

My Journal

Name: _____

Thank you for participating in the Called to Protect™ for Youth program. God created you in His image and loves you for the unique and special person that you are. God wants you to be safe. Called to Protect™ is a program designed to help you recognize your personal boundaries and keep yourself safe from boundary violations and sexual abuse.

This journal is a place where you can think about your personal boundaries, what you can do if your boundaries are violated, who you can tell about abuse, and what you can say if you ever need to talk about boundary violations or abuse.

Talking about sexual abuse might be embarrassing, but the more we know, the more we can all work together to make sure it doesn't happen. Sadly, one in every eight boys and one in every four girls have experienced sexual abuse by the time they turn 18 years old. That's why it's important for us to learn about sexual abuse and how to talk about it.

Writing in this journal may help you think about how the information in the program applies to you.

Part One



You are precious. God wants you to be safe — always. Part of feeling secure is knowing how to make choices about your physical, emotional, and behavioral boundaries. Remember, boundaries are personal. You don't have to be comfortable with something just because someone else is. The key is knowing your

boundaries and understanding the ways we make choices about what is and is not okay.

The Three Types of Boundaries

Physical Boundaries

Who can touch you
How much they can touch you
Where they can touch you

Who do you allow to touch you?

How do you decide how much and where a person can touch you?

How do you know when your physical boundaries have been violated?

Emotional Boundaries

How close you feel to a person

How much time you spend with a person

What information you share with a person

Who are the people in your life that you feel close to?

How do you decide who is close to you?

What if someone tries to be close to you but you don't want to be close to that person?

Behavioral Boundaries

The things you will do

The things you won't do

What kinds of things are okay to do with your friends?

What are some things you would feel uncomfortable doing?

How do you decide what you will and will not do?

Part Two



God created you. You deserve to be treated with respect and dignity. If someone makes you feel uncomfortable, you have every right to put a stop to the situation.

The youths in the video had different types of personalities and they responded to uncomfortable situations in different ways.

How do you respond when you are uncomfortable?

How Would You Respond?

What are some ways you might respond to the following situations?

▶ Physical Boundaries

An older student massages your neck and that makes you uncomfortable. What would you do?

One of your teachers hugs you too much. What would you do?

▶ **Emotional Boundaries**

Someone you meet online asks you to keep your relationship with him or her a secret. What would you do?

An older kid in your neighborhood wants to spend more time with you than you want. What would you do?

▶ **Behavioral Boundaries**

Your best friend's older brother offers to show you pornography. What would you do?

You're at camp and your camp counselor offers you alcohol. What would you do?

Part Three



God wants the very best for you. He values your life and your body. If you are dealing with abuse or know someone who is, you are not alone. Loving, caring adults are ready to help you, and God is with you.

Explain why it might be hard for you to tell someone if anything bad happened to you.

What tricks did molesters in the video use to keep kids from telling?

Who Could You Tell?

List the three people you would be most likely to tell if someone was sexually abusing you or your friend.

1. _____
2. _____
3. _____

Give some examples of what you would say to start a conversation with your parents or someone else you trust if you wanted to reveal that someone was molesting you.

What would you do if your friend made you promise not to tell that he or she was being abused?

How can telling about abuse help you or your friend?

