

Healthy Relationships

Managing Boundaries

Unlike other relationships in our lives, like relatives and classmates, we get to choose our friends. So, it is important that you understand each other's limits.

Below are some examples of things people might get upset over because their boundaries have been crossed. What do you think of them?

You tell your friend a secret but the next day, the whole class knows about it

Your friend eats a snack from your lunch without asking you for it

Your friend keeps sending you messages when you're at home and you're busy

Your friend always makes the decision of what activity to do and your choice doesn't get listened to

What do you think we can do in these situations?

What can you say to your friend?

How can you maintain that boundary?

What are some things that your friends do that you may not like?

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Why should we create boundaries?

Boundaries are good to have because sometimes, our friends or family can do things that may upset us. It is important that we talk about our feelings so the other person knows.

Setting boundaries can help our friendships and relationships be the way you want it to be so that both of you can be happy and not just one person.

Boundaries can help stop any negative feelings that you might start having

Boundaries can also promote self-care because you are making sure that your happiness is also being thought about

Boundaries can increase your confidence because you'll feel more comfortable

Boundaries can make you a better friend and family member

What are some things that your family members do that you may not like?

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How to manage boundaries

Sometimes, it can be upsetting when your friends or family tell you they don't like something that you did. It might be the same for them, if you tell them something like that too.

However, by talking kindly and clearly, it may help your the people close to you understand what you actually need, and your relationships can start getting better.

Explain

Explain what you like and what you don't like



Explain

Some things can make you upset, explain why



Be

Be clear and firm



Be

Be kind and respectful as you talk to your friends



Listen

Listen to them and understand their side

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Lets practice!

Using the steps above, write down what you would like to say to your friend or family to create some boundaries.

