
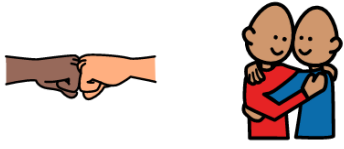


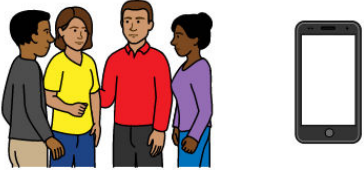
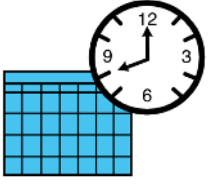
Boundaries

Boundaries are a line you do not cross without permission. There are three types:



1. Personal Boundaries

 <p>Personal space and what type of touch you are comfortable with.</p>	 <p>You can hug members of your family.</p> <p>You can fist bump or high-five your friends.</p>
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2. Social Boundaries

 <p>How much we talk, text, and hang out. What we talk about.</p>	 <p>You can silence your phone while at work or at bedtime.</p> <p>You can choose to make plans to see your friends.</p>
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3. Environmental Boundaries

 <p>Respecting the spaces and property we interact with throughout the day.</p>	 <p>You should ask permission before taking something that is not yours or entering a space that is not yours.</p> <p>You should keep a shared space clean.</p> <p>You should return borrowed items in the same condition you received them.</p>
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Setting Boundaries

To help me set boundaries, I can use words like...



“I am not comfortable with...”

“I am comfortable with...”

“I want...”

“I do not want...”

Remind others of your boundaries.



“I told you I do not want hugs. If you keep hugging me, I will not come over to your house anymore.”

Respecting Boundaries



Listen to the boundaries of others.

Respect their boundaries by apologizing and changing your behavior.



“I am sorry. You told me you do not like hugs. I will stop.”