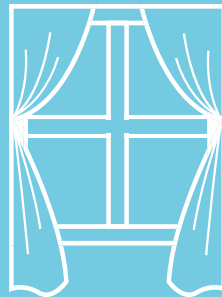


# BOUNDARIES

## A TINY GUIDE

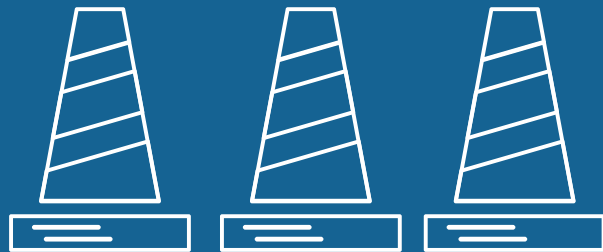


SOURCE MATERIAL BY  
**MEGAN  
SAXELBY**

**CREATING  
A CULTURE  
OF DIGNITY**

# BOUNDARIES

are the act of making clear  
what's okay, what's not  
okay, and why.



**Boundaries are an important  
act of self advocacy and self  
compassion.**

They empower us to make brave  
choices that help us feel safe.  
They help our relationships feel  
supportive and steady.



# Boundaries feel difficult because you worry...

*What if I upset others? What if people get mad at me if I stand up for myself?*

*What if I sound selfish or unlikeable?*



**Sometimes boundaries  
mean saying "no" to  
people you love or to  
people who have more  
power.**

**That's scary.**





# Let's think about WINDOWS



# You *open* windows when:

The weather is pleasant.

You want fresh air.

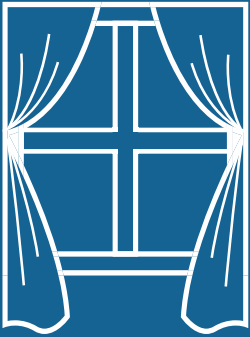
You want to change the temperature.

There's a great breeze.

You want to yell to a friend.

Your room smells weird.

You feel safe.



# You *close* windows when:

The weather is unpleasant.

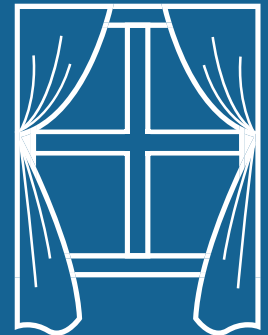
You want to change the temperature.

There's a weird smell outside.

You don't want someone or something to come into your space.

Someone outside is being annoying or loud.

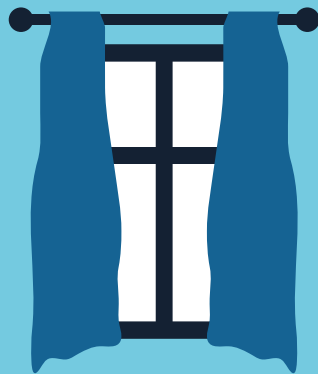
You do not feel safe.





# BOUNDARIES ARE LIKE WINDOWS

You can use your boundaries  
to open up to others or close  
yourself off based on your  
comfort level.



# BOUNDARIES = WINDOWS

Relationships should feel comfortable and safe. When they don't feel good, you can ***close the window.***

You can still see the other person but you're choosing to shut the window.



**Boundaries  
don't have to be  
ALL OR NOTHING**



**You can open windows a little or a lot.** You can close them 3 minutes or forever.

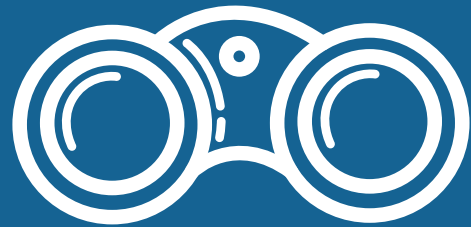
Boundaries are the same! **You can say yes, no, or maybe** to someone for 5 minutes, a month, or forever.

**You can also change your boundaries.** They don't have to be fixed forever.



# Boundaries add clarity.

You're clear with yourself or others about why the window is open or shut.



**If a friend crosses your boundaries, communicating clearly allows you to have a better, more honest, relationship with them.**

It's not just about you.

Being clear about other people's boundaries is also super important.



# How do you **SET BOUNDARIES?**

Be direct.  
You get to say yes or no.

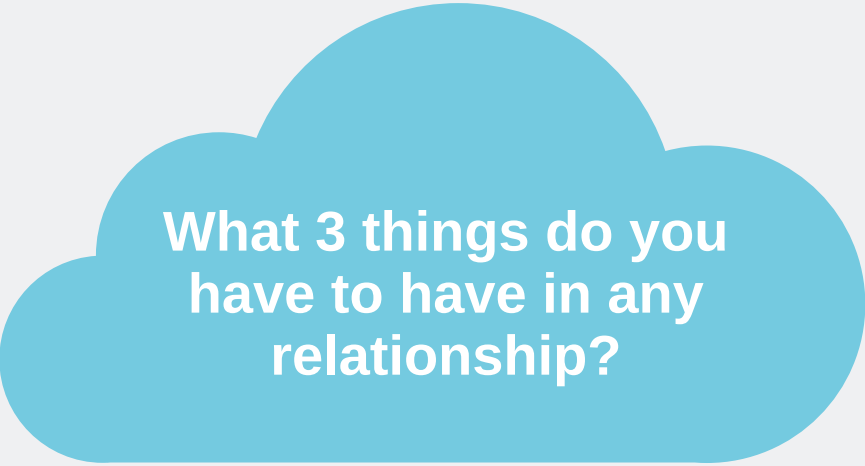


**You don't have to set  
yourself on fire to keep  
others warm or put up  
with stuff you  
don't like.**

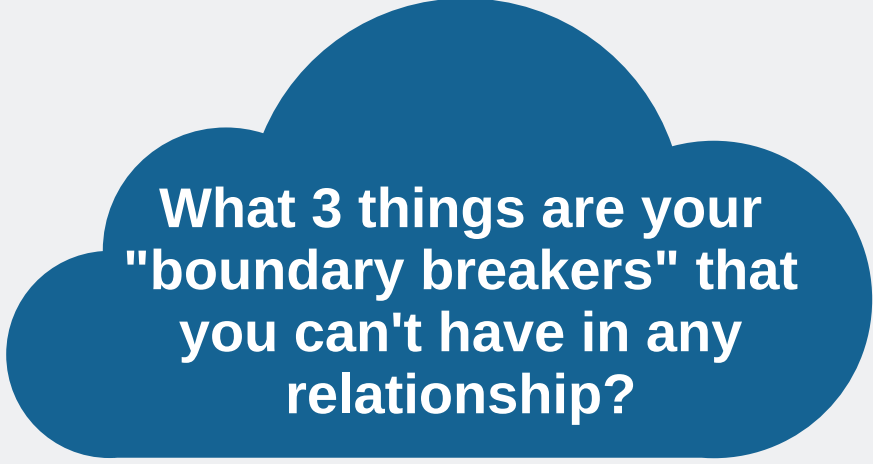




# Name your boundaries!



**What 3 things do you  
have to have in any  
relationship?**



**What 3 things are your  
"boundary breakers" that  
you can't have in any  
relationship?**

**Write it down. Keep your answers with you.**

**YOU MATTER.**

**YOUR FEELINGS MATTER.**

**OTHER PEOPLE MATTER.**

