



## ***Healthy boundary Idea List***

*Healthy boundaries help teens protect their emotional and physical well-being while respecting the rights and feelings of others. They focus on clear communication, self-respect, and mutual understanding rather than control or guilt.*

### **Examples include:**

- Letting a friend know they need honesty in the friendship and that lying or spreading rumors will result in distancing themselves from that relationship.
- Telling a peer they are uncomfortable with physical touch, such as hugging or play-fighting, and expecting that boundary to be respected without explanation.
- Communicating with a romantic partner that they need personal time after school or on weekends and asking them not to take it personally.
- A male teen telling friends that he doesn't feel comfortable being pressured to act "tough" or aggressive and asking them to respect his choice to express emotions in his own way.
- Setting a limit with friends on group chats by muting or leaving conversations that become overwhelming or negative.
- Explaining to a classmate that they will not share homework or answers and choosing to work separately if pressured.
- A male teen communicating to a romantic partner that he needs consent to go both ways and that he is not comfortable with physical contact when he says no.
- Letting a friend know that jokes about their appearance, family, or identity are hurtful and will not be tolerated.
- Saying no to plans when feeling emotionally drained, without feeling obligated to justify or overexplain their decision.
- Telling a teammate they are open to feedback but not being yelled at or insulted during games or practice.
- Communicating expectations in online interactions, such as not sharing private messages or photos without permission.