

Teaching Kids Healthy Boundaries with Friends

Because friendship should feel safe, respectful, and kind.

Teach These 5 Core Boundary Skills

What Are Boundaries?

Boundaries are the limits we set to protect our:

- Feelings
- Personal space
- Belongings
- Time
- Body

They help children feel confident and secure in relationships.

Practice at Home

Role-play:

- A friend grabs a toy
- Plays too rough
- Tells a secret
- Excludes others

Practice confident voice & eye contact



1. Body Boundaries:

"It's my body. I choose who hugs me."

- Ask before touching & respect "no."



2. Emotional Boundaries:

"It hurts my feelings when you say that."

- Help kids express their feelings



3. Personal Space:

"Arm bubble" rule:

- If you can touch without asking, you're too close.



4. Saying No Without Guilt:

"No thank you."

"I need a break."



Choosing Safe Friends:

- Respect "no."
- Don't pressure
- Apologize
- Be kind

The Goal

We are not raising children who please everyone.

We are raising children who know their worth,
protect their peace,
and respect others.

