AGES 12–18 EDUCATIONAL GUIDE

Setting Boundaries



WHAT THIS IS

A boundary is a limit that protects your feelings, time, body, and stuff. Good boundaries make relationships healthier.

HOW TO USE IT

1. Check the boundaries that matter to you.
2. Practice a sentence for one.
3. Notice how it feels to hold it.

EXAMPLE

"I'm not comfortable sharing my passwords. I'm happy to hang out another way."

My personal boundaries checklist

- ☐ My body and personal space
- ☐ My phone and passwords
- ☐ My time and energy
- ☐ My feelings (not being teased)
- ☐ My privacy and secrets
- ☐ My belongings
- ☐ Saying no without guilt
- ☐ Taking breaks from people

A boundary sentence

"I'm not okay with _____.
I need _____.
I can _____ instead."

One boundary I will practice

_____

_____

_____

Situation	What I need	How I'll say it

Boundaries are not mean. You can be kind and clear at the same time. If someone repeatedly ignores your boundaries or you feel unsafe, tell a trusted adult.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.