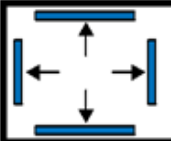


# Setting Boundaries



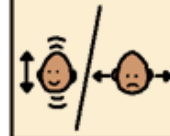
How do I set boundaries?



Boundary levels



clear no



it depends



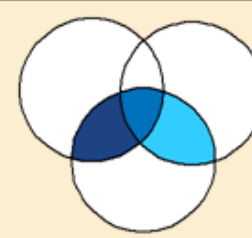
always fine



Boundary definitions



It is not okay for anyone to do to me.



It depends on the relationship I have with the person.



Everyone can do or say this to me.



Boundary example



violence



hug



hi



It is not okay for anyone to do this to me. I will never be comfortable with this.



This may be okay for family or close friends but not for strangers. Some things are okay for close friends to say or do but not for classmates/work colleagues.



I am comfortable with anyone doing or saying this.

Communication Friendly @SchoolsNlc

