What are Boundaries?

Boundaries are rules that help us feel comfortable and stay safe. We have different kinds of boundaries for different things that happen, and its important for us to be able to stand up and talk about boundaries. It is also very important that we follow other people's own boundaries.

BODY BOUNDARIES



Body boundaries are rules about how close someone can be to your body, who can touch your body, and privacy about your body.
We should also respect other peoples boundaries about their own body.

How You Can Practice

Say your body boundaries
"I don't want a hug right now."
"Please stop poking me."
"Can I give you a high five instead?
Ask about body boundaries
"Can I push you on the swing?"
"Is it ok if I give you a hug?"

THOUGHT AND FEELING BOUNDARIES

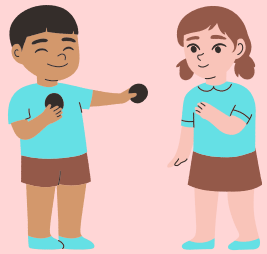


Thought and feeling boundaries are rules about showing respect for other people's thoughts, feelings, choices, and opinions.
We should also respect our own thoughts and feelings.

How You Can Practice

Say your thought boundaries
"I don't like being called names."
"No thanks. I don't want to play that game."
Be kind about other's thoughts
"You think tacos taste good and I don't." That's ok.

MATERIAL BOUNDARIES



Material boundaries are rules we set about our personal items, such as when we share them, how they are used, and who we share them with.

We should also show respect for other peoples personal items and their rules.

How You Can Practice

Say your material boundaries
"Please ask me before using my favorite marker."
"Sorry, I can't share this."
Ask about other's items
"Is it ok if I borrow your book?"
"Can I use your pencil please?

DIGITAL BOUNDARIES



Digital boundaries are rules about how we use devices like computers, tablets, phones, TV's, and video games. Such as when we use them, where we use them, who we talk to with them, and what kinds of things we can share using devices.

How You Can Practice

Say your digital boundaries
"I can't share that about me."
"I don't talk to strangers online."
Use device's safely
Tell a grown up if you see scary or mean thing's on your devices.
Follow device rules grownups set



CAN YOU GUESS THE KIND OF BOUNDARY?



Read each of the sentence's below and guess what kind of boundary it's about by circling it.

Allison tells Jay "Please don't tag me there." after Jay tagged her on her belly during a game of tag.

BODY BOUNDARY MATERIAL BOUNDARY THOUGHT AND FEELING BOUNDARY DIGITAL BOUNDARY

Jackson says he does not like to eat pepperonis on his pizza. His friend Zack calls him a baby for not eating pepperoni pizza.

BODY BOUNDARY MATERIAL BOUNDARY THOUGHT AND FEELING BOUNDARY DIGITAL BOUNDARY

Your parents say you are not allowed use device's during dinner.

BODY BOUNDARY MATERIAL BOUNDARY THOUGHT AND FEELING BOUNDARY DIGITAL BOUNDARY

Your friend Lisa says it's ok to borrow her favorite ball for a little bit.

BODY BOUNDARY MATERIAL BOUNDARY THOUGHT AND FEELING BOUNDARY DIGITAL BOUNDARY

Your friend David keeps patting your back when you play together and you don't like it. You ask David to please stop patting your back.

BODY BOUNDARY MATERIAL BOUNDARY THOUGHT AND FEELING BOUNDARY DIGITAL BOUNDARY

You are playing a game on your tablet. Someone you don't know sends you a chat and ask's where you live. You tell them you can't talk with strangers and tell your parents.

BODY BOUNDARY MATERIAL BOUNDARY THOUGHT AND FEELING BOUNDARY DIGITAL BOUNDARY