

The Circles Relationship Program is Taught in our Classes



Figure 1- Circles Logo showing the stages of Intimacy and Relationships. The closest in a private circle in purple, then a hug circle in blue, a far-away hug circle in green, a handshake circle in yellow, a wave circle in orange, and a stranger circle in red.

THE CIRCLE OF RELATIONSHIPS teaches how much to Trust, Touch and Talk.

1. PURPLE PRIVATE CIRCLE

- You are important and you decide who will touch you.
- No one should touch you unless you want to be touched.
- Sometimes people from your Blue, Green, Yellow, Orange, or Red circles will try to get too close to you. You need to say “STOP!”
- No one touches you unless you want to be touched, and you do not touch other people unless they want to be touched.

2. BLUE HUG CIRCLE

- It is a mutual decision to kiss and be close. If you do not want to, you must say “STOP.”
- Sometimes you may not feel like being touched. This does not mean you are no longer close with your partner, but that you are not feeling loving at that moment.
- Your partner can “STOP” you, too.

3. GREEN FARAWAY CIRCLE

- Sometimes a friend may want to be closer to you than you want. You just explain to your friend and say “STOP.” For example,
 - I will give you a “Faraway” hug only on special occasions.
 - You are not in my Blue Hug Circle.

4. YELLOW HANDSHAKE CIRCLE

- Sometimes someone whose name you know may ask for a “Faraway Hug.” You can say “No.”
- No one can touch you unless you want to be touched.

5. ORANGE WAVE CIRCLE

- Wave to an acquaintance who is too far away for a handshake.
- Sometimes children will want to hug and kiss you, but you can say “NO.”
- It is best to wave to children.
- Children do not know as much as you, and so you have to show them correct behavior.

6. RED STRANGER CIRCLE

- Some people stay strangers forever.
- You may talk about business to a stranger who is a community helper.
- Other strangers do not talk to you or touch you.

Videos are shown in class that teach about each circle and what is appropriate for each situation.