

## Rules for People in My 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 like them at first and then you hope to build that into a real love. Your trust builds as the relationship builds. You might ask people you trust if the relationship seems like a good one 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. It takes time to become trusted. You both need a chance to prove yourselves. You trust them to follow through on a commitment and keep personal information 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 those other family members who are part of your life. But you don't usually ask them for the kind of help you ask of your trusted family.

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

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

**Friends** are people who you have gotten to know and 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 to be a social media friend until you know them better. You should still be careful about sharing your personal information and home.

**New Friends** are people who you are hoping to make into friends. You are still checking if you are a good match with them. You check if you like similar activities. You stay in public places with them and not inside your home yet. Public places are stores, sporting events, churches, restaurants, and gyms. You should not share personal information yet. When you go out with a new friend, share your plans with someone else you trust. Have a charged phone and back up ride, in case you need it. You probably shouldn't 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 or trust. The main difference between associates and strangers is that you can talk to associates but you should still keep personal things private from them.

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

Thanks to all the residents at the Village of Merici, Indianapolis, Indiana U.S. who helped with the creation of this document!

**Who are the People in My Life?**

Trusted Family \_\_\_\_\_

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Partner/Girlfriend/Boyfriend \_\_\_\_\_

Trusted Friends \_\_\_\_\_

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Family \_\_\_\_\_

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Personal helpers \_\_\_\_\_

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Community helpers \_\_\_\_\_

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Friends \_\_\_\_\_

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New Friends \_\_\_\_\_

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Associates \_\_\_\_\_

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Strangers \_\_\_\_\_

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