



Rules for People in My Life



Each person in your life has a different role.

The top of this list starts with people you trust the most. Then it moves through different people to the ones you know the least. It talks about rules you may follow for different people in your life.

Trusted Family are those people who you love and trust the most. You know you can count on them. You know they will be there for you during your whole life. You help them and they help you.

Partner/Girlfriend/Boyfriend can be at various levels of closeness. The relationship builds over time. You first like them and then you hope to build that like into a strong friendship and a real love. Your trust builds as the relationship builds. You might ask people you trust if the person seems like a good fit for you. Your trusted family and trusted friends know you well and can help.

Trusted Friends are considerate, helpful, dependable and respectful. You know you can count on them. You have already spent the time to prove yourselves to each other. When you trust them, you know they will follow through on a promise. You know they will keep your personal info personal. You trust that if you loan them something, they will give it back. You help them and they help you, when you need it.

Family are other family members who are part of your life. You might not trust them as much as the family who are closest to you. You might sometimes ask them for help.

Personal helpers are approved by you and trusted people in your life. Examples are coaches, waiver service providers, or health aides. The longer you work with them, the more you feel comfortable. If you aren't sure about them, check with someone you trust.

Community helpers include people like doctors, nurses, police, or firemen. They help people when they need them. They often have a way to prove who they are. They may have a uniform. If you aren't sure about them, check with someone you trust.

Friends are people who you have gotten to know and now consider your friends. You might wait to call them a friend until you have to have known them for a few months or met them at least ten times. You might wait to invite someone as a social media friend until you know them better. You should still be careful about sharing your personal info or inviting them to your home.

New Friends are people who you hope to make into friends. You are just getting to know them. You need to check if they are a good fit. You stay in public places and not inside your home yet. Public places are stores, sporting events, churches, restaurants, and gyms. You should not share personal info yet. When you go out with a new friend, share your plans a person you trust. Bring your charged phone. Make sure you have a ride. You don't usually loan anything to a new friend.

Associates are people like co-workers, neighbors, classmates, church group members, gym mates or other people you have met but don't really know. You don't trust them yet. The main difference between associates and strangers is that you can talk to an associate but you should still keep personal info private from them.

Strangers are people you don't know. Rules for them are: Don't talk about personal info. Don't go up to them, unless you have an important reason. Never take a ride. Walk away if someone bothers you or makes you feel uncomfortable. Call someone you trust.

Thanks to members of the Village of Merici, Indianapolis, Indiana who helped create this document!

Who are the People in My Life?



List the key people in your life. Put their name on the right line below.
Follow the rules for that role in your life.

Trusted Family _____

Partner/Girlfriend/Boyfriend _____

Trusted Friends _____

Family _____

Personal helpers _____

Community helpers _____

Friends _____

New Friends _____

Associates _____

Strangers _____

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