

Eastland County Crisis Center, Inc.



Crime Victim Assistance Center
Eastland County Crisis Center, Inc.



Eastland County
Children's Advocacy Center
Justice, Hope, and Healing

2018 Spring Quarterly Newsletter: **Prevention Tip: Boundaries**

While no man, woman, or child deserves or is at fault for being a victim of abuse, a powerful tool in preventing sexual assault, dating violence, and/or child abuse is boundaries.

1. **Teaching Boundaries:** Children who are allowed to set respectful boundaries with whom, how, and when they want to give physical affection are taught that their bodies are their own.
2. **Establish Boundaries:** Young adults who date can avoid being isolated by dating violence if they keep at least some part of their lives— interests, friends, time, goals— independent from their dating partners.
3. **Maintain Boundaries:** When necessary, being forceful, clear, and firm through words and body language about a personal boundary can help deter a potential sexual assault.
4. **Respect Boundaries:** Teaching children and young adults to ask and consider the boundaries of others reduces the likelihood of future sexual and dating violence.

To learn more about teaching, establishing, maintaining, and respecting boundaries, contact Desare or Gena at 254.629.3223. Free group education is available.

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