WHAT TO SAY WHEN SETTING BOUNDARIES

When you need to say to someone your boundary, it can be hard! When we are telling someone our boundary, we should try to speak calmly, kindly, and tell the other person what we are asking them to do. Here are some ways you can say your boundaries.



WHEN I WANT SOMEONE TO STOP

"PLEASE STOP."
"I DON'T LIKE THAT."
"STOP. I'M NOT OK WITH THAT."
"I ASKED YOU TO STOP. PLEASE LISTEN."
"I DON'T THINK THAT'S FUNNY."

WHEN A FRIEND KEEPS ASKING ME TO DO SOMETHING THAT I DON'T WANT TO

"I DON'T WANT TO DO THAT."
"IT'S OK. WE DON'T HAVE TO AGREE."
"LET'S FIND SOMETHING ELSE TO DO."
"I'M NOT CHANGING MY MIND."



WHEN I NEED HELP

"I NEED HELP WITH THIS."
"I'M NOT OK WITH DOING THIS ALONE."
"PLEASE HELP ME TELL THEM TO STOP."
"I DON'T FEEL SAFE."
"I NEED TO TALK TO AN ADULT."

WHEN I"M TALKING ABOUT MY THINGS

"PLEASE ASK BEFORE YOU TOUCH MY THINGS."
"I DON'T WANT TO SHARE THIS."
"SORRY, I'M NOT ALLOWED TO SHARE THIS WITH OTHERS."
"I ASKED YOU NOT TO TOUCH THIS. PLEASE STOP."

WHEN I NEED PERSONAL SPACE FOR MY BODY

"PLEASE GIVE ME SOME SPACE."
"I DON'T WANT A HUG RIGHT NOW."
"CAN I GIVE YOU A HIGH FIVE INSTEAD?"
"PLEASE DON'T TOUCH MY BODY."
"I NEED SOME TIME ALONE."

WHEN I WANT TO SAY NO

"NO, THANK YOU."
"I DON'T WANT TO DO THAT."
"I'D RATHER NOT."
"NO, I'M NOT COMFORTABLE WITH THAT."
"YOU CAN CHOOSE TO DO THAT, BUT I WON'T."

HOWEVER,
IF I'M EVER IN DANGER
AND SOMEONE SAYS OR IS TRYING TO HIT OR HURT ME OR OTHERS

IT'S OK TO YELL "STOP THAT!"
AND GO TO A TRUSTED ADULT
RIGHT AWAY