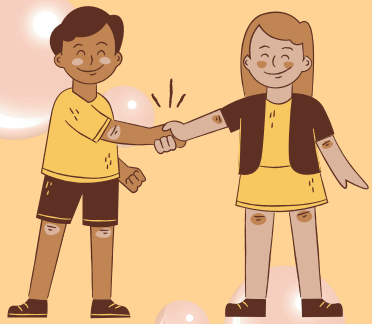




HEALTHY BOUNDARIES

Having healthy boundaries in our friendships allows us to feel safe and be comfortable being ourselves. Imagine that you have a bubble around you - this bubble is called your personal space and it is up to you what you let into your bubble and what you keep out.

Remember:

- it's okay to say no when you feel uncomfortable or when you feel someone has invaded your bubble of personal space through their words or actions
- you can share with your friends and family what makes you comfortable and what makes you not so comfortable - this will help them to respect and love you
- it's okay to tell someone when you need some space or when you're feeling a certain way

If you ever feel uncomfortable, unsafe or anxious within a friendship, be sure to share this with a trusted adult like mum, dad, aunty, uncle or guardian.



THE SAINTS SHOW US THE WAY!

Did you know that many of the Saints can show us what safe and respectful friendships are?

Many of the Saints were good friends with each other. Some of these were:

- Saint Francis and Saint Clare
- Saint Patrick and Saint Brigid
- Saint Teresa and Saint John

They had friendships that were loving, respectful and centred on Jesus. They pointed each other to Jesus and wanted to love each other as Jesus loved them. They are our dear friends in heaven and they are our role models!

All the Saints in heaven, pray for us.

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DIOCESE OF
ARMIDALE

CHILD

SAFE

PEER

RELATIONSHIPS



"DEAR FRIENDS, LET US LOVE ONE ANOTHER FOR LOVE COMES FROM GOD"

1 JOHN 4:7

“LOVE ONE
ANOTHER



EVEN AS

I HAVE LOVED YOU”

JOHN 13:34-35

Jesus calls us His friends and He wants us to love our friends the way that He has loved us. This means showing love, respect, kindness, compassion and forgiveness.



TYPES OF RELATIONSHIPS



God brings lots of different people into our lives and each of them have a different role. Some are family members, friends, teachers or community members - no matter why they are in our lives, building positive relationships is so important for us to flourish into the person God created us to be.



FRIENDSHIPS

Friendships help us to know that we are valued children of God, they help us to receive the support that we need especially through troubled times and make us feel safe and less isolated.

What does a safe and positive friendship look like? It includes the following:

- you're an equal with your peer/friend
- you're able to be yourself
- you feel safe, trusting and supported
- you feel comfortable to express your feelings and opinions knowing that you won't be judged.