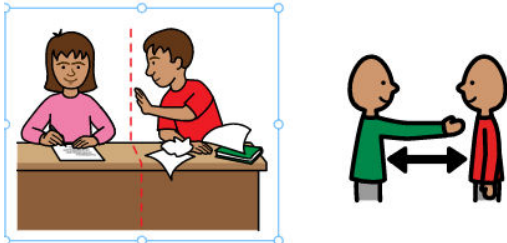



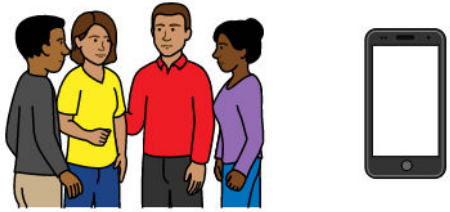
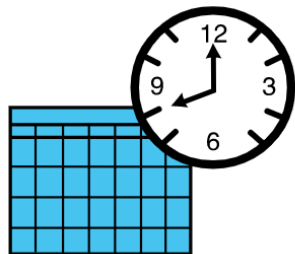
# Boundaries

Boundaries are a line you do not cross without permission. There are 2 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. You can fist bump or high-five your friends.</p>
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## 2. Social Boundaries

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