

Boundaries Top Tips

Know what's important

Take time to think about what's important to you, and what makes you feel happy and comfortable.

Speak Up

If something makes you feel uncomfortable, it's okay to speak up about it.

It's not about others

It's important to stick by your boundaries even if others don't like them.

Boost your Confidence

Do things to boost your confidence! This can help with setting boundaries.

They can be different

Everyone's boundaries are different and that's ok. Your's don't have to be the same as others

