

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 okay for them to do to you. You have the right to set boundaries about anything that can hurt you or makes you feel uncomfortable. Look below to learn some things you can say when others are crossing your boundary. Practice by filling in the blanks with your own comments below.

"That is something that I don't want to talk about."	"You are making me feel uncomfortable. Can you please stop?"	"I need you to respect what I said or else, I'll need to leave. "
	"I don't feel like being called that name."	"You're standing too close. Can you please back up."

Tips for Setting Boundaries

1. Say exactly what you mean so others understand. Use a serious tone.
2. Do not let others change your mind or make you feel bad about your boundaries.
3. Use I-statements. Such as "I feel uncomfortable when you..."
4. If people keep crossing your boundaries, maybe they should not be your friend. True friends respect each others boundaries.