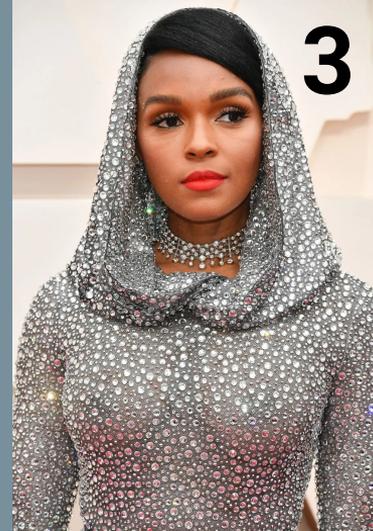


PERSONAL BOUNDARIES

How are you feeling
today?



What are Boundaries?

A boundary is a line that shows where one area ends and another begins.

Example: geographic boundaries define the borders of a country.

A personal boundary is a limit or rule that we set for ourselves, or for others, to help define what is and isn't acceptable in that relationship.

Types of Personal Boundaries

Emotional

Physical

Sexual

Time

Mental/Intellectual

Personal/Values

Material

Why Set Personal Boundaries?

Setting personal boundaries helps us to be:

- Clear about basic guidelines and expectations
- Mutually respectful
- Appropriate
- Safe
- Responsible

...for ourselves and within our relationships with others

Setting Boundaries

Define

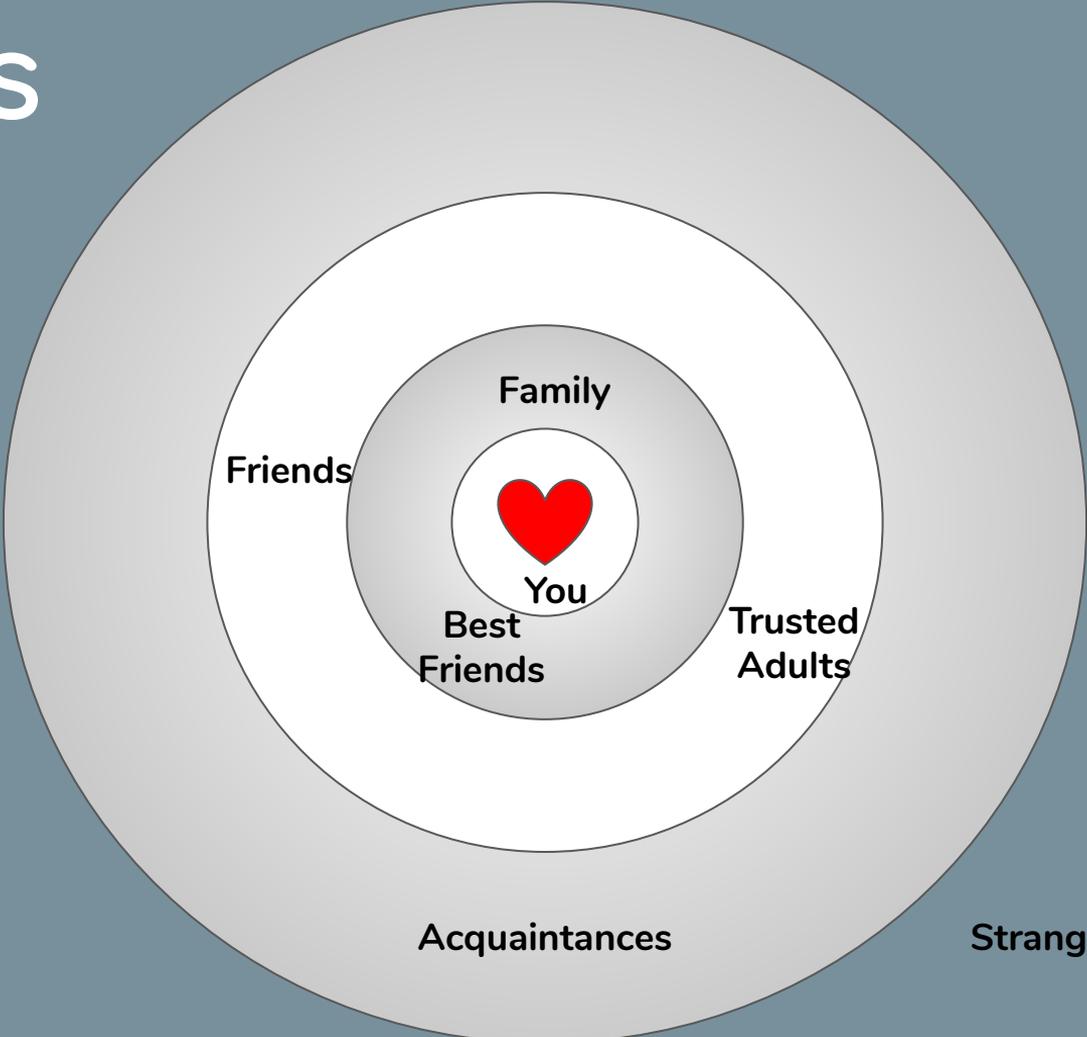


Communicate



Consequence

Circles of Trust



Circles of Trust

1. The name of your crush
2. Your favorite shirt (borrowing to wear)
3. A hug
4. \$5
5. A kiss on the lips
6. Your birthdate
7. Your cellphone passcode
8. Your most embarrassing experience from elementary school
9. Information about your sexual experiences
10. Your political views
11. The name of a celebrity you find attractive
12. Your sexual orientation
13. Your report card
14. Your religious beliefs
15. An unflattering photo of you
16. Your entire Saturday
17. A high-five
18. Your goals for the future
19. Your phone number
20. What made you upset the last time you cried
21. A backrub
22. \$100

Scenario 1

A friend keeps posting memes about women. Most of them present women as dumb, greedy or slutty. When you respond that it's not cool, your friend tells you that it's just jokes, and you're being too sensitive.

Scenario 2

You've been dating your new partner for a few months. Now, when you're not together, they're texting asking where you are, or leaving messages on IG. They ask for the passwords to your phone, email and social media, "just in case."

Scenario 3

You're at a family party celebrating a holiday. An older relative says, "Come here and give me a hug and a kiss!" You're not close with this relative and not comfortable with the hug.

Resources

Day One NY Organization dedicated to education, resources and advocacy on the issue of youth dating abuse and domestic violence

Scarleteen “How to Build, Board and Navigate a Healthy Relationship” by Heather Corinna

“Teen Voices: Friendships and Boundaries” (YouTube)

Thank you!

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