law!



Autism Spectrum Disorders Tips & Resources



5

Physically hurtful or threatening behavior. These are behaviors that are against the law. For example, hitting someone or grabbing them in a private place. You will get fired from a job, suspended from school and maybe even go to jail if you engage in these behaviors.

4

Scary Behavior. This could include swearing or staring. You would probably get fired from a job for this behavior or suspended from school. This behavior could also end up being against the law.

3

Odd Behavior. This behavior could make other people uncomfortable. It might include sitting too close to someone or putting your face too close to someone who wasn't expecting it. It could also include showing up at a party you weren't invited to. You might get fired from a job because this behavior makes other people nervous. This is not against the law.

2

Reasonable Behavior. This type of behavior is like going to a party you have been invited to and talking appropriately to someone you know. It might be playing a game with someone, working with someone in a group at school or eating lunch with someone. People are enjoying each other's company at this level. This is where people get to know each other better.

1

Very Informal Social Behavior. This is like waving to someone or smiling at someone in the hallway at school. If you just say "Hi" and keep on walking it is also a 1. This is totally OK and is the way most people first notice each other.

Rev.0612

A 5 is Against the Law! Karl Dunn Miron
Prepared by: The TAP Center at The University of Illinois at Urbana/Champaign

Boundaries work both ways- Respect your child's!

- ▶ Really listen when your child tells you what is, and isn't, okay with them, and take their requests to heart whenever possible. It sounds like a no-brainer, but dismissing children's boundaries is often something grown-ups do all the time without even realizing it.
- ▶ “If a child says she hates being tickled, or picked up, don't say, ‘Oh come on, you don't really hate it.’ Instead say, ‘I hear you and I won't do it again.’”



Now take a deep breath!!

- ▶ By teaching them openly and honestly, especially about boundaries and relationships you are giving them a better chance for their life to be purposeful and safe.



IT TAKES
COURAGE
TO GROW UP
& BECOME WHO
YOU REALLY
ARE. - E.E. CUMMINGS



Resources

- ▶ [A&M Center on Disability and Development](#)
- ▶ May 2, 2019- Safety in the Home and Community
- ▶ March 7, 2019-Love is Friendship on Fire
- ▶ November 1, 2018- Puberty and Adolescence
- ▶ March 1, 2018- Computer & Phone Safety
- ▶ March 2, 2017- Surviving Puberty



Questions

