# What are Healthy and Unhealthy Boundaries for Your Behaviour?

A **healthy** boundary is knowing that you need to control your behaviour to make sure you are safe; physically, mentally and emotionally.

An **unhealthy** boundary is when your behaviour choices leave you open to harm. For example, you start a new school and meet someone on the first day. You like them so you tell them all about yourself, how you are feeling and why you have moved to that school.

#### Is this a good idea?

- a. They may be a really kind person who keeps things to themselves and they become a trustworthy friend.
- b. They may tell everyone that you are scared of starting the new school and had to move there because your dad lost his job.

Telling someone everything without getting to know him or her, can be harmful to you.

This would be an unhealthy boundary as you have shared too much information about yourself, too quickly.

A healthy boundary would be to give that person a small amount of information and then wait to see how they react.

Once you know what they are going to do with the information and how they are going to respond, then you can make a more informed decision about what a healthy boundary would be.







Below are a number of statements. Please can you highlight the boundaries that you think are healthy in green and the unhealthy boundaries in red.

### Healthy and Unhealthy Boundaries Statements

Doesn't share too much or too little information with others.

Has the ability to say, 'No'.

Doesn't take, 'No' for an answer.

Tells someone everything straight away.

Relies on substances to help them.

Doesn't respect someone's personal space.

Doesn't change own values to be in line with others.

Will accept, 'No' from others.

Changes values for other people.

Accepts poor behaviour towards them from other people.

Rigid thinking - 'only sees black and white'.

Trusts their own beliefs and thoughts.

Once you have completed this activity, talk to the adult you are with about times when you have made healthy and unhealthy boundary choices. Remember that the adult has a duty of care to pass on anything that might be causing you harm or putting you at risk.

Can you start to think about how many unhealthy and healthy boundaries you have?

Do you have more healthy than unhealthy boundaries?

If you have more unhealthy boundaries than healthy, speak to the adult you are with and make a plan to challenge some of the unhealthy boundaries.







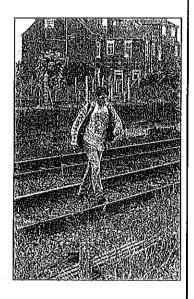
### RAILTRACK Working In The Community

### KEEP CRIME OFF THE LINE

### THESE ARE SOME OF THE FACTS ABOUT RAILWAY CRIME

## Trespass

- Every year many people die while trespassing on the country's rallways some of these are children under 16.
- Every year many people, including children, are injured trespassing on the railway tracks.
- Nationally there are thousands of cases of trespass each year.
- All trespass on the railways is a crime which can be punished in court with a fine of upto £1,000.
- Death and Injury caused by trespass results In trauma for the families involved and the drivers of the trains.
- Points, where tracks move to switch the direction of trains, can trap feet causing serious injury.



## Vandalism

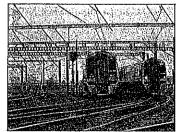
- Vandalism on the railways takes many forms. All types of vandalism are crimes, some of which can carry a maximum penalty of life imprisonment.
- Nationally there are thousands of cases of vandalism each year
- Graffiti painted on railway property and rolling stock looks unsightly and costs millions of pounds to clean off.
- The throwing of stones and other objects at trains causes injury to drivers and passengers.
- Damage to lineside fencing has been estimated at over £13 million. This can allow young children to wander onto railway lines.
- The placing of objects on the line in front of trains causes delays, damage and In extreme cases injury and death.

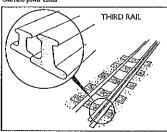


## The Dangers of **Electrified Railways**

Over 7,000 miles of railways in Britain are electrified - a third the total network

- Trains running over these lines receive their power from either overhead power cables or a conductor rail, sometimes called a third rail.
- Both systems have electricity flowing through them. at all times, they are never switched off - even on Christmas Day.
- Conductor rails have 750 volts passing through them, whilst overhead power cables at 25,000 volts, are 100 times more powerful than electricity supplies in the home.
- Both can kill someone without being touched. High voltage electricity can jump upto 3 metres, or pass through an object touching a conductor rail or hanging from the overhead cables.
- Young people have been electrocuted or seriously burnt by climbing on trains which has brought them close to the cables.
- Others have been hurt by touching objects in contact with overhead power cables or





## **National** Facts & Figures

- 90% of Railway Crime Is committed by young people under the age of 17.
- Over 350 cases of railway crime reported each day in Britain.
- Railway crime is estimated to cost over £26 million a year and around 56% of all train damage.
- Trains travel at up to 125mph.
- Trains can take up to 2000 metres to stop.
- Children as young as 5 have been caught putting objects on the track.
- Children as young as 8 have been seen playing "chicken" in front of high-speed trains.

#### NATIONAL FACTS AND FIGURES

Track miles	20,000
Stations	25,000
Bridges and tunnels	Over 40,000
Level crossings	Over 9,000
Signal boxes	Over 1,000
Colour light signals	23,000
Passenger trains	18,200 per day
All train movement	30,000 per day

#### **CRIME FIGURES -**

in a typical year Reported Instances of:

Rallway trespass	13,896
Obstacles on tracks	1,829
Stonethrowing	3,543

## Activity sheet 6

#### Who pays?

Read the list of places where vandals frequently strike. Think of the damage they cause, who suffers because of it, who has to clear up the mess and who pays for the damage. Answer the questions in the columns provided. You will find help in the words below.

water comp	council	bus compny	passers-L	customers
home	owners	caretakers	-618-1	tax payers
shoppers		relatives	owners	tenants
	teach	ers	esidents	children
users	insurance co	road builders Impany	gardene	rs passengers

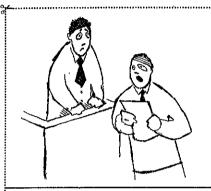
	Who suffers?	Who clears up?	Who pays?
Bus stop			
Playground	-		
Telephone kiosk			
Street lights			
Road works			
Schools			14
Shop windows			
Walls			4
Gardens			
Cars			•
Lakes and rivers			:
Lifts		4	
Graveyards			

What should I do ???? - Vandals

## A Criminal Case - is Dean innocent or guilty?

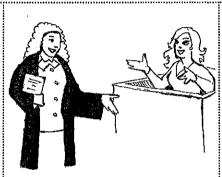
The comic strip shows Dean's trial.

Cut out the pictures and arrange them in the correct order.



#### The charge

The Clerk reads out each charge and asks Dean to say whether he is guilty or not guilty. Dean says 'Not guilty' each time.



#### The defence evidence

The witnesses on Dean's side give evidence. Dean's barrister tries to show that Dean did not commit the offences he is charged with.



## The cross examination by the defence

Dean's barrister gets the chance to question each of the prosecution witnesses. She tries to prove that they have got things wrong.



#### The sentence

The judge tells Dean he will have to spend six months in a Young Offender Institution.



## The cross examination by the prosecution

The barrister for the prosecution gets the chance to question each of the defence witnesses. He gives Dean a hard time.

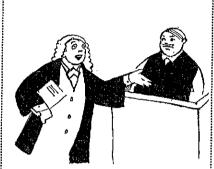


#### The verdict

The members of the jury go into a separate room and discuss the case.
They try to come up with a decision they all agree with. Dean is found guilty of 2 of the 3 charges.



## A Criminal Case - is Dean innocent or guilty? continued







#### The evidence for the prosecution

The barrister for the prosecution calls witnesses to provide evidence that Dean is guilty.

#### The judge's summing up

The judge reminds the jury what they have to consider when they make their decision or verdict. He tries to be fair and balanced.

#### The punishment

Dean is taken to the court cells. He will be taken straight to the Young Offender Institution.

Dean was found guilty of two charges.	
What do you think these charges might have beer	ĺ

He was found not guilty of a third charge. What could that have been?

## The Court System

Look at the following cases or	Cases		Cou	urts	٠.
disputes.  Try to decide if each one is a family, a criminal or a civil case.  Then decide which court or courts might deal with it — sometimes there may be more than one answer for this — and tick or shade the correct box(es).	Family Criminal Civil	Magistrates Court	Crown Court	High Court Court of Appeal	House of Lords
Danny and Tracy are getting divorced.     They are trying to sort out how much time the children should spend with each of them.					
Peter is charged with the murder of three women.					
Sanjay has been injured in an accident at work. He is seeking compensation.					
<ol> <li>Ruby has been charged with theft for shoplifting after she was seen slipping a CD into her bag at a local store.</li> </ol>					
5. Jane thinks that it's wrong that her Mum left all her money to a friend in her will. She thinks her mum was in an unfit mental state when she made the will.					
6. Mark owned a large computer firm. He has just been made bankrupt. His firm owes hundreds of thousands of pounds and people are trying to get their money back.					
7. Errol has been caught drinking and driving. No one was injured.					
8. Caroline has been caught drinking and driving. She lost control of her car and knocked down a little girl. The little girl died on her way to hospital.					



## The Court System continued

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. *		Cases						Courts								
			Criminal		GWI		Magistrates Court	County Court	ting amou		High Court	Court of Appeal	House of Lords			
9. Andy has been found guilty of theft. He still claims he is innocent and that he can prove it. He has decided to try to appeal against the decision.								بنت.			-					
10. Angela says that her sofa was ruined by the firm she got in to clean it. She wants compensation.				S.   S												
11. Marco has just bought a pub. He needs a licence so that he can sell alcohol.			. N													
12. Some people became ill and died because of working with dangerous materials. Their families are trying to claim compensation from the employers. The families lost the original case. They went to appeal, but the decision was not changed. The families believe the decision is unjust and are appealing again.										_						
13. Gareth is 14 and has been caught in possession of ecstasy tablets. He says they were for his own use.			**************************************							-						
14. Dean is charged with selling illegal drugs. He was caught dealing outside a school.																
15. There is a problem between two companies. They were in partnership but now they want to split up. They cannot agree about how much money will change hands. Millions of pounds are involved.																

### Inside a Crown Court



Look at the picture above. It shows the inside of a Crown Court.

Try to match the following key words to their place in the picture.

Write each word in the box on the picture.

- 1. judge
- 2. jury
- 3. bench
- 4. witness stand
- 5. dock
- 6. barrister
- 7. defendant

## Activity sheet 2

#### Word search

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Use the dictionary to look up the meaning of the following words.

Find them in the word search, e.g.

vandalise: to wilfully destroy property.

property:

dangerous:

destroy

damage:

malicious:

wilful:

culprit:

smash:

graffiti:

spoil:

What should I do???? - Vandals