

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!

That is something that I don't want to talk about.

I don't like being called that name.

You are making me feel uncomfortable. Can you please stop?

I don't allow people to treat me that way.

That's not something that I want you to know about me.

I need you to respect what I said or else, I'll need to leave.

You're standing too close. Can you please back up?

I don't think that's funny at all. Please stop.



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!

