



Setting Boundaries



Speaking up can sometimes be difficult. But voicing your opinion when someone is disrespecting your boundaries is taking care of your body. Read the statements below and discuss how you would react.

- At a sleepover, your friend wants to stay up all night but you are very tired. What do you do?
- Your friends are telling you to hold someone's hand at recess. You don't want to but you feel pressured. What do you do?
- All of the girls in your class have started wearing lipstick and you are being teased because you don't want to wear any. What do you do?
- Your friend always sits closer to you than you are comfortable with. What do you do?

Your boundaries may be different with every person you know. And they may change depending on how you feel that day. Take a few minutes to think about your own boundaries.