

Good morning, everyone and thank you so much for joining us. Our today's topic is creating boundaries.

This topic has been one that we've been wanting to get to for quite some time here at the center.

And so just a little bit about myself.

My name is Carolyn Glenn.

I Am The Learning and Development facilitator here at the center for child welfare, and I will be facilitating today's training. as Brett stated we you can submit your questions throughout the training we will definitely try to answer them if they're pertaining to a particular slide but we'll try to get to most of the questions at the end of the training but you can definitely submit them through out and will get them answered all right and we're going to move on so our objectives our objectives for today to learn the traits of unsafe people distinguish who's safe and who's unsafe we want to actually Define the term boundaries what does that mean what does it mean for our population and the folks that we serve in child welfare we also want to identify the purpose of creating boundaries Why do we need that and then also to learn how to create and reinforce those boundaries because it's one thing to establish them but once they're established, we really want to make sure that we are reinforcing and that were maintaining those boundaries that have been created.

So the first thing that I like to kind of talk a little bit about is what are we responsible for?

So when we think about boundaries and we think about ourselves

the first thing that we have to identify is what are we responsible for as it pertains to ourselves.

So we are responsible in done in very individual basis.

We're responsible for our feelings.

So as an individual I am responsible for my feelings.

I'm responsible for my attitude.

I'm responsible for my behaviors my choices any limits that

I might put on myself talents my thoughts my desires my love.

As well as my values.

So those are very personal traits that we are responsible

for and so we want to make sure that we understand that no

one else can make the determination about how I feel or how

I behave or the choices that I make we are responsible for

those things and often times when it comes to creating boundaries.

We miss that because we often we often times will feel that

well, so and so did this which you know forced me to respond

in a particular way, but we want to keep in mind that these

are the things that we are all responsible for and this is

also part of the reason why we want to Define this term to

help us to be able to understand that piece of it.

So we're going to actually go to a video this video is what

our boundaries so we're going to talk about it.

We're going to Define that term and so their Doctor Henry

Cloud he is the the book boundaries and so he's going to

talk a little bit about what that looks like so I'm going

to go ahead and pull that up for you all I know that we were

discussing this particular topic because when we think about

the fact that we just had Thanksgiving Christmas is coming up and so we do have we work with families obviously and so when you're working with families we have teens and kids who they have biological families that they want to talk to want to get to when it comes to a holiday but maybe it's not safe for them I'm to interact with those folks.

So we want to talk about you know, we wanted to bring this topic to the Forefront just to kind of talk about how could we allow you know, the kids especially that we serve to be able to interact with their families and yet still keep themselves safe by creating those boundaries.

So I'm going to take a look at what you all have entered into the chat window.

We have a couple of things here.

So Lily says that boundary he's helped us establish appropriate relationships with the families and the children that we serve absolutely and so often times it can be inappropriate relationships because remember we're working with families that have had trauma and different things abuse and neglect that have happened.

So we want to make sure that you know, we're able to model for the families and the children that we serve how to do things more in a more appropriate manner.

So, thank you Lily.

Casey states that and not allowing the child or children to manipulate or push boundaries absolutely.

So being able to establish the boundaries with the children

that are in your home and it looks like Teresa has written in that it is very empowering for our kids when they began to understand that concept.

I totally agree with that creating boundaries in general is empowering, you know for us as adults as well as for the children. And that we work with or just in general and so it definitely can be empowering because again remember if we go back to what we are responsible for we're responsible for our Behavior.

We're responsible for our choices.

That is very empowering and we want to make sure that we know how to do it as the adults that are working as the adults in the professionals, but we also want to be able to model it and teach it to the families that we work with Laura rights in how do I help?

Up, my adopted child understand why I need to have boundaries with their birth parent.

That's really awesome.

And that kind of goes into when we begin to talk about the traits of unsafe and safe people.

And so I think that will be really key and being able to introduce this topic to the children that you that we serve and that we work with Marsha says safety for self and four others, absolutely.

Cassandra states that boundaries are important.

So families can understand our role as professionals working with them.

And I'll just read a few more boundaries when clear help individuals protect themselves as well as help Empower others to solve their own problems and take accountability for their choices and actions that they have made absolutely and and the last one I'm going to read is from Gwendolyn and she states helping older children understand what their boundaries are. Absolutely if we get an understanding of the term and what it looks like then we're better capable of introducing. It and teaching it to the older children the teens even the younger kids, excuse me that we work with we're able to teach them as well and I'll definitely try to read some more of those. I'm going to go ahead back to our PowerPoint just so that we can get a little bit more education on the topic. So talking about I think someone mentioned this about being safe, you know, so traits of unsafe people. Let's talk about that unsafe people hide their weaknesses. Okay, they don't want you to know. Hey, I've got some flaws. I've got some things that I need to work on unsafe people often times can be very religious and I think that and identifying and talking about that term religious. It's more religious to a fault. Okay, because there's obviously nothing wrong with being religious. However, when it's to the point of you know, I'm always right and everyone else is always wrong. Traits of unsaved people defensive self-righteous going back to I'm always right they apologize, but they don't make any

changes. So if you think about the child or the family member that you know what I'm sorry, you know, they've done something wrong yet again.

Maybe this is the you know, six or seven time and they're willing to apologize but the sorry kinda is just it's not authentic and so when it's not authentic The behaviors don't change. There's just the apology unsafe people don't grow they avoid facing their issues.

They like to flatter you and instead of talking to you.

So maybe they're consistently get telling you the information that you want to hear.

They and that's part of that manipulation tactic where they know what it takes and I say I think children are really good at this sometimes, you know, they know what it takes.

Takes to make you feel comfortable or to make you happy and so they do and say those things.

But again, there's nothing behind it.

They demand trust instead of earning it when I think about relationships, you know, if we all think about relationships, you don't walk in day one and give this person everything you've got, you know, you usually that has to be built over time. And so if On is demanding that you trust them after two days.

That's a that's a red flag.

That's a warning sign and I think that this is really important.

These traits are important for especially teenagers to know as they start dating and meeting people because that's important

to know that if a man or a woman or a young person comes and you're in a relationship and it's been, you know, one week and they're ready for you to trust and giving them everything then that's a sign.

That's something you need to be a little bit leery about and also unsafe people lie, they're not honest.

And so that those these are the traits.

These are the things that we're looking for.

And so I think it's important that we understand that an unsafe person can be assembling an unsaved person can be a mom, you know an unsaved person can be, you know, a classmate or someone that we don't know very well, but it can also be someone with someone that we have.

A relationship with and so maybe we need to make some decisions about that person.

But in order to do that, we'd have to identify that they are unsafe and so these are some of the traits that we're looking for in those persons.

Now that we've kind of talked about the unsafe person.

Obviously we want to take a look at what does it look like when a person is actually safe in this is someone that we can trust and we can build with so this is someone who they are. Except you just as you are and I think this is a very important concept for children in general.

But because they're learning this, you know, they're learning that you know little you know, Timmy at school doesn't like me, you know, he wants me to be different or she wants me

to you know, if it's a young girl in the classroom and she wants you to change who you are, you know children need to learn that maybe this person isn't really your friend someone who loves you no matter how you are acting or what you do someone who influence whose influence develops your ability to be thoughtful and responsible.

Someone who creates love and good and good and works within you who believes in you and gives you an opportunity to grow someone you can be yourself around just going back to they accept you you accept you the way that you are someone who allows you to be on the outside.

I'd what you are on the inside.

So you don't have to fake.

You don't have to you know, put on a show or not be consistent.

You can be exactly you know, whatever you feel you're feeling on the inside.

You can actually do that and be that and that person will be okay someone whose life touches yours and leaves you better for it.

And I think of you know mentors, you know, and those foster parents that really kind of, you know, they're they're putting in that.

Work and they're making a difference in the lives of the children that they come across and so I think sometimes that you know for kids to learn who the safe person is, it will help them to identify.

If this person is safe.



That means that this person over here is not safe and also  
lastly someone who helps you to love yourself and others  
more so these are all traits of the person who is safe and  
we definitely want to know what that looks like.

So that we can assist our you know the population that we  
serve and being able to do the same and also being able to  
model this being able to be that person who accepts people  
for who they are who allows people and Children and Families  
to be themselves around us.

And so we have another video and this just kind of this is  
Doctor Henry Cloud once again, and he's going a little bit  
more in-depth.

Okay, and so we're going to take Look at this video and then  
if you have any feedback or any comments, please go ahead  
and put those in the chat window as well.

All right, so I want to kind of go back to some of the comments  
just to talk a little bit about it.

So Miguel rights, they helped create that boundary talking  
about boundaries boundaries help to create awareness for  
the children and for their environment.

They learn to be careful and more aware and Melinda states  
that boundaries are needed so that our guide so that there  
are guidelines.

And they are clear for all parties that are involved and  
they're defined boundaries are needed for the safety of everyone.

And Miguel I want to kind of touch on what you wrote here.

And so Miguel wrote that some kids love their parents and

boundaries are hard for them to achieve when they when all they want is their parent that's valid and he says how much is allowed to tell the children about how important this is. I am struggling with this right now.

The child really does not want to accept this and so Miguel first of all, I like to say, thank you so much for More transparency in stating that I'm struggling with this and I think that this is a struggle.

I think it's a struggle for us all you know, because there will be people in our lives that won't want to abide by you know, the boundaries or they don't want to have the boundaries because boundaries although they do allow us to be a little bit more free because they allow us to exercise our own rights it Feels constricting it feels like oh man, I can't have the relationship with this person because of these boundaries and so I would say to you and you know, I'm not the expert, you know on the matter, but I have researched and you know made myself educated myself on the particular topic.

And so what I would say is that continue to tell the child what you know about boundaries because one thing about awareness when we are aware.

And when we accept it, then eventually our Behavior will line up with what we what we've accepted but it does take time. And so especially for a child who's struggling and they just want that love that.

It's probably going to take a little bit.

And so you're going to have to be patient with the fact that

they're probably not going to make any changes and they're going to want to have that relationship.

But your role is to be consistent and to continue to give that in the information and the education that the child. reminding them about the boundaries reminding them why is it important why does it help us to be safe because if we go back to unsafe people most people don't want to feel that way they don't they don't want to feel that they're dealing with someone who won't allow them to be who they are who's going to restrict them who's going to manipulate them who's going to lie so that behavior you know those behaviors that that person is exhibiting visiting the child will eventually not want to be a part of that but it is going to take time because they do love their parent and so you know being consistent I feel will allow the child to see the person for who they are and see you as the safe person for who you are and I have a comment here from Betsy and its boundaries are difficult sometimes when it comes to loved ones especially toxic people absolutely children in particular who have parents like this have a harder time knowing where they in and the parent begins absolutely and that is why it's our responsibility to help educate them and then they have to make that choice for themselves and so boundaries with toxic Toxic people is why we need boundaries and because they are unsafe so it's not going to be an easy task but it is doable and it is something that we really have to be consistent in maintaining.

So when we talk about why do we need boundaries controlling

relationships where people try to control each other?

This is why we need the boundaries again going back to the comment about toxic people Faith or religious beliefs that are practiced out of of guilt and drudgery instead of freedom and love no one wants to feel guilt it in order to do something or to respond a particular way and they should not in a relationship relationships relationships should feel like they are a benefit to both parties.

And so this is the part where the more we're educated the more that we know the more that we're able to make good choices when it comes to choosing people.

In our lives the replacement of love as a motivator with guilt anger and fear instead so not using love but using guilt, you know, using your you know, I'm so upset with you or I'm so angry with you, you know using those things to motivate the person to do we literally what you want them to do.

So this is why we need boundaries because this that exists it exists where someone might use fear to get you to do or to be in a relationship.

Friendship with them and the boundaries have to be set.

The inability to stop traumatic experiences and significant relationships and cultures the inability to gain control of our own behavior and solve problems and our lives and also the loss of control to addictive processes.

So these are all reasons why we must establish boundaries, you know, and so these particular things that I've mentioned

they're not good for us.

And so if we establish the boundaries it won't Then overnight

this is something that you know, I have learned in my own personal life, you know, you might set boundaries with folks and they don't always add here, but that's when you just have to be consistent and Miguel.

I see that your question is is this something that we should explain to the parent.

We're going to watch a video.

It's probably going to be the next slide or two and and I think you'll get a little bit more clarity on that.

So we'll come back to that particular question.

Now what I would like to show now is this is an example of you know, when boundaries are not real not there, you know and what could happen.

So this is a clip from a TV show The Fosters and I just want to be able to kind of show what it looks like when we don't have boundaries.

All right, so that video just kind of shows that you know, it happens and I thought it was a really good clip based on the fact that you know, these are two kids who are you know, they have they've been they were adopted and they're talking about, you know, establishing the boundaries with birth. Mom and The Sibling is struggling with that and so it is a struggle You know, even when the person may not have been who or what they should have been to us.

It's still a struggle and so I noticed that some of the comments

I think I missed a comment by Casey who says that our current struggle is trying to explain the value of boundaries between our Seven Seventeen year old foster child and his friends who are very unhealthy for him and Casey again, I think that this is about educating and then allowing, you know the set your seventeen-year-old to come to that conclusion.

Of course, you have to establish boundaries for yourself as well.

And so I think modeling what boundaries looks like for your seventeen-year-old and educating your 17 year old about why it's important and what could potentially happen is going to be key and I do think that being patient again.

I stayed at this earlier being patient is extremely important because again that Shows that you're you're the safe person you are the healthy person who that you're 17 year old needs and so they're going to come to that conclusion.

It's going to happen.

But you have to literally be consistent and you have to make sure that you are giving them the information that they need and that you're you're continuing to be safe for them.

You're that Safe Haven and every we all need that and that is generally what happens when we're around toxic people eventually. Ali we get to that point where where is the person that safe for me where's the person that can model for me how I should respond and interact in relationships and I again I know that this is a struggle.

This is why we're discussing the topic and we're talking

about it to encourage you all to continue to be the safe person that those safe people that your families need and that the children that you serve need.

And so here's a quote that I found.

as an adult loving your parents does not equal always obeying sometimes adult children need to confront parents and be a positive change agent in their lives so this might be one of those situations where you have a foster child who's aged out of the system and so maybe they're struggling with their parent who's continuing to be toxic they would need to make some choices they need to be empowered and so loving doesn't mean that I have to do what you tell me especially if it's not healthy for me you know loving might mean that I need to go ahead and let you know hey this doesn't work for me and here's my boundary on it so we're going to have there's a term that dr.

Henry Cloud uses called self select out and so I really really like this term it reminds me of we used to have a the trial training for foster parents called map and in That we would always talk about, you know, it was always that you know, the participants responsibility to decide if fostering was the right, you know thing for them to do, you know, if this was something that works for them and so as they are educated throughout that training they could they were supposed to take a look at their family Dynamics and make a decision. This is something that I think is important with the people that you know, we work with whether it's a professional.

Optional that we're working with because I do know that boundaries have to be created even when it comes to case managers and foster parents foster parents and bio families, you know, we have to have the boundaries but we have to allow we have to set our boundaries and allow folks to make their decision. So they're going to self select out because they don't like your boundaries.

So doc.

The doctor cloud is going to talk a little bit about a very real situation of caller called in and this woman is talking.

About you know her son having a relationship with her mom who she has identified as toxic.

So he's going to talk a little bit about how you set your boundaries and you allow the person to select themselves out. All right.

So I love that story that you know, it's a real caller calling in about you know, this is grandmother.

You know, this is her mom this This Woman's mother and her son's grandmother and she's identified that this person is toxic and or unsafe and she's trying to figure out you know, what do I do?

And so doctor cloud is explaining, you know, you set your boundaries. And you stick to them and you allow your mom to make that choice of okay, I can't deal with this.

I don't want to deal with this and so she has to make a choice but you stick to what you've what you've come up with what you have and so I think that's really important because we



cannot teach other people how to set boundaries and when I say other people the children that we serve, you know the Bayou all families that were working with we can't teach them about boundaries if we don't have boundaries and so we're going to have to establish those boundaries and model that for who those who we are coming in are coming in contact with on a consistent basis and Lisa actually gave some feedback and she says I think establishing boundaries for safety is important for the child to hear it may help them understand that you aren't trying to control Um, but rather keep them safe and I think that is an excellent point.

I also think that if we kind of go back to the 17 year old who has these friends I think stories I think examples real life examples are really key and really important maybe if you found an article or a movie and my role as a therapist, that's something that I would do, you know for clients that I work with I also as As a mom of a sixteen-year-old I do it with my son as well.

You know, I tell him stories.

I might tell him stories about myself that are true.

I might tell them stories about friends of mine who ended up in situations that weren't favorable but I definitely and I try not to sugarcoat.

I try not to make the story sound, you know, really amazing at the end.

You know, you just have to give it to them as they say, you know straight, you know, you have to let them know.

You know some of the consequences of not having boundaries, you know, is this or that you know, and you really have to be specific and you have to be consistent with that.

I think when children if you have if you read a story maybe you read a newspaper article about some friends that were hanging out and one for an ended up going to prison for 5 or 6 years for something that maybe that person didn't even do that's a that's an article you'd want your son to read, you know.

Oh so that they could see and then you discuss it.

Hey, let's talk about how this person could have made a different choice. You know, what if they had boundaries in place, you know, so you talk about what that looks like.

We you know, we can't sweep it under the rug we can't just nag or argue about it.

And I think again just going back to the statement of we're not trying to control because control is not a good thing to do.

If we think back to the sake the unsafe people they try to control we're not trying to Control as as healthy functioning adults, we want to allow people to make their own choices, but we want to give them the education to make the appropriate choices. And so just again going back to our training when family boundaries dysfunction.

So when we talk about what it looks like when the boundaries are either too enmeshed or to differentiate it so it when they're in meshed.

It's no one feels entirely.

Up to own to their own thoughts and feelings.

Okay, so I am not me.

I don't have a say so I can't express myself.

I just have to follow these rules, you know that's in meshed.

You know, it doesn't allow the person to become who they are one person speaks for everyone, you know that's in meshed.

You know, I don't have a say I don't have a voice, you know, and and everyone needs to feel that they have a voice individual privacy is Bowl and Ambitions Beyond family is considered disloyal. So these are and I understand that from some cultural perspectives. There might be some families that this is their Norm, you know that you don't dishonor, you know, your family traditions or your culture.

However, it doesn't allow for the person to be or to become who they like who they want to become so we really have to think about that, you know, just because this is how we've always has done something doesn't always mean that it's the correct way to continue moving forward and then we talked about differentiated boundaries.

So no unifying hopes dreams or values little sense of belonging you feel denied.

Your feelings are denied.

So you're not allowed to have a feeling appearances are important.

So instead of actually being authentic or being genuine.

We just want to look good.

And so that's what that looks like and then there's minimal.

Mission which is why I think it's important that we understand that we don't have to control our teens or our children, but we do have to give them the information and we want to talk about it.

We want to have a discussion.

So when we talk about creating boundaries, we want to look at these particular almost kind of like our rules.

So we want to take ownership.

So we want to take responsibility for our lives.

We have to own.

What is ours, okay.

Okay, whether it's our good trait those positive traits are even some of the flaws that we might have.

We have to own it.

If I'm angry then it's my anger.

You know, I must take responsibility for that.

I can't say, you know so-and-so made me angry, you know,

I have to be responsible for that emotion because if we go back to the beginning of our training we talked about what am I responsible for?

I'm responsible for my feelings.

We don't want to displace blame.

You know, that's something that comes up often with persons who are not functioning, you know from a healthy standpoint.

It's not my fault.

It's so and so's fault, you know, even if provoked the reality is that since it exists within me, it's my issue and I'm

in control.

I have to be empowered to take control over that and takes me right into our next step which is to exercise control ownership leads to control.

You own property, then you control it.

The solution is not to try to change the other person or to blame yourself, but to recognize the difference between a safe person and an unsafe person.

Once you Empower someone with the education with the tools to be able to identify safe versus unsafe then that gives them the opportunity to make a choice.

Just because someone is nice doesn't always make them good.

You know, again, we have to look at you know, what are the traits of you know safe versus unsafe, you know, so we want to be able to we should be able to do that and we want to teach our family members to do the same and then we also want to be aware and I saw this term used very often in your comments and your feedback awareness allows us to see the patterns of dysfunction if we don't know that Something isn't working properly.

We don't know that it needs to be fixed or we don't know what we need to do.

So therefore we if we're able to see it then we can more easily identify potentially toxic relationships being aware of safe and unsafe people this is going to help us to recognize the traits.

Therefore.

It's going to keep us safe when we're operating in relation in and out of relationships.

So as it pertains to our field of work, Work and what we do I wanted to point out some of the relationships that you know, we see on a consistent basis that would need boundaries.

So caregivers and case managers, you know caregivers have to establish the boundaries of their household, you know, maybe you don't want the case manager coming in during dinner time, or you don't want this person coming at 8:00 or 9:00 p.m. You know or coming, you know, and they haven't you know that you know.

That they're going to stop by.

So these are some of the things that you know, as a caregiver or even as a case manager, maybe you're wanting the caregiver to know what your boundaries are.

Maybe you know, when they've called you five times and you haven't called back in the Saint, you know within an hour, you know, you need to kind of set those boundaries and let them know.

Hey, you know, I have a 24-hour window that I you know have given and I will give you a call back within that time frame whatever the case is.

These are just examples that I'm providing but there needs to be boundaries in the relationship of caregivers and Kari and our case managers birth families in case managers.

So when working with bio mom or bio dad, or maybe it's the grandmother or whomever boundaries need to be established

and that relationship and and I know that we all understand why that is our foster Youth and our case managers.

I think this is important because sometimes when trying to have a positive relationship with the kids that we work with we may skew the boundaries sometimes maybe we allow the kid to text us at 11 p.m.

and we're responding or maybe we take them with us and we're you know somewhere that we maybe we're at the mall or we're shopping you know there is a place for mentoring our foster youth but we really have to be careful careful and make sure that we have those boundaries there because again we are teaching them how to establish boundaries and if we've not established any with them then we wouldn't be able to do that Foster Youth and birth families this is a very very touchy subject I know because lots of times our youth don't know how to create boundaries because this the birth family that's their family it's their mamas their grandmother's their Uncle so they don't know how to Establish those boundaries but it's necessary.

It's needed you know, and so we want to see that we need to be aware that the boundaries are necessary for that relationship caregivers in birth family.

So this is you know, our foster parents and are you know birth mom, or maybe it's Grandma who's taking care of the child and you know, you know, maybe it's her bio son, you know who she has her children she has Custody of his children there still needs to be boundaries.

We still have to set those boundaries and then also Foster Youth and caregivers.

So establishing the boundaries in that relationship as well.

So I just wanted to kind of make sure that you know, we know and we understand that this particular training is definitely for you all to understand it.

We need boundaries in our personal lives.

Yes.

We also need two boundaries in our the professional fields that we work in.

Also need the boundaries to be present when we're working in this field of child welfare.

And here I just wanted to kind of just talk a little bit about what are the steps to setting healthy boundaries.

So we want to make sure that we are clear clear about what our boundary is that we understand why we need them.

We've talked about that be straightforward don't apologize or give long explanations.

It's not necessary your boundary is your boundary use a comment.

Polite tone start with tighter boundaries and then you can loosen up if appropriate it's always really important because if we start really Loosely saying well kinda you can you know, I want you to respect my boundary and then we go to okay, really you got to respect my boundary we've started out too loose and so you really want to kind of start with a more solid boundary and then you can kind of loosen up if you see that this person is able to respect the fact that



you have created.

Boundaries you want to address boundary violations early.

I love in the video that we saw where we talked about.

They were talking about, you know reinforcing.

So in order to reinforce what your boundary is when someone crosses it you have to address it.

Don't make it personal use a support system.

So maybe there's someone that you can turn to or talk to about it and then trust your intuition, you know.

Trust your gut.

And so these are just some Healthy Steps to you know, what does it look like and how do we do that?

And again not saying this is easy, but it's doable.

And again, it's necessary.

Alright again, reinforce establish boundaries some ways that we reinforce we confront and I know for for the folks out there who like to avoid they don't like that term confront, you know, but its necessary confront doesn't have to be Either confrontation. I think the term when we use it, we think of an argument or something really bad but confront means that I am going to I'm going to address it.

I'm going to call you on the carpet as some folks might say but we're not going to sweep it under the rug we're going to talk about it.

And so that's what that term means.

We're going to prompt people so really reinforcing those boundaries means that I'm going to prompt you.

I'm going to let you know what my boundary is, so I'm Going to talk about it and say remember that this is my boundary, you know forgive forgiving is a part of reinforcing as well intervene. When you see that something is not going the way that it should separate.

Okay, you've got to put in a consequence out there and especially for when you're parenting and you're creating those boundaries and parenting there needs to be a consequence for when that person has you.

Cross the line and they're no longer, you know abiding by are respecting your boundary honestly even outside of parenting just in relationships as well there needs to be consequences and the consequences might be that I'm not you know, I maybe I'm going to limit my conversations with you because you haven't respected my boundaries.

So, you know consequences don't have to just pertain to you know a child.

Discipline restore and then also set limits.

So you want to set limits in order to reinforce and make sure that you're maintaining those boundaries here are some signs of healthy boundaries saying no without guilt.

I know that that's hard for a lot of us.

You know, I think I've gotten a lot better with that but I did struggle initially with being able to say no and just be okay with it, you know know The nation required that's my know, you know, and so we have to get comfortable with that asking for what you want or need taking care of yourself.

So we actually did a training not too long ago about self-care.

So that's a part of having healthy boundaries is taking care of yourself saying yes, because you want to and not out of obligation or to please others behaving according to your own values and beliefs.

So not making a choice because of what Someone else wants or things but because of what you want or think or what you believe feeling safe to express difficult emotions and have disagreements. It's really really important that we are able to model for our children that we work with as well as the families that we work with that were able to model for them that it is.

Okay to disagree.

It's okay to not like something, you know to have a negative emotion. no being angry or feeling angry is natural we revolve felt that way and so we just literally have to learn how to appropriately express our emotions you know and not get so angry that were throwing something across the room or hurting someone feeling supported to pursue your own goals being treated as an equal taking responsibility for your own happiness and not feeling responsible for someone else's happiness being in tune with your own feelings and knowing who you are what you believe and what you like so these are all signs that I am healthy that I have established these healthy boundaries and I'm abiding by them and I am reinforcing them with those people that are in my life who I'm in relationship with and these are the sources differ where Iris got the

information from our the videos That we watch today.

I wanted to be able to provide the information to you.

If you have any questions, we're going to allow for and I'm going to actually look back and see if there was any comments that I may have missed any questions any concerns any feedback, please use our utilize the chat window and let me know what you think or what you thought about the training if there was something that was unclear or maybe you have more to add or you think that it wasn't discussed and you'd Like for it to be discussed, please go ahead and put that in our in the chat window and we'll talk about it Miguel.

It looks like you asked the question about is this something we should we should also explain to the parent.

I think that this is a conversation that should be had with whomever. You have a relationship with so if you have a relationship with the child, then the child has a relationship with the parent it you can Gus it you can talk about it you can provide the information and then asked how do you feel about that?

You know, what are you planning to do our do you do you think this is good information?

Do you plan to do something different?

Do you see how it can be helpful, you know just have a conversation about it.

If we think of it as I'm explaining or I'm teaching it to the parent then it almost takes away from their responsibility to themselves.

And so you don't want to be in that role of I am going to

teach you something but more so make it a little bit more from an unequal standpoint where you're saying.

Hey, here's some information that I found and I was able to identify that I need to work on this and then you can say let's talk about this.

Let's talk about how we can maybe establish some clear boundaries or what.

Would you like to see me do how would you like to see me conduct myself?

As it pertains to you and your boundaries and then that way it doesn't feel like you're trying to tell them to do something but that it's a conversation and everyone is has the responsibility or the right to talk about what they feel and you know, how we can actually make this something that we do on a consistent basis who cares.

Yes.

Uh-huh.

You may have missed a question from Casey.

She said what do I say or do when my foster child threatens to get a news placement if he doesn't get his way?

Oh, wow.

That's a really good one.

Well, it sounds like the threat the piece that you know, you mentioned that this child is threatening.

That's they're exhibiting behaviors of an unsafe person.

So I you know, I would have a conversation about that with

I would talk about you know, I mean, maybe you could sit

down and when it's not a tense moment, maybe sit down and talk about what our boundaries what would make them what has caused them to feel this way.

You know, what what's going on that they would want to not no longer be in your home if it's just because you have created your boundaries.

You know, I you know, there's nothing I think that there are those moments and there's those times where if that is what the child is going to do.

Then you almost have to allow them to make that call or two, you know, I don't know maybe you know request a new placement, you know, I definitely obviously that would not be up to just that child.

I would imagine it would be up to a team of folks that you're working with and so once everyone kind of sits down at the table and you're able Discuss why the child is making this threat. I think that would help that's the only thing that I can think of because it sounds like the child is wanting to have their way so they're not wanting to abide by your boundaries that you've said and so they're making these threats trying to control and manipulate the situation and so you have to you have to talk about that you have to you know, bring that to the Forefront and reinforce what your boundaries are and your household.

Okay, and Teresa says that you should enjoy the training and but she would have liked to have seen what it looks like for someone to set a boundary with another person as a model.

Okay, I think that is definitely that's definitely good and

I don't I don't have a an an example of that.

But I mean we could definitely talk about what that looks like setting your boundary.

So maybe because I think even in the video that we watched where we were talking about the And the grandmother, you know did not want to she wanted to be able to talk to the child and tell her side of the story.

So that might be something that if you could think about you know, what does that look like if you have decided that you're going to allow someone to come into your life?

You set the boundary you say?

Hey this particular conversation is off-limits.

If that person continues to have to talk about that then you'll you would have to have another conversation with them, you know to say hey, I explain to you what the The boundary was and you know, you weren't able to abide by that so we're not we're going to talk about how we're going to limit, you know conversations or what we're going to do, but I can totally understand how actually seeing that happen would be beneficial.

So maybe we can do a part two a boundaries part 2 where we do some role-playing so I will definitely take that into consideration. Thank you and Gwendolyn says she has a personal comment. I had to cut my Out of my life and initially I would feel guilty but after letting her in and she didn't change I ended the relationship without guilt.

This allowed me to work with a teenager going through the

same thing.

I think that's awesome.

I think that is amazing Gwendolyn.

Thank you so much for sharing that with us because I think that Being able to set boundaries and almost eliminating those persons out of your life who are toxic, even if their family members it's not an easy task, but I do think that everything that happens.

It happens for a reason.

And so I think that maybe that reason was so that you could reach someone else struggling with the same the same thing the same type of situation.

So thank you so much for sharing that I think that's really really a good example of what it means.

To actually I mean a sister that someone that's extremely close to you.

So I understand that that wasn't easy but you you were able to see that it was doable and it was for your benefit.

Okay, and it looks like Catherine talked about texting and she's saying that you know, I always think I'm I'm an old fart because I believe that non emergency contact after 10 p.m. And before 6 a.m.

Is inconsiderate.

I think that that is your boundary.

Murray Katheryn and so that boundary needs to be stated.

Remember we talked about making it clear.

So you make that clear and then those persons have to you



know, honor that.

They have to respect the fact that you know, you can sit  
you feel that it's inconsiderate.

So no one else has to agree.

Remember you just have to set your boundary and and those  
persons who are not willing to abide by that.

You know, they're disrespecting your boundary.

They're not honoring your boundary and then you have to set  
a consequence for that or you have a conversation confront  
prompt. You know that kind of thing.

And Casey says we're pursuing adoption and he keeps throwing  
that new placement up in our face.

We are very lenient with him because he is 17 but he can't  
always get his way and we have three other kids to consider.

I think you're absolutely correct.

So again reinforcing your boundaries and and it looks like  
we are out of time.

I do apologize, but this has been an amazing training.

I really appreciate all of the feedback that you all have  
provided. And again, we can definitely do a boundaries part  
2 or come up with some other, you know term for it, but we  
can bring this back to the Forefront so that maybe we can  
just do a QA and discuss different examples of what it might  
look like maybe a QA role play.

So I thank you all for joining us.

I really do appreciate the feedback and I hope that you all  
have, you know, learn some information that you'll be able

to take back and utilize in your everyday life.

Lives.

Thank you so much.