

Blue Zone: ALL ABOUT ME

I want people to know I'm:

List qualities you want people to see when they interact with you.

Insert Photo



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Purple Zone: Trust Group

*List people here:
(Use trust quiz to help you determine this group)*

Space:

Intimate Zone

Ask for help with private issues.

Can talk about private topics.

Trust them to keep you safe.

Insert Photos



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Green Zone: Therapist, Teachers, Team of Support

List people here:

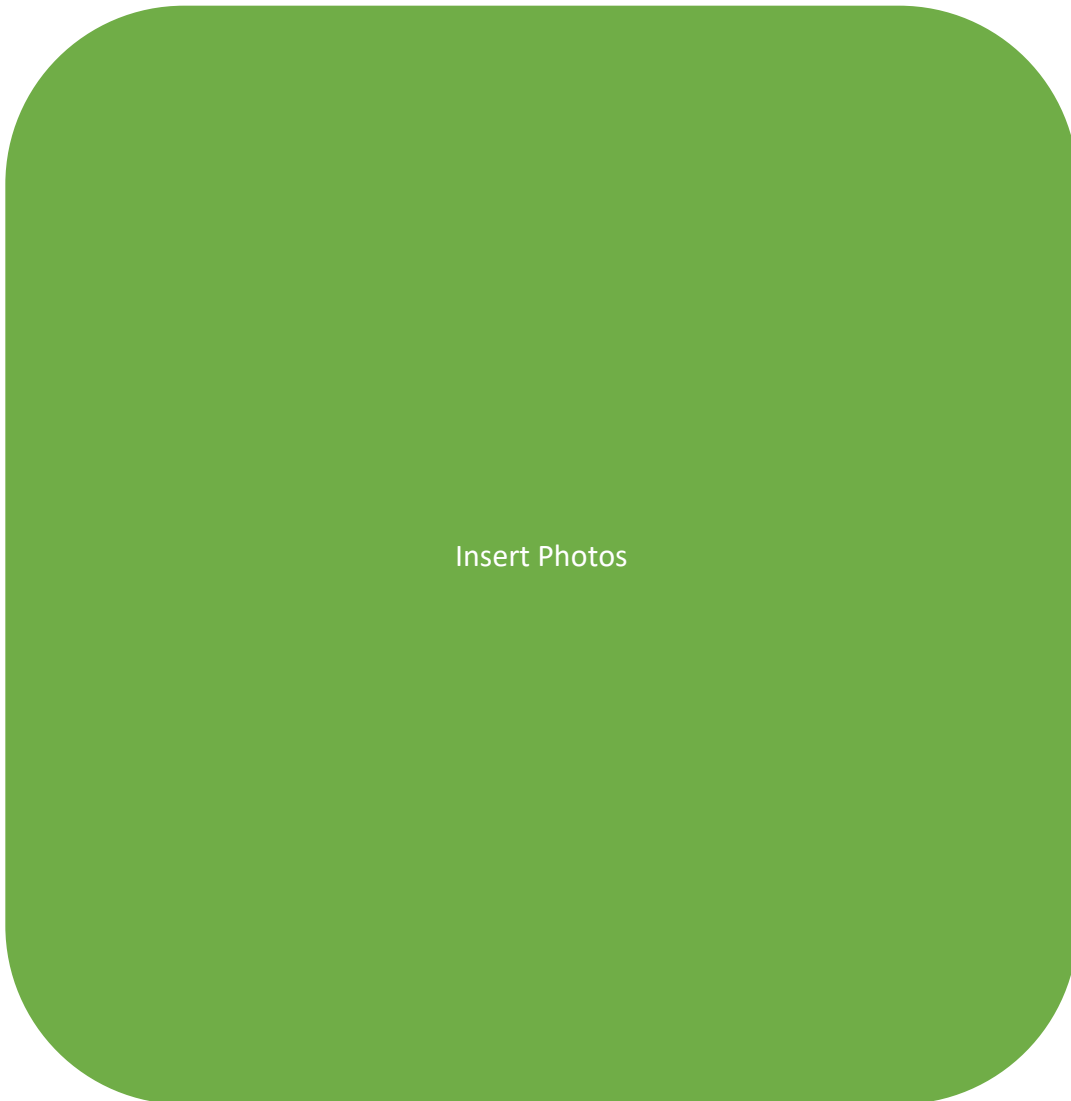
Space:

Personal Distance Zone

Ask for help with private issues.

Can talk about private topics.

Trust them to keep you safe.



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Pink Zone: Close Family & Friends

List people here:

Space:

Personal Distance Zone

Can talk about private topics.

Trust them to keep you safe.

Insert Photos



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Orange Zone: Peers

List people here:

Space:

Social Zone

Do NOT talk about private topics

Insert Photo



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Yellow Zone: Community Helpers

Police, Doctor, Firefighter, Mailman, Amazon Delivery Driver, Teacher, Nurse, Cashier
...List more here:

Space:

Public Zone

Do NOT talk private topics.

Insert Photo



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Red Zone: Strangers

*Someone that you don't know or have never seen before.
You don't know their name or anything about them.*

Space:

Public Zone

Do NOT talk or touch.

Ask for help from someone in your other zones if you feel unsafe.



Consent: Getting permission before touching others.

It is never okay for anyone in ANY zone to touch you if you don't want them to touch you. This includes hugs and kisses. If you feel uncomfortable, let someone who can help you know.

We should also respect other's boundaries. You should ask others before touching them (yes, even for hugs). If they say no, we need to respect their choice, and say "okay!" and do not touch them.

What's Private vs. Public talk?

Private	Public
<p><u>Things people don't like to talk about in public:</u></p> <p>Illness/deaths Personal body matters (<i>bathroom talk</i>) Hygiene (<i>bathroom talk</i>) Scary things Money problems Bad/unhappy experiences Family disagreements Politics</p> <p><u>Things unsafe to talk about:</u></p> <p>Your address Your bank info/money Your Social Security Number Your passwords</p>	<p>Things people like to talk about in public:</p> <p>Weather Weekend Plans Favorites Sports Movies/TV Music/Singers Relatable Experiences</p>



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	Behavior
Intimate Space	<p>Getting very close to someone else's body is acceptable.</p> <p>High fives, fist bumps, handshakes, hugs, and sometimes kisses are all acceptable, if both you and the other person are comfortable with the touch.</p> <p>You might not need to ask first before touching this person if touch is engaged often and everyone is comfortable.</p> <p>I can talk in this zone about things that are private or might upset others.</p> <p><i>(Professionals, like doctors and hairdressers, might enter this zone to do their job).</i></p>
Personal Space	<p>Space close enough to hear a personal conversation with another person. <i>Imagine everyone has a bubble around them- don't get so close that you pop the bubble.</i></p> <p>High five, fist bumps, and handshakes are all acceptable. Ask first, and get approval, before hugging in this zone. <i>Kissing would not be appropriate in this zone.</i> <i>'Can I give you a hug?'</i></p> <p>I can talk in this zone about things that are private if I need help.</p>
Social Space	<p>Large space between you and the other person. <i>You should be to extend your arms and swing them back and forth without touching the other person.</i></p> <p>You might wave to people you recognize in this zone or sit/stand in the same area as peers in this zone.</p> <p>Do not talk about private topics or give details about personal information.</p>
Public Space	<p>Significant space between you and the other person. <i>You are in the same room but have very little or no interaction.</i></p> <p>Do not talk about private topics or give details about personal information.</p>



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Trust Quiz:

List the people you feel most comfortable around:

1. Strike out the names of the people you have known less than a year.
2. Strike out the names of the people that encourage you to make bad choices or do things that get you in trouble.
3. Strike out the names of the people that you wouldn't tell a secret, because they would probably tell someone else.
4. Strike out the people that are mean to you or make fun of you.
5. Strike out the names of the people who are not consistent (don't do what they say they will do).
6. Strike out people who do not respect your boundaries.

Write the remaining names remaining names here:

1. Circle the names of the people you would call in a situation where you felt unsafe or needed help.
2. Circle the names of the people who check in on you, and make sure you are okay.

These people are the people in your **trust zone**.



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