

Healthy Boundaries for Teens

Healthy boundaries
allow you to feel safe,
comfortable, and
respected in your
relationship.

WWW.GUILFORDHRI.ORG

Introductions

Vickie Casper

School Counselor

GlenOak High School



Melissa Slatzer

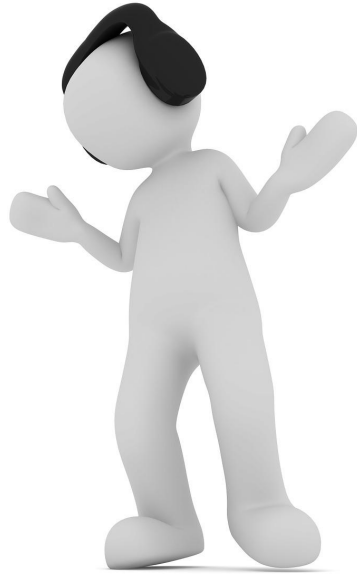
School Counselor

GlenOak High School



**WHAT'S
YOUR
WHY?**

PLAIN LOCAL SCHOOLS



Every Teen Needs to Hear This

<https://www.youtube.com/watch?v=pLgVB1stuJ8>

3 min



Healthy Boundaries

- A guide for creating boundaries
- How do we know if it's a toxic friendship & how do you walk away??
- How Parents can help



How Do I Set Boundaries?

WHAT'S
YOUR
WHY?

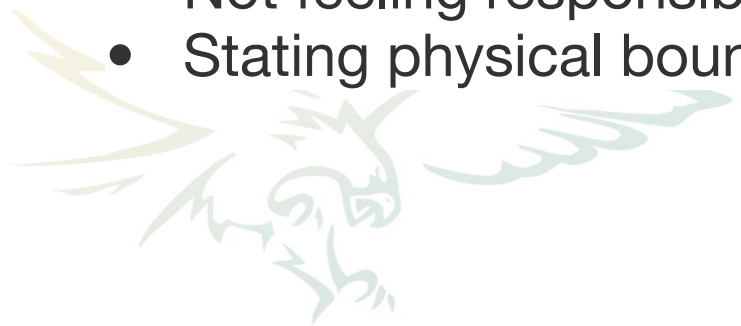
PLAIN LOCAL SCHOOLS



How Do I Set



- Saying “no” without guilt
- Taking responsibility for your own actions and emotions
- Feeling supported by loved ones
- Not feeling responsible for other people’s emotions
- Stating physical boundaries



Practicing Healthy Boundaries (With Anyone)

- Be assertive
- Learn to say “no”
- Consider time spent together
- Conserve emotional energy
- More independence and self-esteem
- Better relationships



Video

REVIEW



“5 ways to set healthy boundaries”

<https://www.youtube.com/watch?v=qPR9n0F5Xew>

1 min



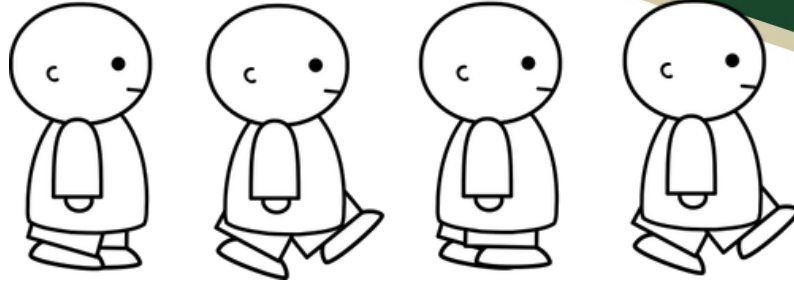
What Is a Toxic Relationship??

- You feel obligated to participate in activities you are not comfortable with
- The friendship/relationship revolves around the other person's needs
- You often feel unsettled about the friendship/relationship
- Your parents do not care for your friend/relationship
- Your other friends have warned you about this person
- Your friend/significant other tries to isolate you
- You feel worse after spending time together

How Do I Walk Away?

WHAT'S
YOUR
WHY?

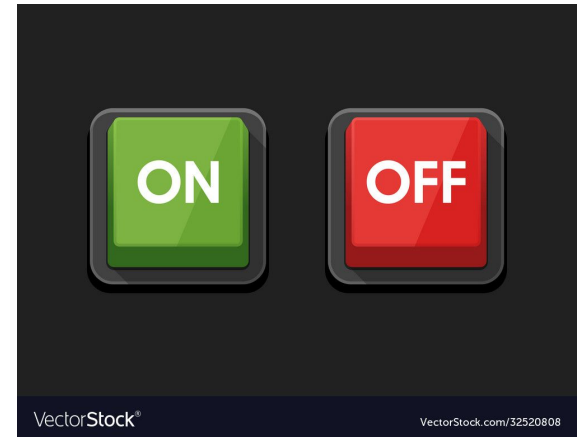
PLAIN LOCAL SCHOOLS



- If you have shared your concerns & the relationship is still causing you stress, then it might be time to remove this person from your inner circle.
- Ghosting and being flaky are ineffectual methods for ending friendships.
- Avoid collateral damage as much as possible.
- Weigh your “break up” speech carefully—make it about you, not them. Your honesty can be a parting gift for your soon-to-be ex-friend that may actually benefit them in the long run.

When It's Time To Take A Detox

- There is no turn off button~learning to disconnect from your phone and social media... (especially when there is toxic relationship)
- How is a temporary disconnect from devices healthy
- Consciously refrain from electronics when relationships are stressing you out



How Parents or a Trusted Adult Can Help

1. Start with love
2. Timing is everything
3. Be sure your child understands the difference between privileges and right
4. Be willing to negotiate...up to a point
5. Practice what you preach
6. Follow through with consequences



Questions or Comments?



Attendance Form (For Prizes!)

https://docs.google.com/forms/d/1K5V-SkSbEVuQAo_0dUblJLhlXSfNzSe0u7m48CygTu0/edit

