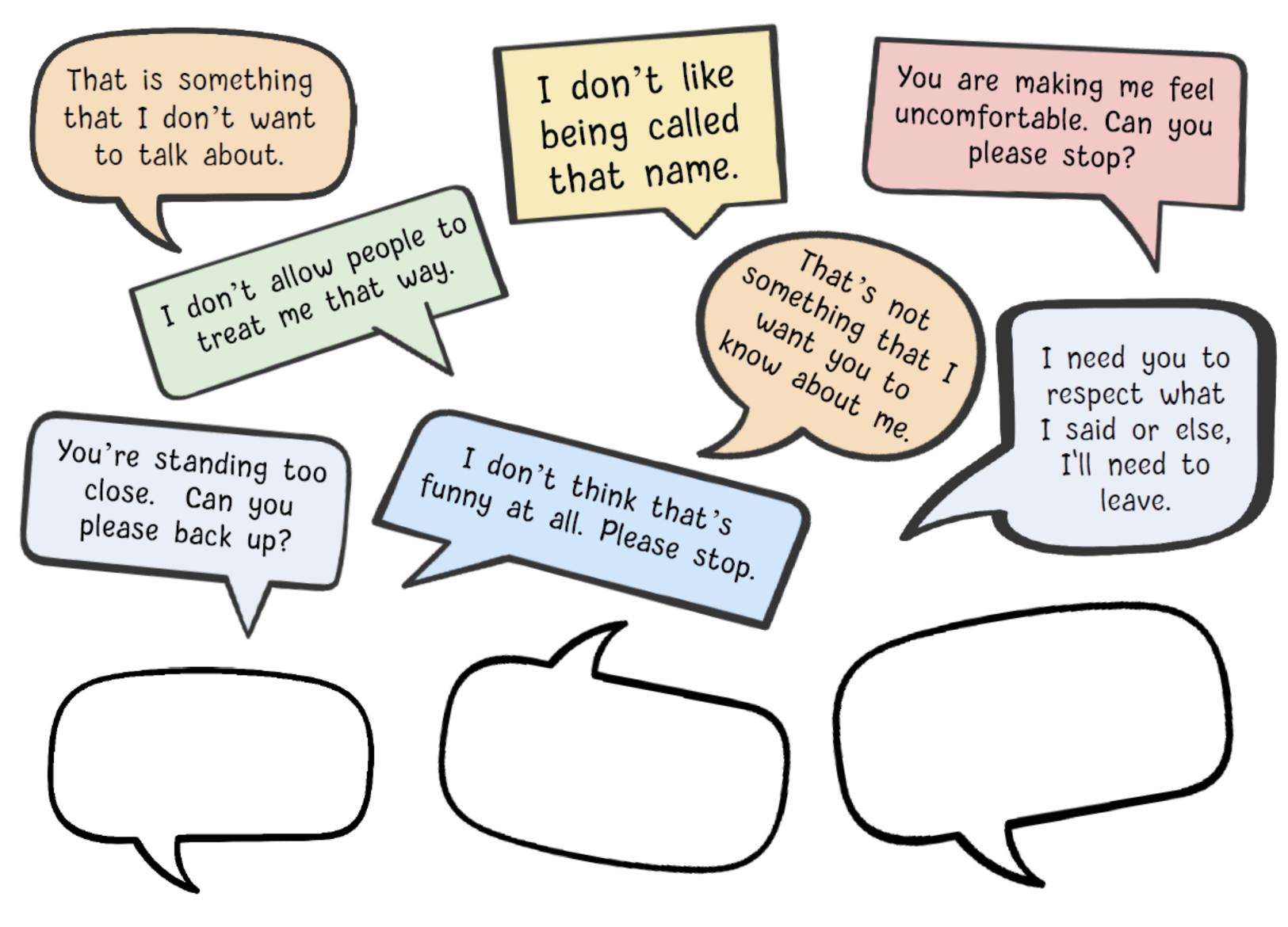
Setting Boundaries

A boundary is a rule that you make about how others can treat you. Setting a boundary means letting other people know what is and is not OK for them to do to you. You have the right to set boundaries about anything that can hurt you or that makes you feel uncomfortable. Look below to learn some things you can say when others are crossing your boundary. fill in the blanks with your own!



Tips for setting boundaries:

- 1. Say exactly what you mean so that others understand. Use a serious tone.
- 2. Don't let others change your mind or make you feel bad about your boundaries. If you don't like it, you don't have to take it!
- 3. Use I-statements. "I feel uncomfortable when you..."
- 4. If people keep crossing your boundaries, maybe they shouldn't be your friend. True friends respect each other's boundaries!

