

## Setting Healthy Boundaries:

***A **boundary** is a rule you set to tell people how you want to be treated.***



We **trust** our friends to **respect** our feelings and boundaries. It is not unkind to say how we feel and tell someone when we don't like something and how we want to be treated. When a **boundary** is not **respected**, we must speak out. This will help us to have **healthy** friendships and relationships.

**You are in control of your body, personal space and communication.**

### What can I do to set a boundary?

#### ***Say it:***

*Please stop.*

*I feel \_\_\_\_\_ when you \_\_\_\_\_.*

*I would like you to \_\_\_\_\_.*

#### **Show it:**



#### **Mean it:**

Be clear and firm

No means no

Stick to it or if you change the way you feel, tell them.