

APPENDIX I **Boundaries**

How to Establish and Reinforce Healthy Boundaries:

The key way is to use a level of rational detachment.

Rational Detachment is the ability to:

- Stay Calm;
- Remain in control;
- Not take sides; and
- Not take things personally.

In order to remain rationally detached it is important to have an outlet for negative energy that a situation creates. Possible outlets:

- A non-judgemental and confidential friend;
- A balance of rest, recreation, sleep, exercise;
- Colleagues who look out for our needs; and
- A Supervisor/Mentor.

When you recognise a young person with unhealthy boundaries:

- Be firm.
- Refer to counselling services.
- Pass over to a colleague.

Signs of Unhealthy Boundaries:

Young Person	Youth & Young Adult Minister
Talks at an intimate level at all times	Gives home number out and tells young person to call anytime
Falls in love regularly	Believes that only they can 'save' a young person or group
Believes others should always fulfil their needs	Believes that the 'system' does not understand, only they do, therefore they must intervene
Falls apart so someone will take care of them	Lends young people money
Abuses self	Becomes verbally abusive
Allows others to take advantage	Considers themselves 'part of the youth family'

