

Boundaries

What are boundaries?

Boundaries are limits that you set for other people in order to let them know what they can and cannot do around you. It's important to set boundaries to protect yourself from unhealthy people and unhealthy relationships.

Physical boundaries – protect your body. **You** are the one that decides who can touch your body and how they can touch your body.

Emotional boundaries – protect your thoughts and feelings. **You** decide what you feel and whether or not you want to share your feelings with others.

People break boundaries when they:

- Interrupt a conversation when you are talking to someone else
- Take something that belongs to you without asking
- Pressure you to answer personal questions
- Gossip or spread rumors
- Make fun of you or do something that makes you feel bad
- Say or do things around you that are offensive to you
- Invade your personal space
- Force or pressure you to do things that you don't like
- Touch you in a way or a place that makes you feel uncomfortable
- Say inappropriate things about you or your body

If someone is not respecting my boundaries I can:

- Respond to the person in an assertive way.
Say “No” or “Stop”.
- Find someone to help me out –
a friend or an adult that I can trust.
I don’t have to handle it all by myself.
- Keep on telling someone until I get help.
- **TRUST MYSELF** and do what I think is right.
- Try to stay away from people who don’t respect me.

