HOW I CAN HELP MYSELF WITH BOUNDARIES

When you are setting a boundary, sometimes you need to get help from a trusted adult.



Who are 3 adult's you can go to and talk about boundaries if you have a question or worry about something?

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STOP!

A FAST WAY TO REMEMBER BOUNDARIES WHEN SOMETHING FEELS WRONG OR NOT SAFE





SAY WHAT YOU FEEL OR NEED: "I DON'T LIKE THAT" "PLEASE STOP THAT NOW."



TELL THE PERSON WHAT TO STOP OR CHANGE: "PLEASE STOP ASKING ME TO PLAY THAT GAME. I ALREADY SAID I DON'T WANT TO."



OFFER ANOTHER CHOICE, IF YOU WANT TO: "LET'S PLAY A DIFFERENT GAME."



PROTECT YOURSELF AND GET HELP IF NEEDED: "I'M GOING TO GO GET AN ADULT." REMEMBER, ITS ALWAYS OK TO SKIP THE OTHER STEPS AND GO GET HELP IF YOU DO NOT FEEL SAFE.

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