

Self-Regulation
Fearless Class Card

Setting Boundaries

A boundary is a rule that you make about how others can treat you. *Setting* a boundary means letting other people know what *is* and *is not* OK for them to do to you. You have the right to set boundaries about anything that can hurt you or that makes you feel uncomfortable. Look below to learn some things you can say when others are crossing your boundary. fill in the blanks with your own!

That is something that I don't want to talk about.

I don't like being called that name.

You are making me feel uncomfortable. Can you please stop?

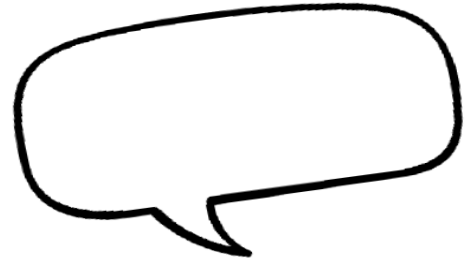
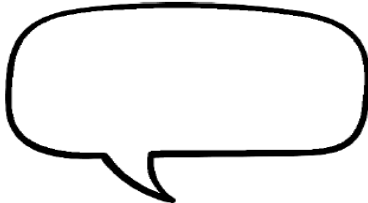
I don't allow people to treat me that way.

That's not something that I want you to know about me.

I need you to respect what I said or else, I'll need to leave.

You're standing too close. Can you please back up?

I don't think that's funny at all. Please stop.



Tips for setting boundaries:

1. Say exactly what you mean so that others understand. Use a serious tone.
2. Don't let others change your mind or make you feel bad about your boundaries. If you don't like it, you don't have to take it!
3. Use I-statements. "I feel uncomfortable when you..."
4. If people keep crossing your boundaries, maybe they shouldn't be your friend. True friends respect each other's boundaries!



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S.M.A.R.T. GOALS

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Provide an example during a time when a friend did not respect your boundaries. What happened? What did you do when they did not respect your boundaries?

Provide an example during a time when a teacher did not respect your boundaries. What happened? What did you do when they did not respect your boundaries?

Self-Regulation

Provide an example during a time when a family member did not respect your boundaries.
What happened? What did you do when they did not respect your boundaries?

Fearless Class Card – Recap Notes

1. Personal boundaries are the rules and limits you set within relationships. They tell you what's okay, and what's not okay, in a relationship. Think about two people in your life, and describe the boundaries you have with each one. How are they similar, and how are they different?
2. Values are the things that are most important to you. Ideally, your boundaries will reflect your values. For example, if you value family time, you might set strict boundaries at work. What are your most important values, and how do your boundaries reflect these values?
3. In your opinion, what are the signs of a healthy relationship? What sort of boundaries might you see in a healthy relationship?
4. People who are influential in your life act as models for boundary-setting, whether their boundaries are healthy or unhealthy. Think of someone who has helped shape who you are. What has this person taught you about boundaries, whether intentionally or unintentionally?
5. When someone has rigid boundaries, they are reluctant to ask others for help, protective of personal information, and avoidant of close relationships. What do you think are the pros and cons of rigid boundaries? Describe an area of life where you've had rigid boundaries.
6. When someone has porous boundaries, they overshare personal information, have difficulty saying "no," and are overly concerned with the opinions of others. What do you think are the pros and cons of porous boundaries? Describe an area of life where you've had porous boundaries.
7. In some relationships, healthy boundaries seem to form naturally and easily. In other relationships, however, setting healthy boundaries is difficult. What challenges have you faced when trying to set healthy boundaries, and how did you overcome them (or, how could you overcome them)?