



April 19, 2010

# St. James/Seton School

4720 North 90th Street • Omaha, NE 68134

Dear parents,

As parents, we are the primary educators of our children. Your child's school has invited me to join with you in the educational process by presenting a workshop for 6<sup>th</sup> graders entitled the "Golden Rule for Healthy Boundaries" on Friday, April 30<sup>th</sup>. Below you will find a brief description of the workshop and credentials.

Please know that parents are always welcome to:

- Sit in the back to observe my presentation to youth.
- Contact me or St. James/Seton for more information.
- Opt your child out of the workshop.

## Golden Rule for Healthy Boundaries Workshop

When young people have good boundaries, they treat everyone with respect and gain the respect of others in return. A young person with healthy boundaries is better able to make a friend and be a friend, and is less likely to be the target of bullying, teasing or harassment.

This workshop will enable youth to:

- Identify behaviors that build-up or damage friendships.
- Learn how to recognize and respond to teasing and bullying.
- Learn practical ways to live the golden Rule and Ten Commandments in everyday life.

## **Presenter**

Kathleen McGee has worked with young people for over 25 years, first as a classroom teacher and now as a relationship educator, trainer, author and public speaker. She has written 20 books and articles including *Unmasking Sexual Con Games: Helping Teens Avoid Emotional Grooming and Dating Violence* and *There are No Simple Rules for Dating My Daughter*. Kathie has presented workshops nationwide on issues surrounding adolescent relationships, adolescent sexual health, parenting and classroom management.

A native of Omaha, NE, Kathie earned both her B.A. and M.A. from Creighton University. Together with husband, Chris, she is raising a school-age son. Kathie can be reached at [ckmcgee@cox.net](mailto:ckmcgee@cox.net).