



BOUNDARIES 101

**HOW CHILDREN
WANT TO BE
TREATED BY OTHERS**

**VALIDATION
AND RESPECT
FOR FEELINGS**

**HONORING YOUR CHILD'S
BOUNDARIES ALLOWS THEM TO
FEEL IN CONTROL OF THEIR
BODIES AND DECISIONS**

STEPS FOR HELPING YOUR CHILDREN SET BOUNDARIES

1

REFLECT AND HONOR YOUR CHILD'S BOUNDARIES:

- Enhance their emotional vocabulary
- Help them identify how the actions/behaviors of others make them feel
- Ask how they would like to be treated by others
- Listen and demonstrate support



2

EMPOWER CHILDREN TO SET BOUNDARIES

- Encourage your children to request personal space, set privacy controls on social media, and form healthy relationships - normalize these requests by regularly engaging in conversation about these topics and by modeling healthy boundaries
- Clarify personal boundaries should not be used to control other people
- Practice "what-if" scenarios
- Ask your children if you can take their picture and/or post it on social media

3

TEACH YOUNG PEOPLE TO RESPECT OTHERS' BOUNDARIES

- Teach empathy skills
- Support children in honoring the boundaries of their siblings, friends, family members, etc.
- When boundaries are crossed, highlight this in a non-judgemental discussion of the event
- Teach kids that boundaries change over time and may need refinement or reconsideration

4

MODEL HEALTHY BEHAVIORS

- Honor your own needs (as a parent, family member, friend, employee, etc.)
- Defend your boundaries and accept that others may be upset or disappointed if this prevents them from getting what they want

5

SETTING SAFE BOUNDARIES AROUND YOUNG PEOPLE

- Defend your child's boundaries in front of friends/family
- Don't force children to hug/kiss friends/family members if they don't want to
- DESCRIBE the behavior --- SET the limit --- MOVE ON

It's okay if, as adults, we're still learning about healthy relationships. With an open-mind and some self-reflection, we can help our children form safe and meaningful relationships and prevent them from making the same mistakes we made. We can learn about boundaries, experiment with setting them in our own lives, change and evolve them, maintain an open dialog about all this with our kids, and (all along the way) be imperfectly modeling boundaries for them - which is, in fact, very human and just perfect.



RESOURCES

BOUNDARIES & CONSENT

That's Not Cool (age-appropriate what-if scenarios great conversation starters for consent and boundaries)

ThatsNotCool.com

Consent Tea Analogy Video:

<https://vimeo.com/128105683> (2:57)

Consent Bicycle Analogy Video:

<https://youtu.be/-JwKjRaUaw> (3:50)

Planned Parenthood Consent Video:

<https://youtu.be/qNN3nAevQKY?list=PL3xP1jlf1jgJkChwVOlwQcV0-UqcWiFV> (3:50)

DIGITAL SAFETY

TikTok Safety Tips:

www.tiktok.com/safety/en/well-being

CommonSense Media: articles, research, and a Family Toolkit to help design a digital contract
www.commonsensemedia.org

Digital Wellbeing & Screen Time Resources:

there are a variety of apps (for Apple & Android) designed to achieve digital balance with teens

BYSTANDER INTERVENTION

No More

nomore.org/learn

National Sexual Violence Resource Center

Search "Bystander Intervention Resources" for a variety of resources including a comprehensive information packet

Sounds Good Podcast

Search for the interview with Right To Be (formerly Hollaback) Founder Emily May on the importance of bystander intervention and having hope for a violence-free future

Don't Stand By spoken word poetry video about stepping in and interrupting violence
https://youtu.be/_sDF-mPHfLs (3:38)

HEALTHY MASCULINITY

The Man Box: featuring Tony Porter
https://youtu.be/I-IB_xjpQho (2:20)

Charlie Coleman Talks About Rape Culture with Teen Vogue:

https://youtu.be/VzC_Ss5oO4Q (2:42)

Sexual Assault Response Network of Central Ohio (SARNCO):

- 24/7 SARNCO Helpline: (614) 267.7020
- SARNCO Business Phone Line: (614) 566.4414

The Center for Family Safety and Healing: www.familysafetyandhealing.org

The Ohio Domestic Violence Network: www.odvn.org

OHMAN: www.ohman-ohio.org

Special thanks
to the Central
Ohio Well
Being Network