

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.

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

Has the ability to say, 'No'.

Will accept, 'No' from others.

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

Changes values for other people.

Tells someone everything straight away.

Accepts poor behaviour towards them from other people.

Relies on substances to help them.

Rigid thinking - 'only sees black and white'.

Doesn't respect someone's personal space.

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

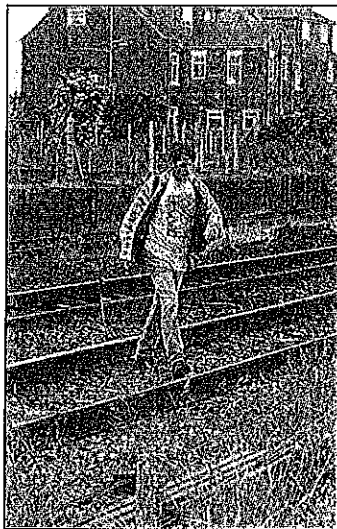
Working In The Community

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 railways - 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.



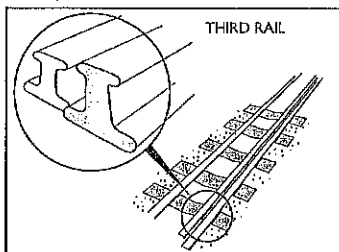
The Dangers of Electrified Railways

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 conductor rails.



Overhead power cables



Third rail system

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

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 company bus company passers-by customers
council caretakers tax payers
home owners relatives owners tenants
shoppers council workers residents children
telephone company teachers road builders gardeners passengers
users insurance company


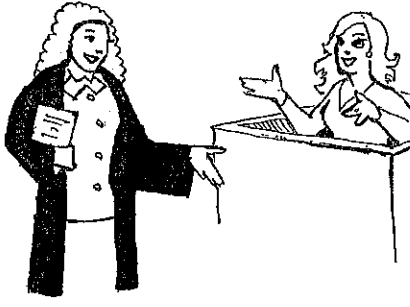


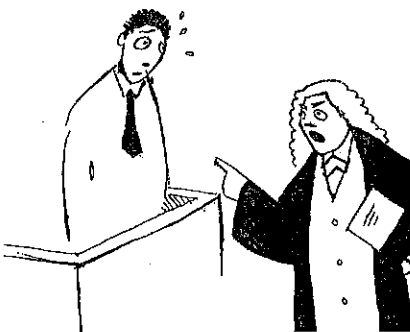

	Who suffers?	Who clears up?	Who pays?
Bus stop			
Playground			
Telephone kiosk			
Street lights			
Road works			
Schools			
Shop windows			
Walls			
Gardens			
Cars			
Lakes and rivers			
Lifts			
Graveyards			

[What should I do ??? - Vandals]

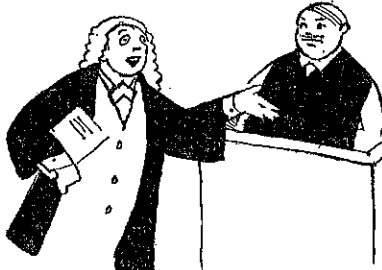
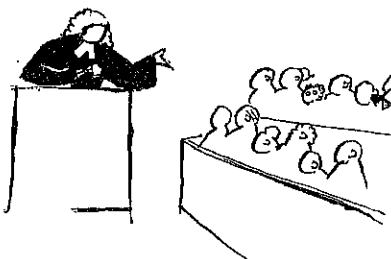
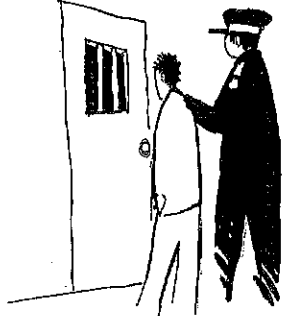
❖ A Criminal Case - is Dean innocent or guilty?

The comic strip shows Dean's trial.

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

		
<p>The charge</p> <p>The Clerk reads out each charge and asks Dean to say whether he is guilty or not guilty. Dean says 'Not guilty' each time.</p>	<p>The defence evidence</p> <p>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.</p>	<p>The cross examination by the defence</p> <p>Dean's barrister gets the chance to question each of the prosecution witnesses. She tries to prove that they have got things wrong.</p>
		
<p>The sentence</p> <p>The judge tells Dean he will have to spend six months in a Young Offender Institution.</p>	<p>The cross examination by the prosecution</p> <p>The barrister for the prosecution gets the chance to question each of the defence witnesses. He gives Dean a hard time.</p>	<p>The verdict</p> <p>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.</p>

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

		
<p>The evidence for the prosecution</p> <p>The barrister for the prosecution calls witnesses to provide evidence that Dean is guilty.</p>	<p>The judge's summing up</p> <p>The judge reminds the jury what they have to consider when they make their decision or verdict. He tries to be fair and balanced.</p>	<p>The punishment</p> <p>Dean is taken to the court cells. He will be taken straight to the Young Offender Institution.</p>

Dean was found guilty of two charges.
What do you think these charges might have been?

1. _____
2. _____

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

3. _____

The Court System

[illegible]

[illegible]

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

Word search

P	R	O	P	E	R	T	Y	B	S	P	S	S	V	D	P
U	O	S	F	R	T	P	L	S	V	S	K	W	E	A	U
I	T	E	V	H	K	L	D	V	T	P	K	T	Y	N	M
T	Y	O	W	C	S	H	L	A	D	O	Y	I	P	G	B
S	M	A	S	H	T	I	N	N	W	I	H	G	R	E	K
E	U	N	H	F	E	D	P	D	N	L	D	R	C	R	B
Y	H	I	O	P	L	K	B	A	T	V	U	A	D	O	K
D	R	U	H	J	L	W	I	L	F	U	L	F	T	U	P
E	R	H	U	J	N	K	M	I	F	G	B	F	E	S	R
S	D	C	T	G	N	K	O	S	X	B	H	I	U	Y	S
E	D	U	S	C	V	G	H	E	H	N	J	T	E	D	V
M	A	L	I	C	I	O	U	S	G	Y	B	I	S	H	N
W	D	P	W	D	V	G	J	K	M	N	C	V	T	Y	U
R	F	R	T	Y	H	N	K	D	A	M	A	G	E	O	N
E	Y	I	S	W	G	H	K	L	P	M	H	Y	U	B	G
U	H	T	C	D	E	S	T	R	O	Y	P	H	U	B	D

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 ??? - Vandal's]