



Red Circle

People you do not know. You don't know their names or recognize their faces.

These people have nothing in common with you.

How would you know a person is a stranger?

No touching people in the red circle.

You cannot tell if a stranger is good or bad because you don't know them. However, it is important to be safe.

Orange Circle

Includes people you occasionally see around your community.

These are people who have very little in common with you. They include their store clerks, postal workers, restaurant waiters, etc.

Appropriate touches include waving and nodding to people with familiar faces.

Yellow Circle

Includes people whose names you know (acquaintances)

These people have been introduced to you, but do not know them well.

Appropriate touches include handshakes. Touch is limited to hands only.

Green Circle

Usually extended family members and close friends.

Distinguish between close friends and other friends.

Appropriate touch might include a hug or a pat on the back

Purple Circle

Includes only you

No one can touch your child unless they want to be touched.

Who would you let in your private space?

(Use examples such as parents, siblings, doctors, etc.)

What kind of touch would you accept?

Where can they touch you?

When can they touch you?

Blue Circle

People who are closest to you

This usually includes immediate family members

Appropriate touches in the blue circle may include kisses, cuddles, and hugs.

Circle Two: The CIRCLE OF FRIENDSHIP is made up of those people who are friends or relatives who we call upon to go out to dinner, see a movie, but are not those who we consider our most dear friends or those we must see regularly.

Circle Three: The CIRCLE OF PARTICIPATION is where you belong and includes the names of the people or organizations you participate with in life. This could contain spiritual groups, where you work, where you went or go to school, clubs, organizations, athletic teams, or where you participate and interact with people. Some of these individuals may later be in Circle one or two! Circle Three is the garden for sowing future relationships.

Circle Four: The CIRCLE OF EXCHANGE is made up of people who are paid to be in our lives. Doctors, teachers, dentists, social workers, therapists, hairdressers, car mechanics, and the like make up the numbers here.