



MAD HATTER WELLNESS

FAMILY DISCUSSION GUIDE WORKBOOK

LESSONS AND ACTIVITIES ON HEALTHY RELATIONSHIPS, SAFE AND HEALTHY BOUNDARIES, AND PRIVATE/PUBLIC PLACES AND ACTIONS

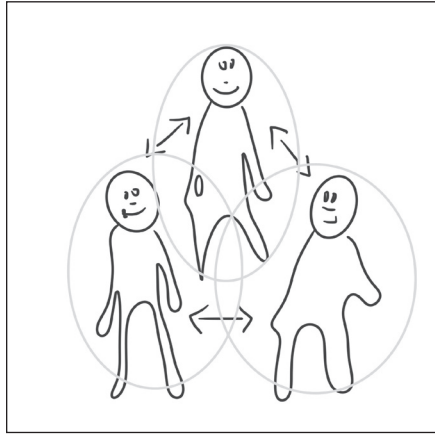
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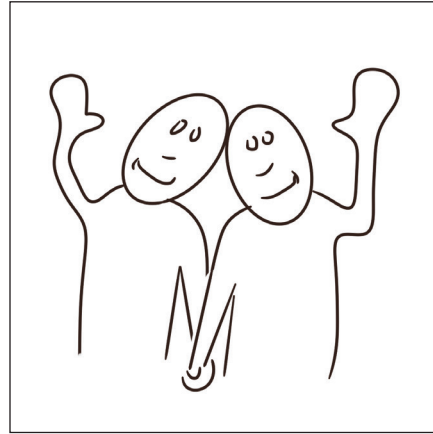
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HEALTHY RELATIONSHIPS SOCIAL STORY



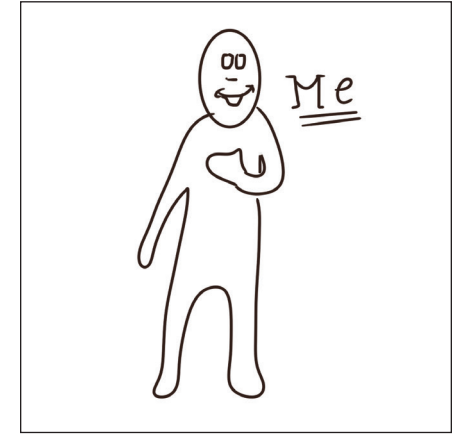
A relationship is a connection between 2 or more people.



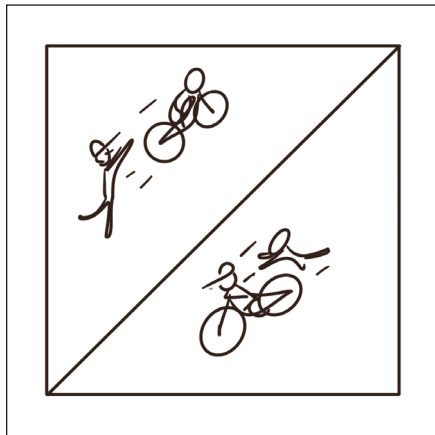
A healthy relationship is a connection with another person that you feel good about.



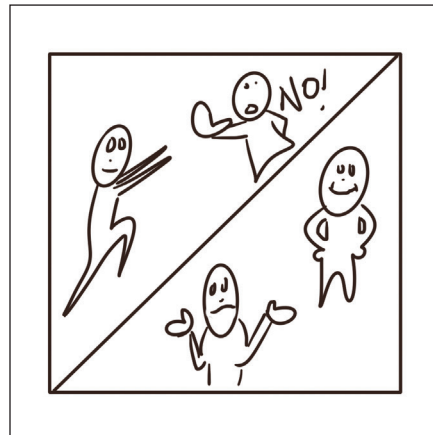
You can have healthy relationships with many different people in your life.



In healthy relationships, you get to be yourself.



You take turns and compromise in healthy relationships.

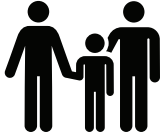


Boundaries are respected in healthy relationships.

PEOPLE IN MY LIFE

INSTRUCTIONS: Write down the names of the people in your life for these categories.

My Family



My Friends



Romantic Partner



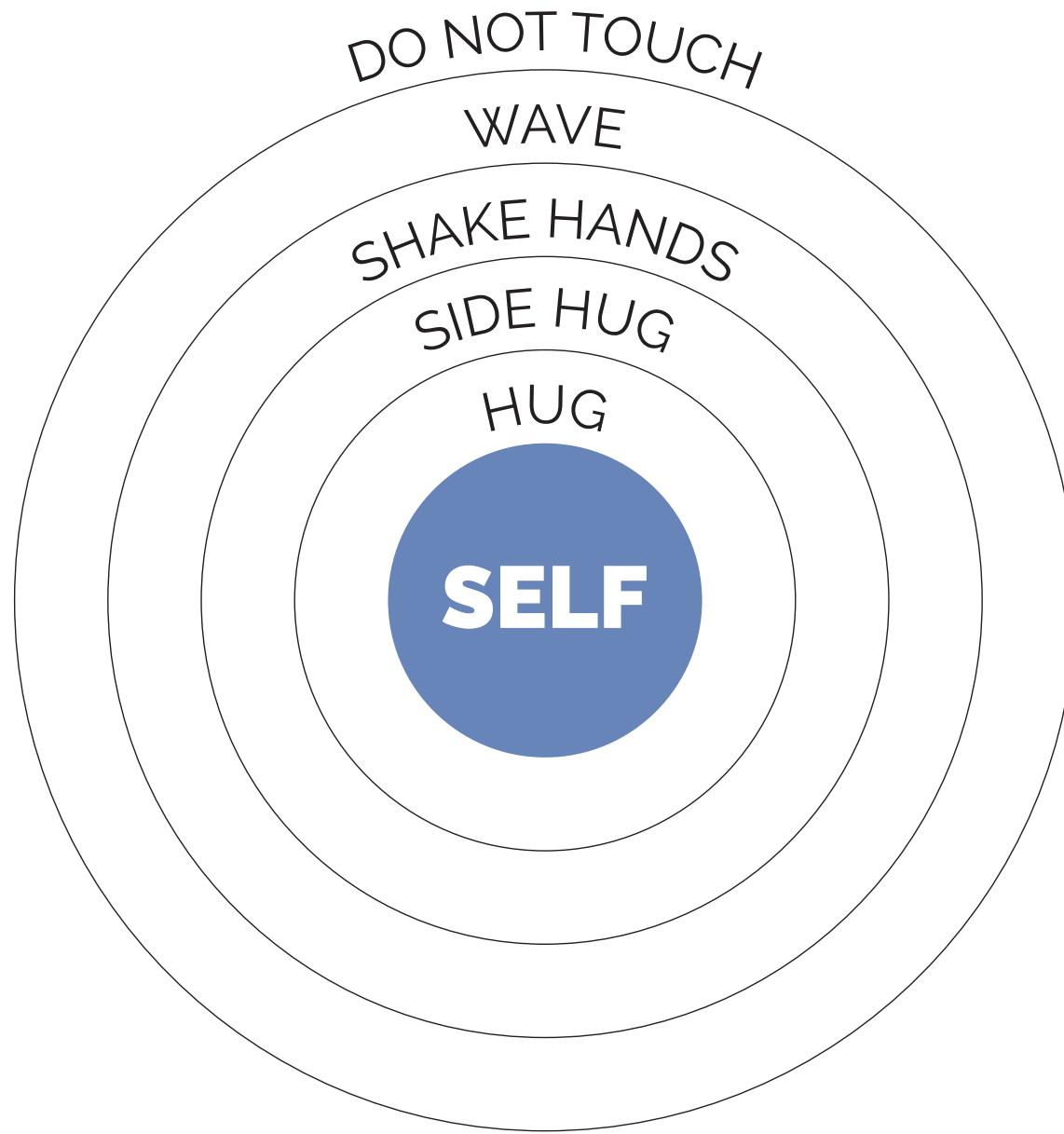
Professional Relationships



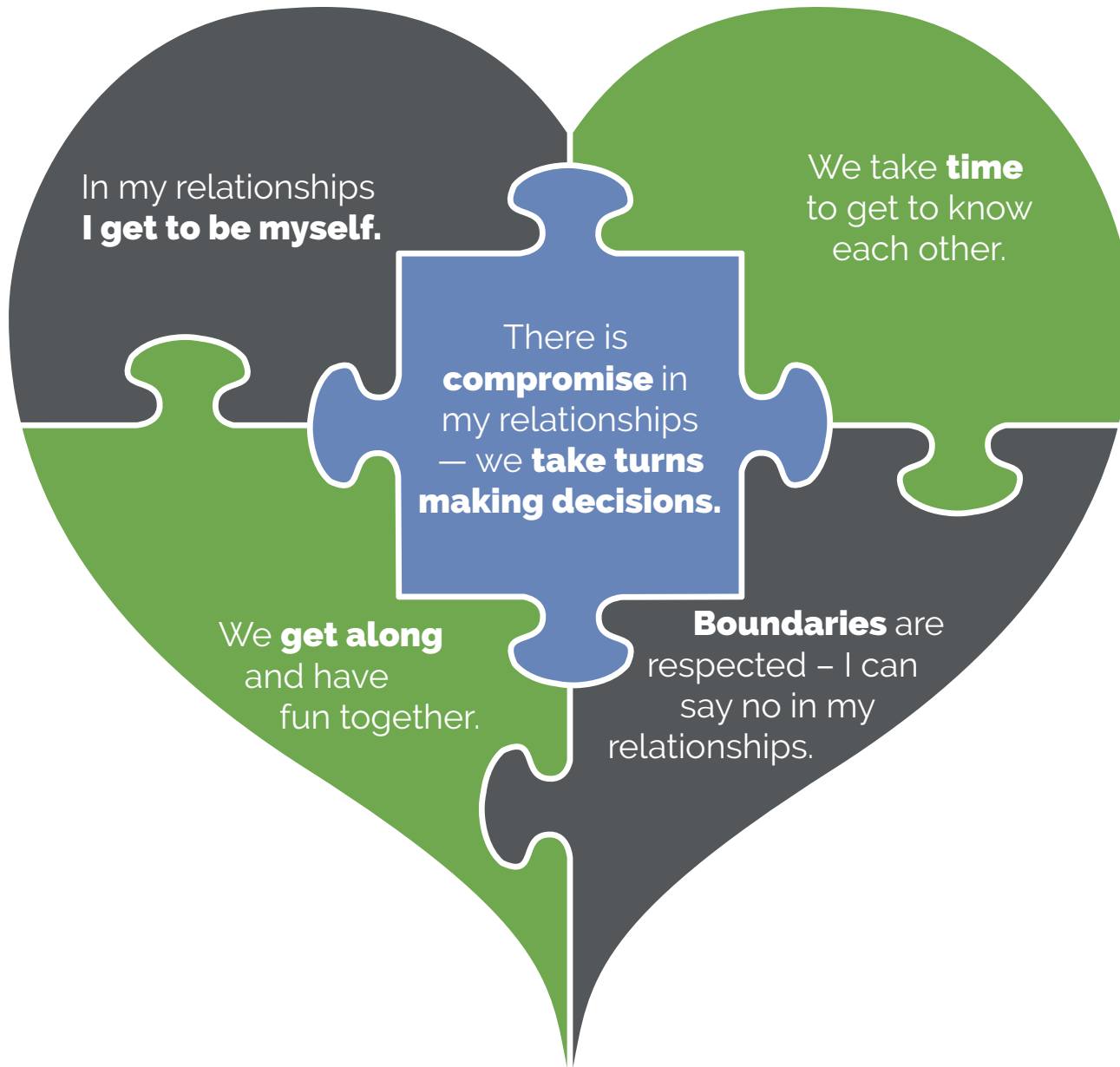
Public



RELATIONSHIP AND TOUCH CIRCLE



HEART OF RELATIONSHIPS

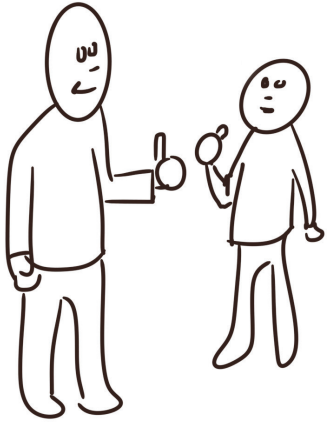


HEALTHY AND UNHEALTHY ACTIONS

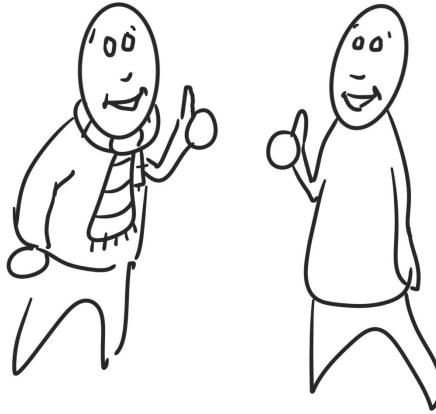
Directions: Discuss and/or sort healthy and unhealthy actions in a relationship using the cards on the following pages

HEALTHY ACTIONS	UNHEALTHY ACTIONS

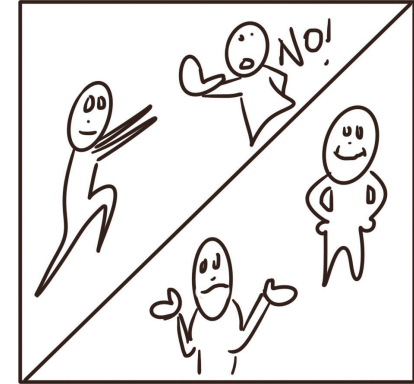
Using Kind Words



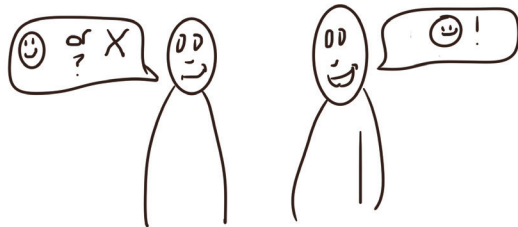
Giving Compliments



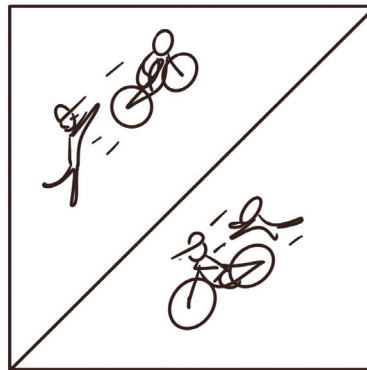
Respecting Boundaries



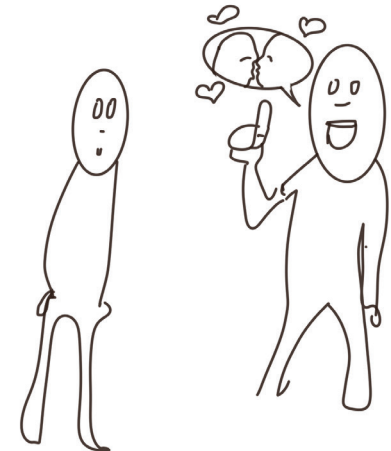
Asking for Consent



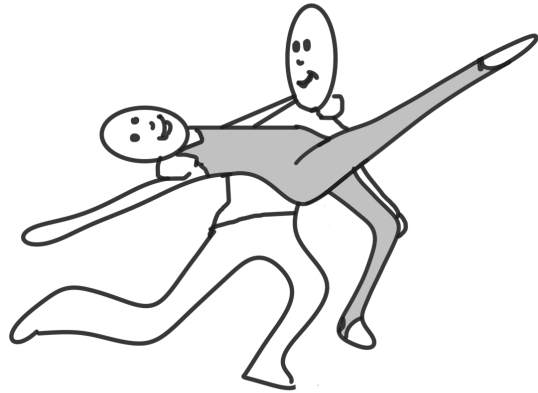
Taking Turns and Compromising



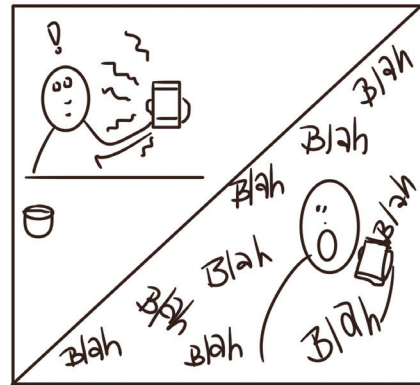
Sharing Personal Thoughts & Feelings



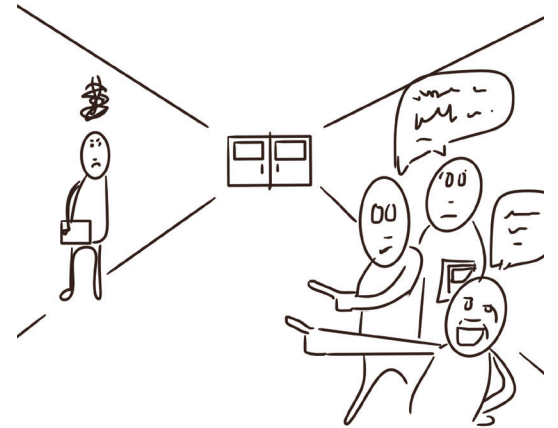
Doing Fun Things Together



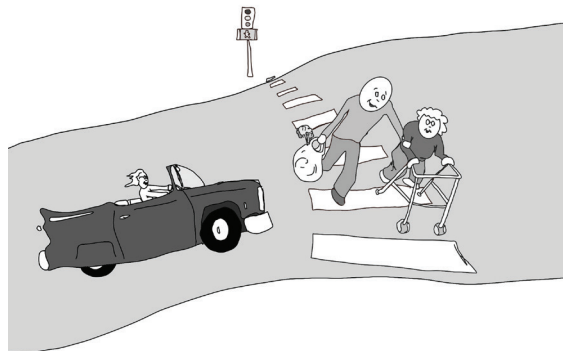
Doing All of the Talking



Making Fun of Someone



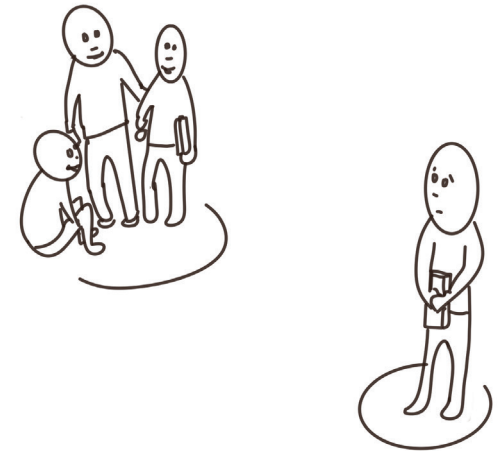
Helping Each Other



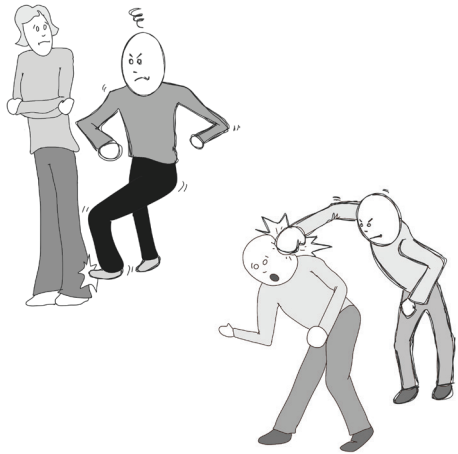
Touching Someone Without Consent



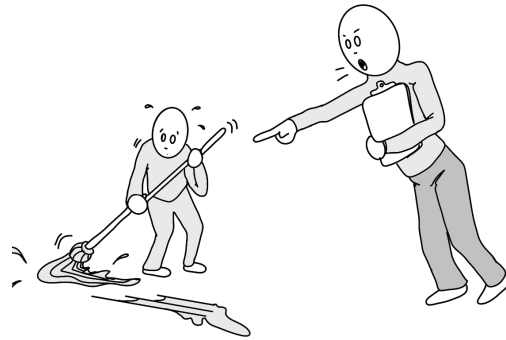
Gossiping



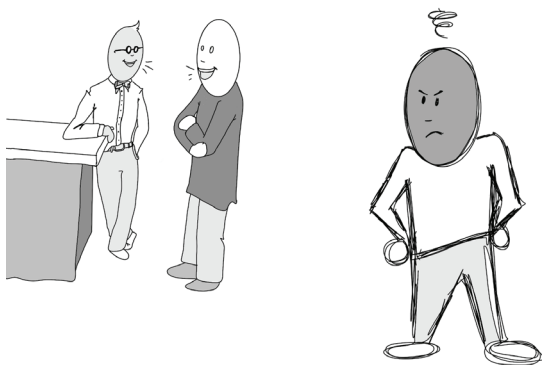
Kicking or Hitting



Tells You What to Do



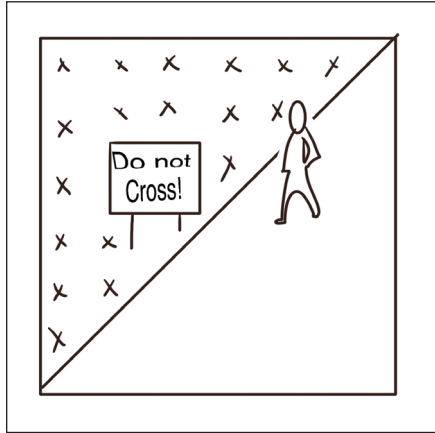
Gets Mad when You Talk to Other People



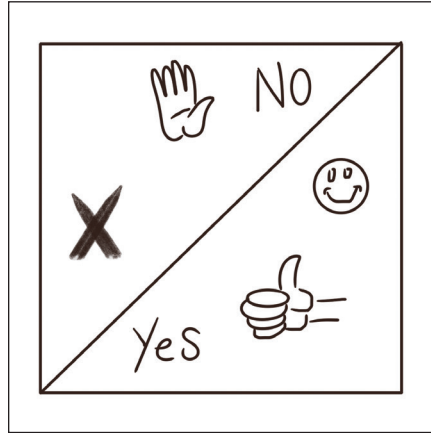
Saying Mean Things



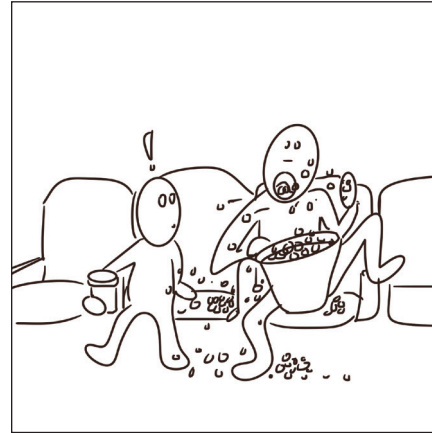
BOUNDARIES SOCIAL STORY



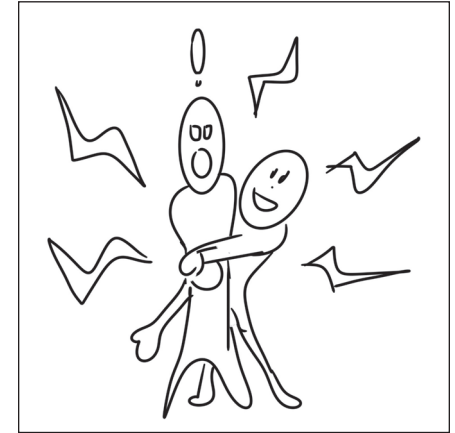
A boundary is a line that people cannot cross.



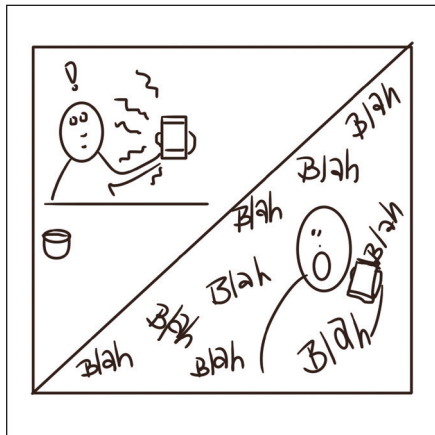
People can't cross your boundary without your permission.



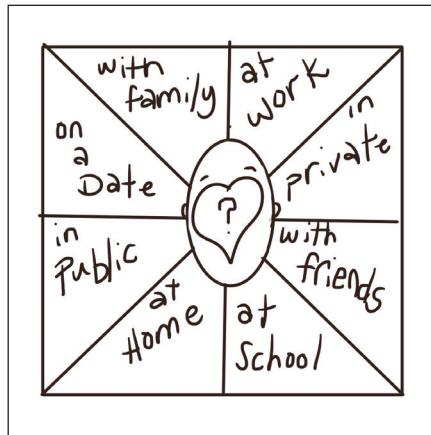
You can't cross another person's boundary without their permission.



An example of a physical boundary is only hugging people who want to be hugged.



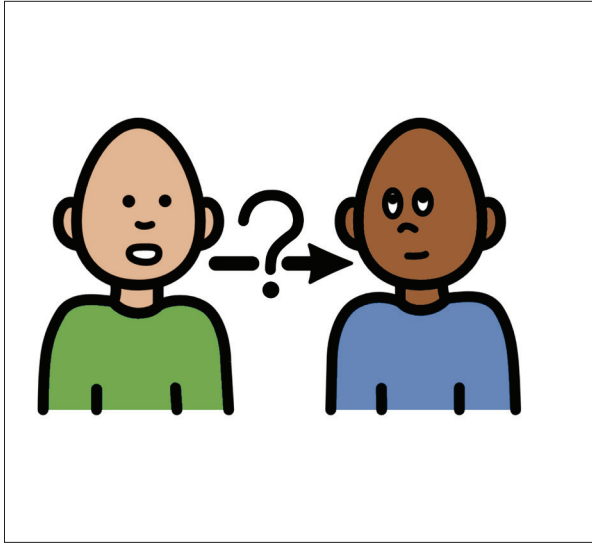
An example of an emotional boundary is that you get to decide how much you share about yourself with other people.



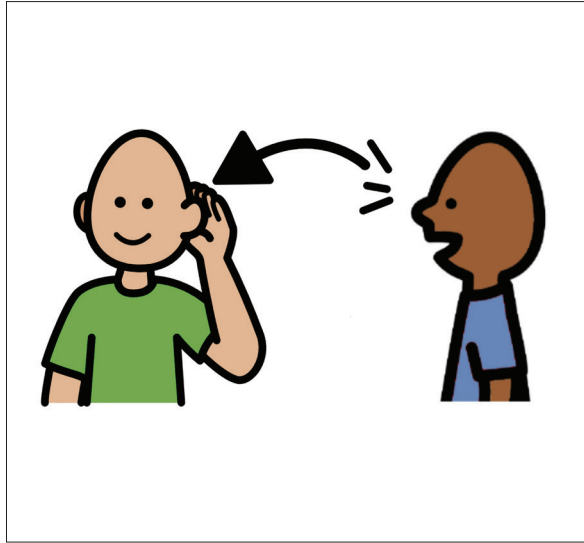
Boundaries can change with different people or in different places. They can change with your mood.

THREE STEPS FOR CONSENT WORKSHEET

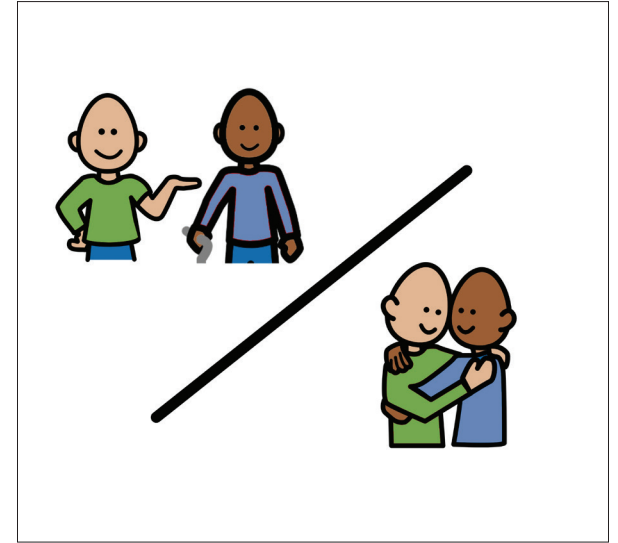
Consent — giving permission or saying yes to an activity.



Ask



Listen



Respect

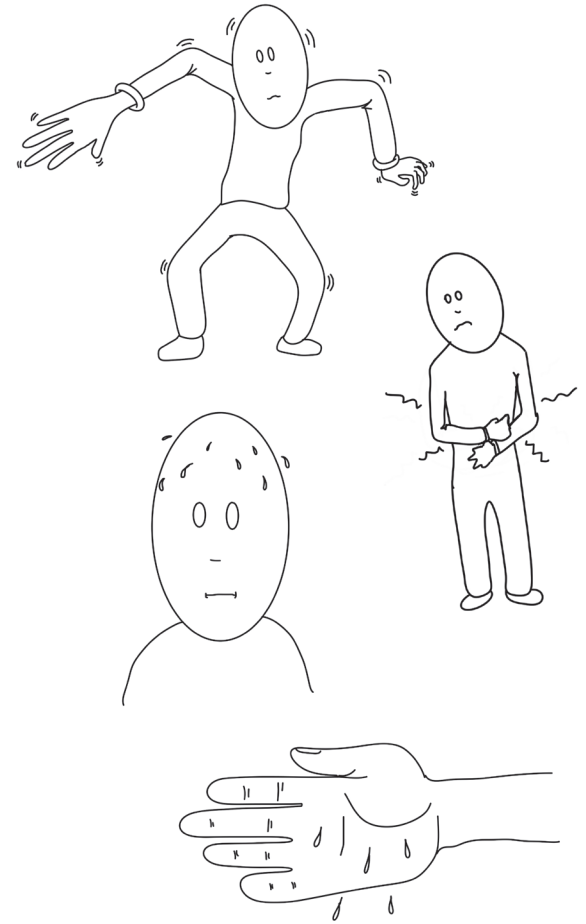
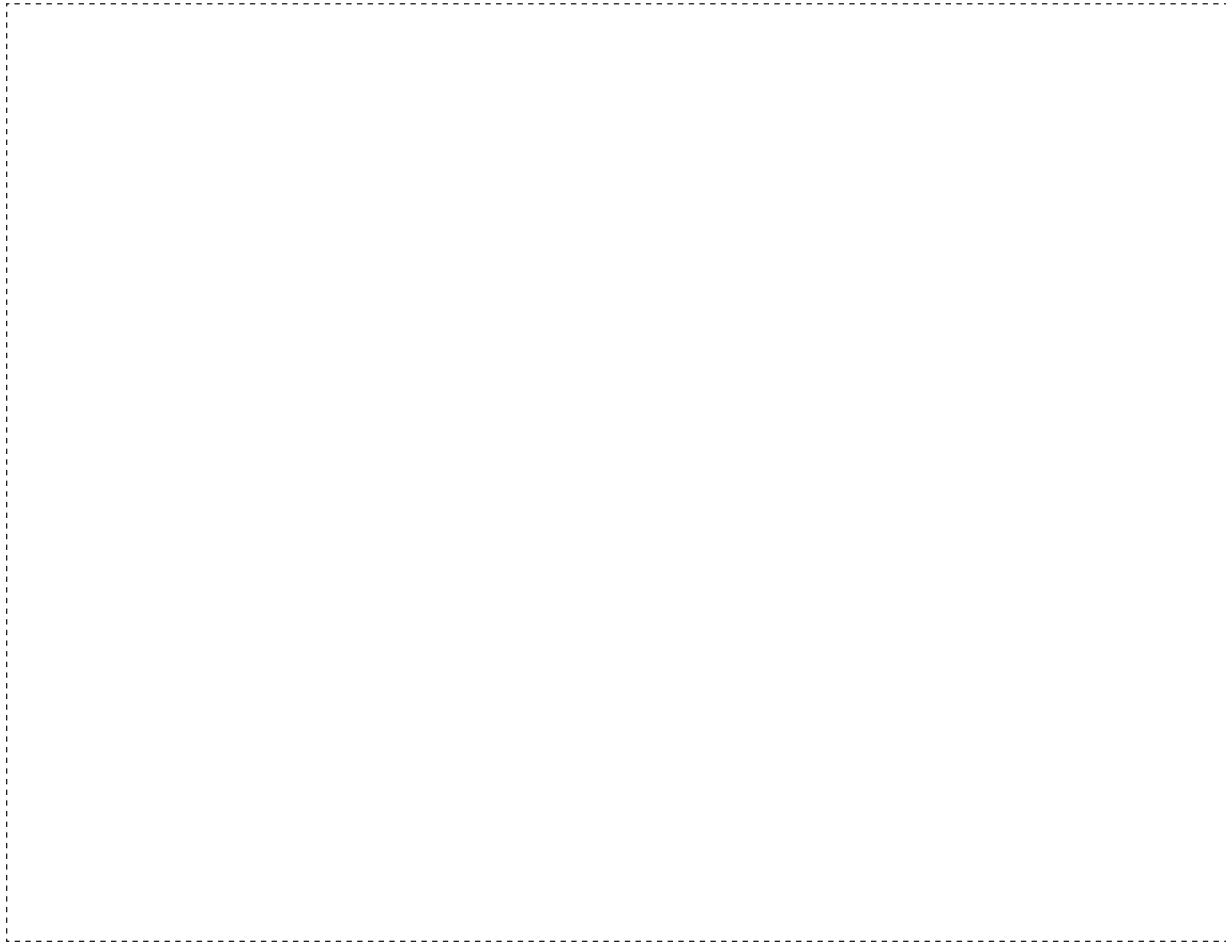
1. A person sees their best friend at a community center and asks for a hug before giving them a hug. The best friend says "yes!" and they hug
2. While meeting a new volunteer, an employee asks the volunteer if they can hug them. The volunteer says they would prefer a high five, so they high five instead.

WARNING SIGNALS

Our body tells us when something feels uncomfortable or unsafe. I can listen to my body to decide if something is healthy or unhealthy.

Follow your instincts. How does your body tell you when something isn't right.

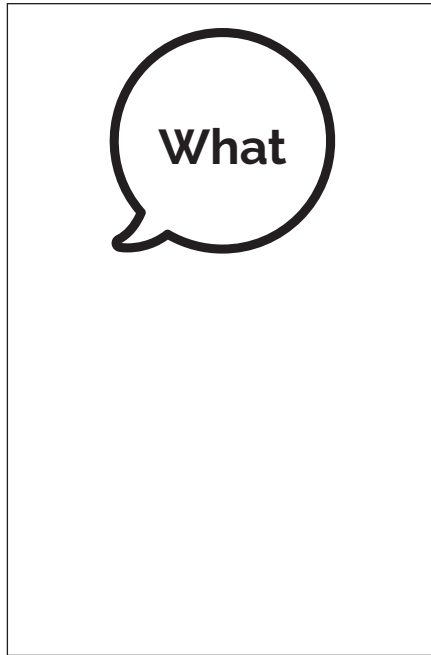
Write or draw warning signals you feel in your body.

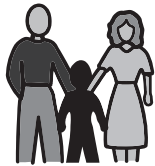


BOUNDARIES SORTING ACTIVITY WORKSHEET

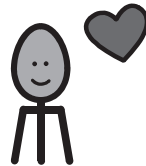
Boundary — a “line” that others cannot cross unless I say it's okay.

Directions: Cut out the who, what and where cards. Place the cards on the corresponding boxes on the worksheet to create different phrases/scenarios. Place a who card in the who box, a what card in the what box and a where card in the where box. Is the scenario healthy, unhealthy, or does it depend? You can use thumbs up to communicate healthy, thumbs to the side to communicate not sure or it depends, and thumbs down to communicate unhealthy.





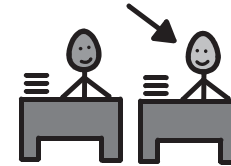
my caregiver



my romantic partner



my friend



my co-worker



my classmate



my boss/
teacher



a stranger





hugs me



gives me a high five



tickles me



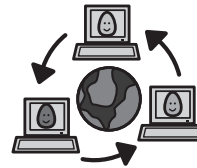
kisses me



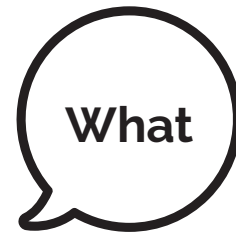
touches my private parts



texts me



posts about me on social media

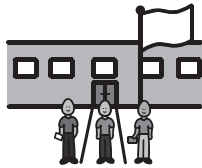


Where



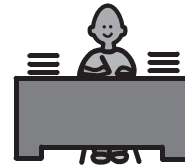
at home

Where



at school

Where



at work

Where



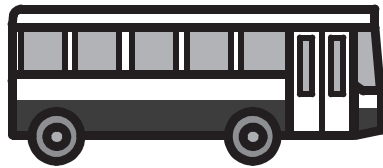
at the park

Where



in the
bathroom

Where

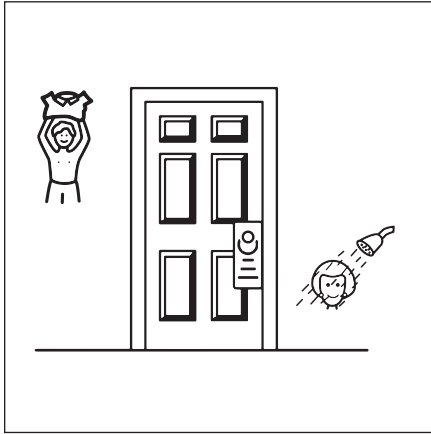


on the bus

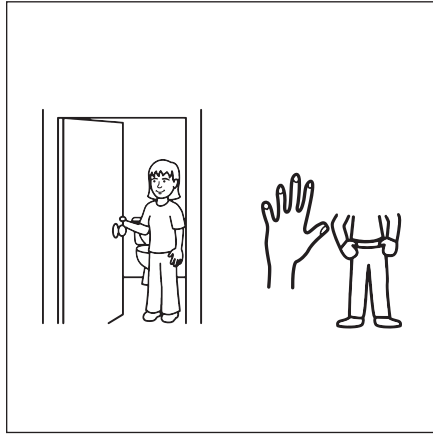
Where

Where

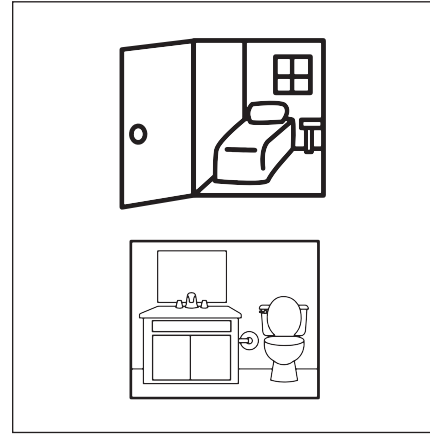
PRIVATE AND PUBLIC SOCIAL STORY



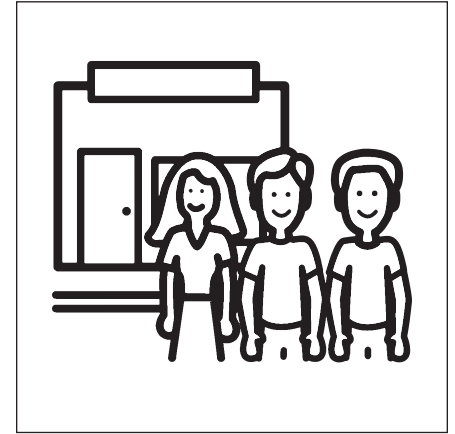
Private actions are for private places.



When I need to touch my private body parts, I go to a private place.

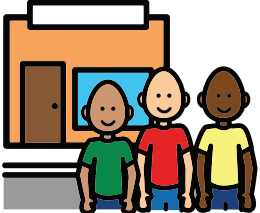


A private place is my bedroom or a bathroom in my house.

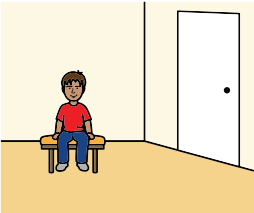


A public place is somewhere I might see another person.

PUBLIC AND PRIVATE

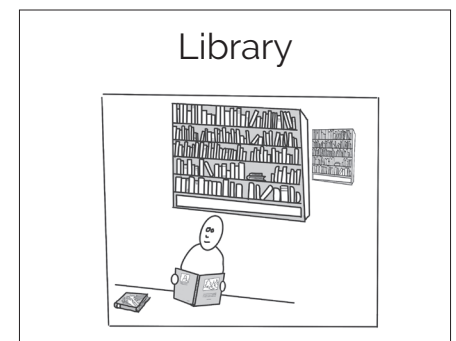
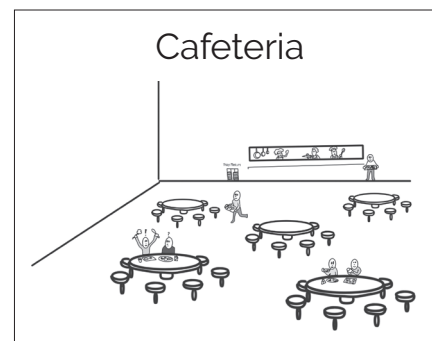
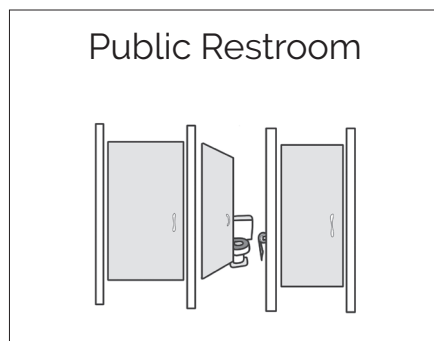
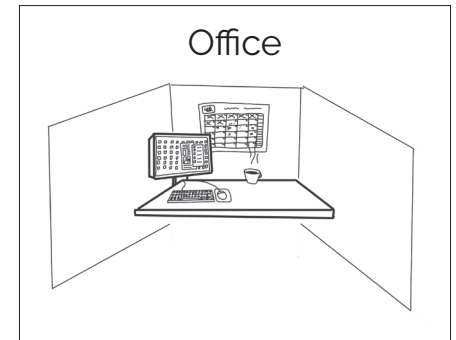
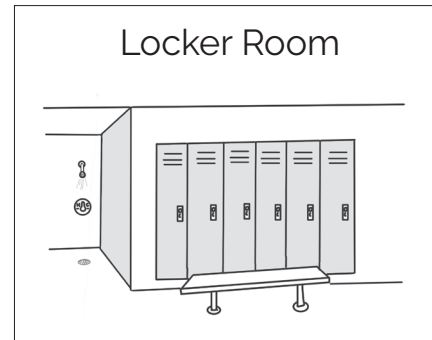
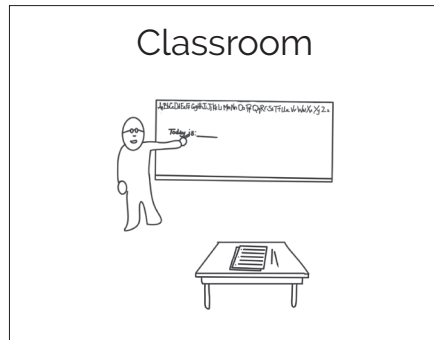
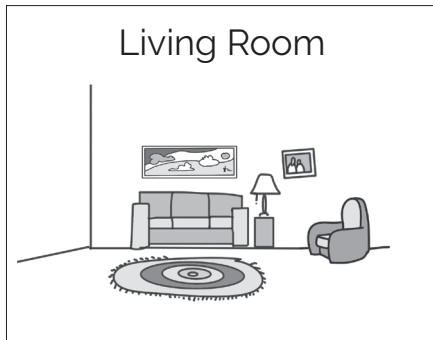
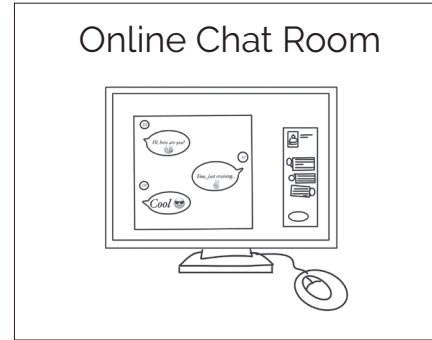
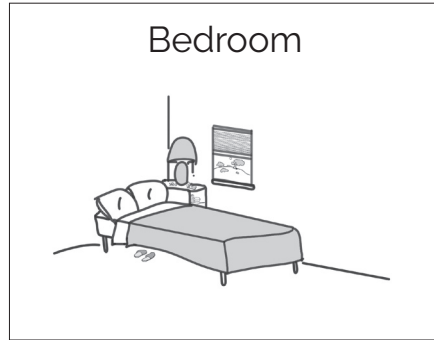
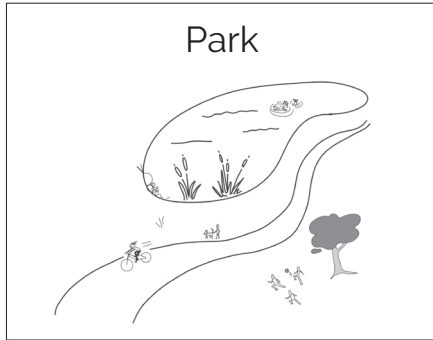


PUBLIC



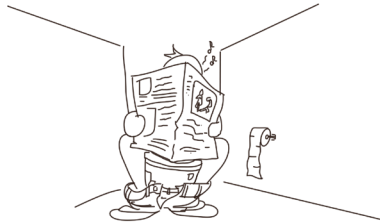
PRIVATE

PUBLIC / PRIVATE PLACES

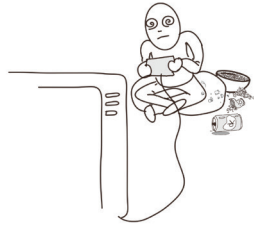


PUBLIC / PRIVATE ACTIONS

Going to the Bathroom



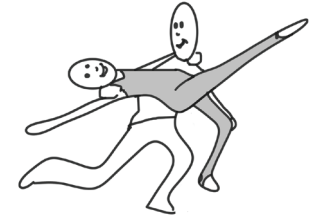
Playing Video Games



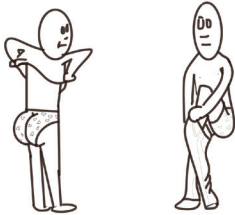
Masturbating



Dancing



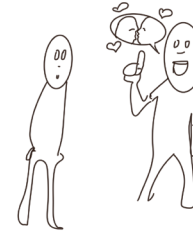
Getting Dressed



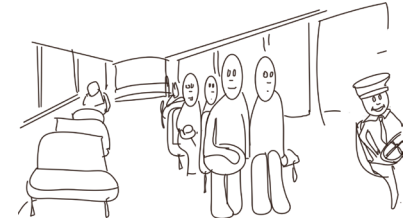
Picking Your Nose



Talking about Sexual Feelings



Riding the Bus



Taking a Bath



Exercising



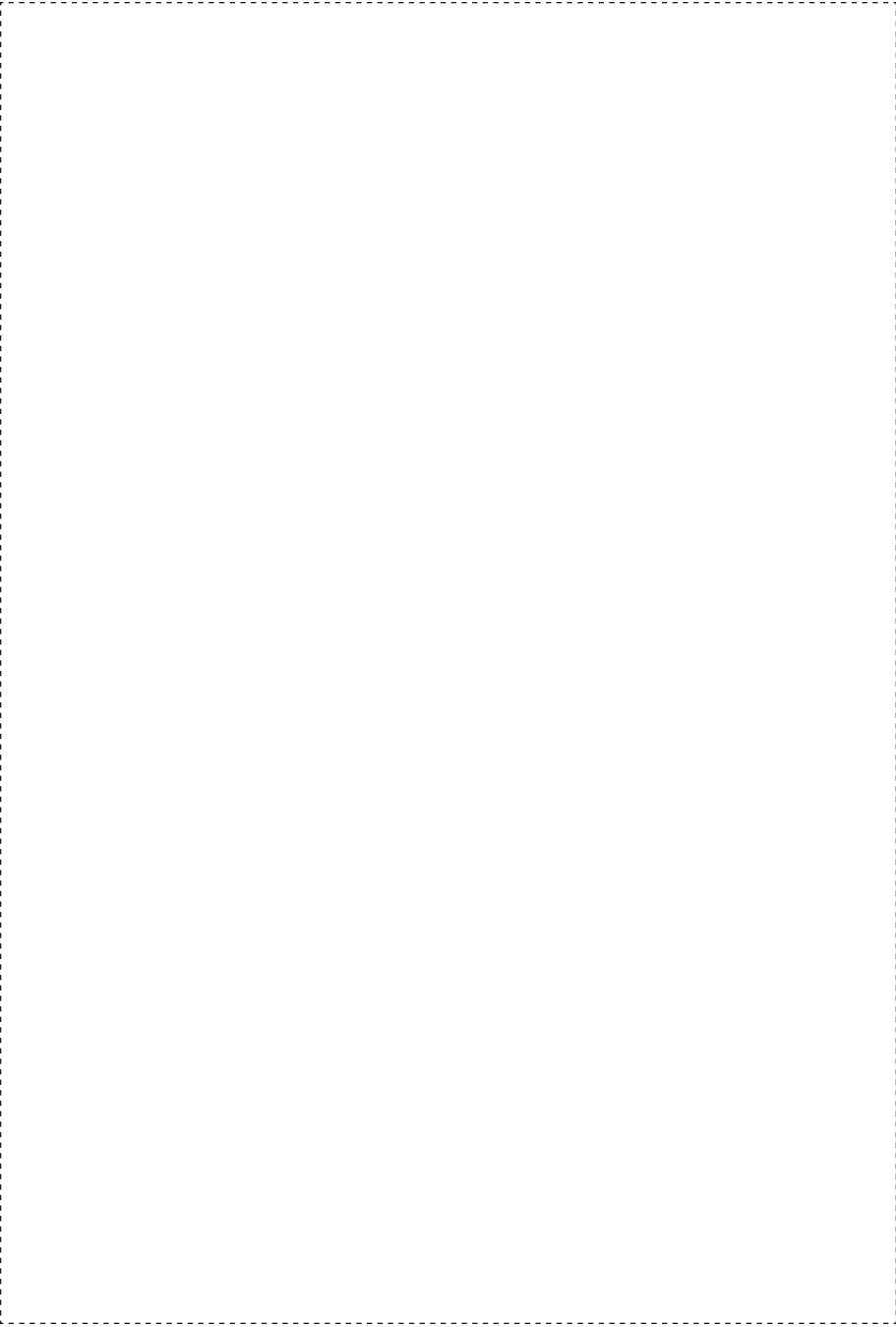
Itching Your Private Parts



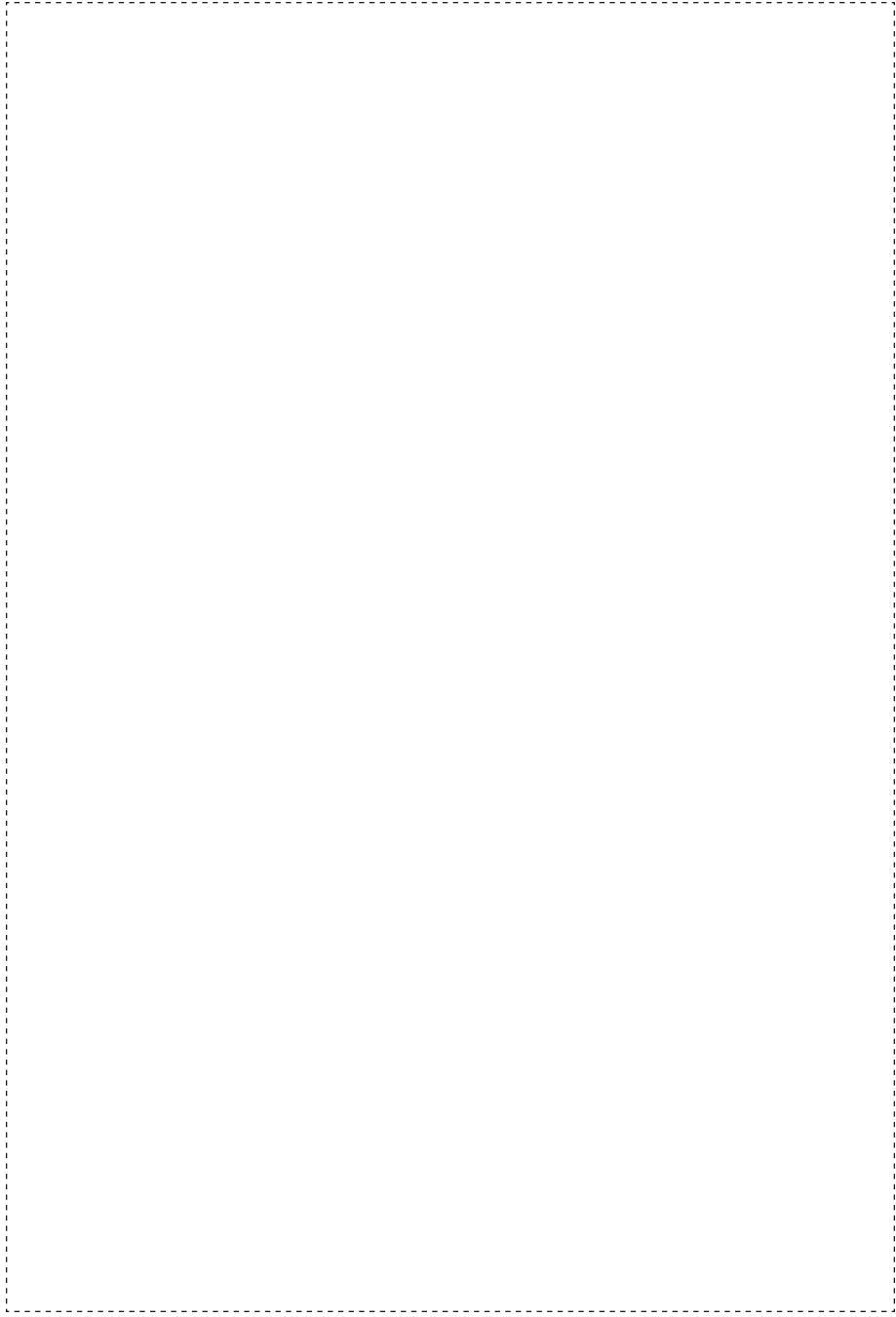
Kissing



NOTES & DOODLES:



NOTES & DOODLES:





MAD HATTER
WELLNESS