

# Healthy and Unhealthy Boundaries

Boundaries in our relationships are the limits that we put in place to show how we expect and are willing to be treated. They are also informed by how we behave towards others. These boundaries affect our health, safety and wellbeing.

We put healthy boundaries in place when we choose to think, act and behave in a way that helps to keep our mind, body, thoughts and feelings (or those of another person) safe and well. Unhealthy boundaries in a relationship can put our mind, body, thoughts or feelings (or those of another person) at risk of harm.

Read the statements below which show choices we can all make. In green, colour those that lead to healthy boundaries in relationships being put in place. In red, colour those that lead to unhealthy boundaries in relationships being put in place.

I choose to not share too much personal information with people I don't know very well – either in person or online.

I choose to ignore rules that keep me safe because I feel under pressure from the people I am with.

I choose to say 'no' to people who are asking me to do things which are inappropriate or I do not want to do.

I choose to respect the personal space of others.

I choose to listen when people say 'no' to me when I have asked them to do something they don't want to do.

I choose to respect the boundaries of my friends and people I meet in everyday life.

I choose to change my opinions to fit in with my friends or family.

I choose to ignore people when they say 'no' to me when I have asked them to do something they don't want to do.

I choose to follow rules that are there to keep me safe even when that means not following or fitting in with the people I am with.

I choose to do what my friends tell me even though I know it is wrong.

I choose to spend time with people I trust, who I feel safe with, who look after my feelings and respect my boundaries.

I choose to tell an adult I trust if I see or experience something that is not right, hurts me or makes me feel worried or frightened.

I choose to respect the privacy of others.

I choose to touch or make physical contact with others in a way that they are not comfortable with or is inappropriate.

I choose to respect my own body.

I choose to share personal information about others that they have not given me permission to share.

I choose to respect my own privacy.

I choose to accept behaviours of others that hurt my body, thoughts or feelings.

I choose to put pressure on people to change their opinions to match mine.

I choose to stay true to myself and what I know is right.

Sometimes, even when you have put healthy boundaries in place in your relationships, someone might disrespect your boundaries. This is never your fault. If this happens to you or you are worried about anything, talk to an adult you trust and ask for help. Keep asking until you are heard.