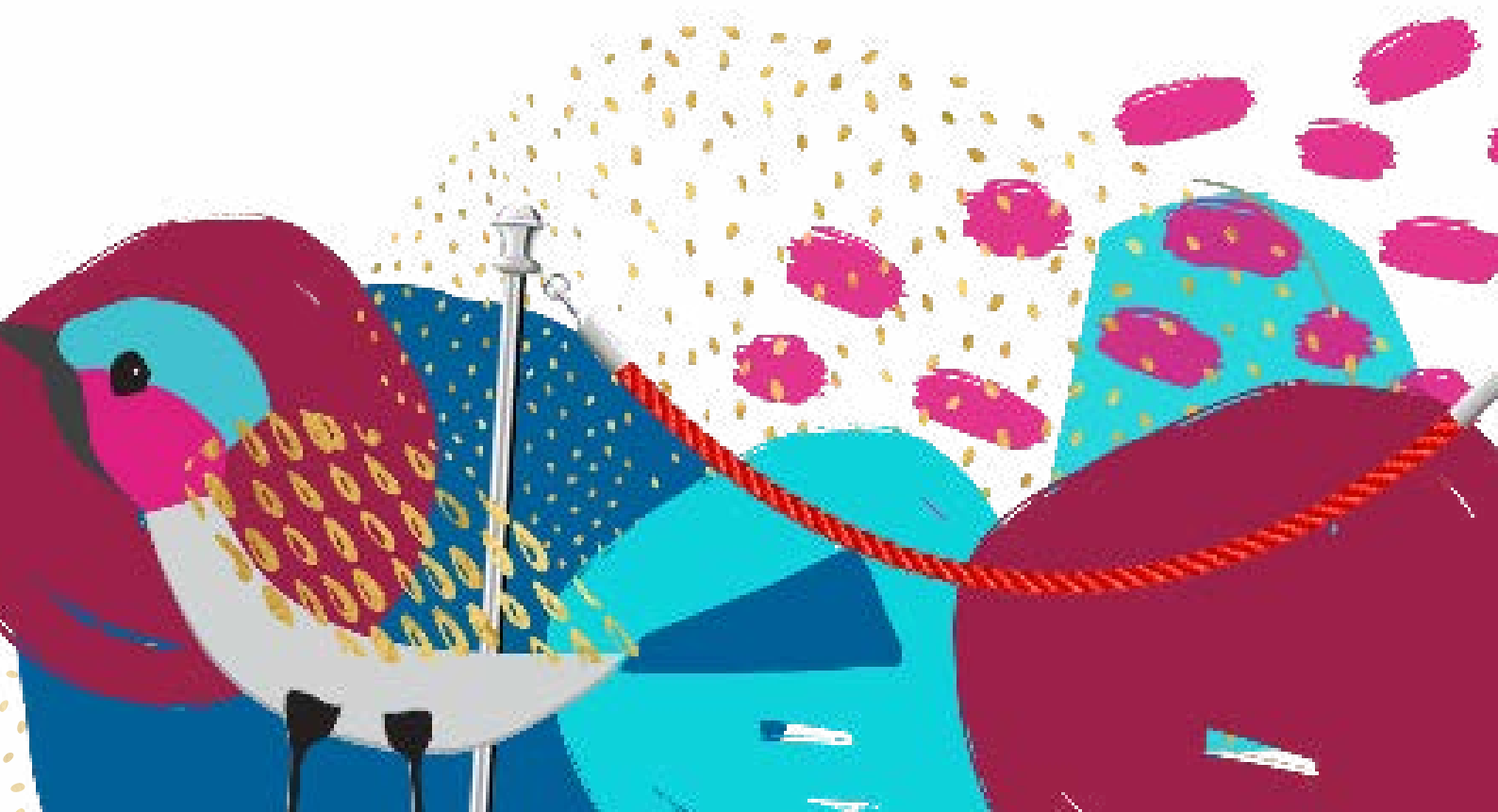




TIPS ON SETTING PERSONAL BOUNDARIES



WHAT ARE BOUNDARIES?



Boundaries are guidelines, rules or limits that you create to identify for yourself what are reasonable, safe ways for other people to behave around you.

It's a way of saying what you are OKAY or comfortable with.

Personal boundaries impact all areas of our lives. Some examples include:

ACTIVITY BOUNDARIES

- I don't do sleepovers
- I don't do rollercoasters
- I don't do TikTok
- I don't do unpaid overtime
- I don't have my phone in my room when I'm studying

CONVERSATION BOUNDARIES

- I don't get involved in gossip
- I don't want to talk about <insert topic or name>

PHYSICAL BOUNDARIES

(includes body, home, workspace or desk, your bag, your wallet or purse, emails and your devices)

- I don't do hugs
- Please knock before entering my room
- When dating: I want to have one day to myself when I don't see you
- I need my personal space
- It's not okay to go through my bag
- It's not okay to look through my wallet
- I don't like people touching my phone
- I don't give out my password

EMOTIONAL BOUNDARIES

- I'm not available to answer messages after 8pm
- I can't answer the phone after 10pm unless it's an emergency
- I can't keep this secret for you
- You do not get to tell me what I can wear

WHY ARE BOUNDARIES IMPORTANT?



- Boundaries are crucial for our mental and emotional health
- Boundaries are a form of self-care
- Boundaries help us avoid burn-out (being available around the clock to help friends etc)
- Boundaries help us develop our own identity and help us have self-respect
- No boundaries or poor boundaries lead to resentment and anger

CREATING HEALTHY BOUNDARIES IS EMPOWERING.

“A lack of boundaries is like leaving the door to your home unlocked: anyone, including unwelcome guests, can enter at will. On the other hand, having too rigid boundaries can lead to isolation, like living in a locked-up castle surrounded by a mote. No one can get in, and you can’t get out.”

Joaquín Selva, Bc.S., Psychologist

HOW TO SET BOUNDARIES



Look at an area that is currently causing you problems (it’s making you angry or resentful).

- A friend who keeps messaging you when you want to be studying or sleeping.
- A friend who keeps demanding you tell them your phone password
- A friend who keeps borrowing your clothes or books and not returning them
- A friend who screams at you when they don’t get their own way
- A friend who regularly excludes you

Setting boundaries can be tough. We can feel guilty about saying no. We can be afraid of rejection or confrontation. **Do it anyway.**

You don’t need lots of explanation. Practise saying, “I don’t do sleepovers” – that’s it. No justification because it sounds like you’re open for negotiation.

We can be KIND BUT STRONG. And the approach we take is “You do you – so I’m not into sleepovers but you guys go for it.” Or “I hate scary rides, but I’ll mind everyone’s bags while you guys go on.” Or “I don’t eat meat, but you guys have hamburgers and I’ll have a tofu burger.”

You don’t have to shame others for their choices just be clear on what is okay FOR YOU.

MAKE A LIST OF YOUR PERSONAL BOUNDARIES



ACTIVITY BOUNDARIES

CONVERSATION BOUNDARIES

PHYSICAL BOUNDARIES

EMOTIONAL BOUNDARIES

- Remember: It always feels awkward when you start asserting a boundary. You may feel guilty, be scared of confrontation or be worried about rejection
- Stay strong!
- Keep your explanation short. Don't over-explain. E.g. "I don't sleepovers". You don't owe people an explanation.
- If we want other people to respect our boundaries, we need to respect their boundaries
- Some boundaries may change as we get older and that's normal
- For boundaries to be taken seriously, there needs to be CONSEQUENCES. (If your friends keep asking you about your parents' divorce – you walk away from the conversation if they keep going)

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About Rebecca



OVER THE PAST 25 YEARS...

Rebecca Sparrow has been a travel writer, a magazine editor, a newspaper columnist, a TV scriptwriter and a novelist. She is perhaps best-known as the author of three best-selling non-fiction books for teenage girls designed to help them navigate those tricky high school years. Those books include *Find Your Tribe (and 9 other things I wish I'd known in high school)*; *Find Your Feet (The 8 things I Wish I'd Known Before I Left High School)* and the best-selling *Ask Me Anything (heartfelt answers to 65 anonymous questions from teenage girls)*.

Aside from writing books Rebecca writes for Mamamia, plays agony aunt to teenage girls on the [Ask Me Anything podcast](#) and runs an online course called [The Lighthouse Plan](#) to help parents build deeper bonds with their daughters. She is also co-captain of [three online book clubs](#) for kids, teens and adults. Bec talks to thousands of high school students every year about friendship, resilience, giving back and life online, and is also an ambassador for The Pyjama Foundation and ReachOut Parents. In 2018 she was invited to be a member of the Queensland Government's Anti-Cyber Bullying Taskforce. She is a mother to three kids (including one tween girl!)

Want to learn more?

CHECK OUT BEC'S WEBINARS

6 FRIENDSHIP LESSONS FOR TWEENS AND TEENS

Bec Sparrow's class on friendships, designed for you and your teen / tween

LEARN MORE

UNBREAKABLE

4 Tips to forge strong connections with your tween or teen

LEARN MORE

5 RULES FOR TEXTING/ MESSAGING FOR TWEENS AND TEENS

LEARN MORE

5 SECRETS TO SCHOOL

Bec's class on the five things students can do to have a positive experience in upper primary and high school.

LEARN MORE