

Seventh Grade, Session 22

Thinking About Boundaries

Boundaries are:

- The act of communicating what you feel is okay, what is not okay, to do
- Choices you make that help you feel comfortable and safe
- Limits that help your relationships feel steady and supportive

Boundaries can be difficult to tell someone because:

- You might worry that you will upset others if you say “no” to something
- Saying “no” to people you love, people you want to like you, or people with more power can feel scary

Try thinking of boundaries like windows!

You open windows when: <ul style="list-style-type: none">• The weather is nice• You want fresh air• You want to wave or yell to someone outside and maybe invite them in	You close windows when: <ul style="list-style-type: none">• The weather is stormy• Someone or something outside is being loud or annoying• You don't want someone or something coming into your space
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Boundaries Are Like Windows

- Relationships should feel comfortable and safe. When they don't, you have the right to close the window.
- Just like windows, you can open your boundaries all the way, just a little, or somewhere in the middle.
- You can open or close them for 5 minutes, a few months, or however long you need.

Just like Windows, Boundaries Try to Be Clear

- You are clear with others, so they know why the window is open or shut and they know how you feel.
- Being clear about your boundaries helps others learn how to be a better friend if they crossed yours.
- Being clear on other people's boundaries is also important to make sure you help others feel safe and comfortable.