

# *Boundaries for Mentoring Relationships*

Appropriate and healthy relationship boundaries are real and legitimate concerns any time that adults are working with young people. We must assure that a safe and healthy environment is established and maintained between the adult mentors and confirmation students. Below is a list of characteristics of unhealthy and inappropriate behavior to be aware of as you enter into this relationship.

It is unhealthy and inappropriate when...

- The adult mentor depends on being liked by the young person
- The adult mentor depends on the close, personal friendship of the young person
- The adult mentor depends on the young person's help in times of difficulty or personal crisis
- The adult mentor "bares all" to the young person
- The adult mentor projects his or her own expectations on the young person
- The adult mentor engages in any inappropriate sexual behavior consisting of sexual advances, requests for sexual favors, sexually motivated physical conduct, or other verbal or physical conduct of a sexual nature. This may include, but is not limited to, the following:
  1. subtle or explicit pressure (verbal or physical) for sexual activity
  2. inappropriate patting, pinching, caressing, fondling, intentional brushing against another's body, or any other sexually motivated touching