

Setting and respecting boundaries



Discussion and information

4
Minutes

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Peer pressure can be the most difficult type of pressure to handle. That is why it is important to think about our own limits. We need to do this before we get into a situation where we are feeling pressured.

Once we are in that situation, it can be hard to resist pressure. This is especially true if we don't already know what we want or don't want.

Raise your hand if you have heard the term “boundary.”

Who can tell me what a boundary is?



Paraphrase responses.

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That's right, a boundary is a limit that you don't want another person to go past. It can be a physical limit, like a fence or a sign that says, “NO TRESPASSING.” That sign can keep you from going onto private property.

When it comes to a physical limit for our own bodies, each person decides for ourselves what our limit is. For example, we get to decide what kind of touching we are comfortable or not comfortable with. We also get to decide what kind of activities or behaviors we are willing or not willing to do. That is setting a personal boundary.



Can anyone give me an example of a personal boundary someone might set for themselves?



Paraphrase responses.

Possible answers:

- *Not wanting people to come into their room without asking.*
- *Wanting to maintain some personal space around them.*
- *Not wanting people to touch their belongings.*



You can also set boundaries with physical affection. For example, some people may not like to be hugged.

How might someone feel if a person didn't respect their boundary?



Paraphrase responses.



Listening to your examples, it's clear that people don't like it when others don't respect their boundaries or limits. As you get older, it is likely that you will set sexual boundaries and limits on physical affection.

Setting Limits and Respecting Limits – Scenario #1



Directions: Read the scenario and discuss in your group how you think each character should handle the situation. The recorder should write your responses in the space provided.

Dakota and Corey really like each other. They both want to be more than just friends. Neither of them has ever been in a relationship before now. Dakota likes the idea of making out. Corey enjoys holding Dakota’s hand. But, since their relationship is brand new, Corey isn’t ready to start kissing or anything else. She doesn’t tell this to Dakota though, because she doesn’t want to seem immature. One afternoon, Dakota says, “Hey, let’s go to Jonah’s house tonight. His parents won’t be home. We’re gonna play spin the bottle and make out. All the popular kids are going. I can’t believe we got invited!” Feeling pressured, Corey says, “Back off! I need my space.” Dakota then responds, “What’s your problem? I’m outta here.”

Is there evidence of peer pressure in this story? Explain.

How do you think Dakota handled this? What could or should Dakota have done differently?

How do you think Corey handled this? What could or should Corey have done differently?

Setting Limits and Respecting Limits — Scenario #2



Directions: Read the scenario and discuss in your group how you think each character should handle the situation. The recorder should write your responses in the space provided.

Max and Julia spend a lot of time together now that they're a couple. When they have time alone together, they like to kiss. Max really wants to do something more. So, the next time they're together, he tries to go further.

Julia doesn't feel ready and tells Max to stop. Max remembers seeing in a movie that if you keep trying, sometimes the other person gives in. He tries again saying, "Come on, Julia. I really like you and this is what all couples do." Julia pushes him off. She stops kissing him and says, "I'm going home" and leaves.

Is there evidence of peer pressure in this story? Explain.

How do you think Max handled this? What could or should Max have done differently?

How do you think Julia handled this? What could or should Julia have done differently?
