



## Setting Boundaries



Setting boundaries is when we say what we are okay with and what we are not okay with.



It is important to set boundaries.



It helps to keep us physically safe and healthy.



It keeps us mentally safe and healthy.



It keeps us emotionally safe and healthy.



Our boundaries can change depending on the relationship we have with a person.



Some boundaries are clear and cannot be changed regardless of the relationship.



These are called a 'clear no' or a 'hard no'.



Healthy relationships have boundaries.



If someone says they don't want to be friends with you because you set boundaries it is an unhealthy relationship.



Healthy boundaries help us to have a genuine happiness.

