intro to boundaries

Boundaries are our personal guidelines for what we're okay with and not okay with. They are limits that we set with people, and can relate to any interactions we have with others.

Below are some examples to help you think through some of your own boundaries. Think through whether you would say "yes" or "no" to the following situations, and why.

1. It is okay for my best friend to call me to talk at 3am.　　☐ Yes　☐ No

   Explain why you chose the answer you did: _____

   _____.

2. I'm comfortable with hugging someone I've just met.　　☐ Yes　☐ No

   Explain why you chose the answer you did: _____

   _____.

3. It is okay for someone to post a photo of me online without asking.　☐ Yes　☐ No

   Explain why you chose the answer you did: _____

   _____.

4. It's okay for my sibling to look through my phone without asking.　☐ Yes　☐ No

   Explain why you chose the answer you did: _____

   _____.

5. I'm comfortable talking to a teacher about my crush.　　☐ Yes　☐ No

   Explain why you chose the answer you did: _____

   _____.

6. If a friend texts/messages me, I need to reply right away.　　☐ Yes　☐ No

   Explain why you chose the answer you did: _____

   _____.

If you struggled to pick an answer, or found yourself saying "it depends," you're not alone! Our boundaries often depend on the situation and our relationship with the other person. That's why it's important to think through our own boundaries and remember that we can't assume we know what someone else's boundaries are. If you don't know, ask!