



St. James/Seton School

4720 North 90th Street • Omaha, NE 68134

April 19, 2010

Dear parents,

As parents, we are the primary educators of our children. Your child's school has invited me to join with you in the educational process by presenting workshops for 8th graders entitled the "Golden Rule for Healthy Boundaries" on April 20th and "The 12 Steps for Healthy Boundaries on May 4th". Below you will find a brief description of the workshop and credentials.

Please know that parents are always welcome to:

- Sit in the back to observe my presentation to youth.
- Contact me or St. James/Seton for more information.
- Opt your child out of the workshop.

Golden Rule for Healthy Boundaries Workshop

When young people have good boundaries, they treat everyone with respect and gain the respect of others in return. A young person with healthy boundaries is better able to make a friend and be a friend, and is less likely to be the target of bullying, teasing or harassment.

This workshop will enable youth to:

- Identify behaviors that build-up or damage friendships.
- Learn how to recognize and respond to teasing and bullying.
- Learn practical ways to live the golden Rule and Ten Commandments in everyday life.

The 12 Steps for Healthy boundaries Workshop

The workshop introduces participants to the *12 Steps of Physical Intimacy*, a practical framework for understanding, creating, and discussing healthy physical boundaries. Based on research by social scientist Desmond Morris, the 12 steps can help young people (and adults too) address important boundary issues such as...When it is OK to hold hands or kiss someone you like? How far is too far? How far is far enough?

Please note that when presenting this workshop to junior high youth, only the first 8 steps of the 12 Steps will be named and explained. The last 4 Steps will be omitted and only referred to as the Steps for Marriage. (See page 3 for complete list of the 12 Steps).