



Protecting Your Boundaries

Practice these strategies to support you with responding when a boundary is crossed.

Clearly State Your Boundary

Be firm and clear about your boundaries.

Try saying:

- *I don't like when...*
- *Please don't...*
- *It makes me uncomfortable when...*



Communicate Your Needs

Consider what you need from the person who crossed your boundary and communicate it to them.

Your needs might include:

- *apologies*
- *space*
- *time*



Acknowledge Emotions and Boundaries

Stating your boundaries and communicating your needs might lead the other person to experience difficult emotions.

You can say:

- *I understand that you're upset, but I'm not okay with...*
- *I get your frustration, but please understand that...*
- *It's okay for you to feel that way, but please accept that...*



Talk to a Trusted Adult

If you find yourself in a situation where your boundaries are being intentionally or repeatedly crossed, talk to a trusted adult.

Some trusted adults might be a:

- *caregiver*
- *teacher or other school staff*
- *close relative*
- *family friend*

