

# Growing and Changing



# Parents Care for Their Young



Parents and Offspring



# People Around Us

As we grow, we meet new people and form different relationships with them depending on who they are and how often we see them



- 
- Family
    - Parents, siblings, aunts, uncles, cousins
  - Friends
    - School age friends
    - Friends from Sports
    - Friends of the Family
  - Teachers
  - Principals
  - Police Officers
  - Acquaintances- familiar people we see every once in a while
  - Strangers
- 

It is important to know what I am feeling and what those around me are feeling!

### Being Aware of Emotions!

When you are aware of emotions you can make yourself and those around you feel better or know how to respond to situations.






# Being a Good Friend

## Good friends make you feel good

Good friends say and do things that make you feel good, giving compliments and congratulations and being happy for you.

## Good friends support each other

If you're feeling down, a good friend will support you. If you need help, a good friend will try to help you out.



## Good friends don't always have everything in common

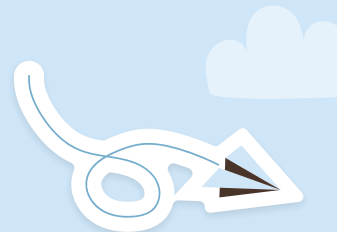
Everyone is different, and has different hobbies and interests. A good friend will encourage you rather than making you feel bad for liking different things. A good friend understands that sometimes you do your own thing, and enjoys doing the things you have in common together.

## Good friends listen

A good friend allows you to talk and doesn't interrupt you. They're interested in what you have to say.

## Good friends handle conflict respectfully and respect boundaries

Sometimes you and your friend might disagree on something. Sometimes you might have said or done something that upset your friend. A good friend will tell you if you've done something to hurt them. If you tell a good friend they've hurt you, they'll be sorry and won't do it again.



# It Makes Me Happy!

Sometimes there are things we like to do but don't want others to know about it because we are embarrassed about it!



## A Bad Case of Stripes



# It Makes Me Happy!

Its ok to be different!!!



# What are Boundaries?

**Boundaries:** The space between you and another person; the unspoken rules of you will treat others and how you want to be treated.

Ways to set boundaries:

- Talk about things that you are comfortable doing
- Its ok to say no to something you don't want to do
- Tell someone when they hurt your feelings or why they made you unhappy
- Respecting Personal Space for yourself and others



# Personal Space

**Personal space** is the area immediately surrounding your body. This amount of space can be different from person to person. Some people may want more room between themselves and those around them, while other people don't mind if someone gets closer to them. Personal space can even be different from person to person.

# Am I being a PERSONAL SPACE INVADER?

Look for these clues...

10) Person's face looks annoyed, worried, confused, or uncomfortable

9) Person puts their head down and scrunches up their shoulders

8) Person starts to get squirmy when you are standing or sitting near them

7) Person starts to cross their arms close to their heart

6) Person changes seats or moves over when you sit down next to them



1) Person starts to avoid eye contact or starts looking around a lot when you are talking to them

2) Person turns their shoulder away from you (gives you the cold shoulder)

3) Person's body starts to get stiff

4) Person moves around a lot when you are talking to them

5) Person backs away as you move toward them

Keeping Things Private

**Safety School- Body Parts**



# Who Can We Go to for Help?

## Parents/Family Member

Mom/Dad,  
Grandparents, Uncles  
and Aunts

#2

## Guidance Counselor

Ms. Castro

#3

## Teachers

You classroom teacher  
or any other teacher you  
feel comfortable with

#1

## Principal

Mr. Scholtz

#4



**You are  
Awesome!**

