Relationships are what we have with people or things we are familiar with. We have lots of relationships in our lives! We may have relationships with our friends, our family, or our teachers. We may even have relationships with a pet, or a favorite toy!

Healthy Relationships make us feel comfortable and safe. Unhealthy Relationships make us feel uncomfortable and unsafe.

Who makes you feel comfortable and safe? What things make you feel good? Fill the heart with people / things you have healthy relationships with!
**Boundaries** are the rules that we make about things that belong to us—like our stuff, personal information, and our bodies/personal space. Boundaries sometimes change depending on our mood, the people we are around, or as we get older. That is ok! Someone we have a healthy relationship with, like a safe adult, will always respect our boundaries no matter what.

What boundaries do you have around your **body**?
Do you like hugs? If so, Who do you like to give hugs to? Draw them!

Do you like high fives? If so, who do you like to give high fives to? Draw them!
What boundaries do you have around your personal information?
What are three things do you like people to know about you?

What are three things about you that you like to keep to yourself?
Healthy Relationships

What boundaries do you have around your stuff, like toys or books?
What are your favorite things to share with a friend? Draw them!

What are your favorite things to keep for just you? Draw them!

Contact Umbrella: If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at (802)748-8645 and in Orleans & N. Essex counties at (802)334-0148 or email an advocate at Advocate@umbrellanek.org