

LET'S TALK

Boundaries

WITH OUR KIDS!



PERSONAL WELLNESS 6-9
RELATIONSHIPS STRAND

Establishing Personal Boundaries

TUNE INTO YOUR OWN FEELINGS.

WHY IS IT IMPORTANT?

Teens should understand that feelings of discomfort or resentment often indicate a boundary violation or an unmet need.

IDEAS FOR FAMILIES

Teach your teen to ask questions such as "what is it about this interaction or the other person's expectation that is bothering me?"

GIVE YOURSELF PERMISSION TO SAY NO!

WHY IS IT IMPORTANT?

Youth need to understand that they have the power to set limits and expectations for interactions with others.

IDEAS FOR FAMILIES

- Youth may not say no due to fear, guilt, and/or self-doubt.
- Reinforce and model that boundaries are healthy and necessary for self-respect.
- Be direct with others about limits.
- Practice assertive communication when setting your personal boundaries.

TALK ABOUT HOW TO END UNHEALTHY RELATIONSHIPS.

IDEAS FOR FAMILIES

Watch this Wellcast video with your teen for tips:

[Toxic People: How to End a Bad Relationship](#)

IDENTIFY PERSONAL LIMITS.

WHY IS IT IMPORTANT?

Youth need to understand that limits can be physical, emotional, or spiritual.

IDEAS FOR FAMILIES

- Know your own values.
- Pay attention to your feelings.
- Model setting limits with your own personal time and space.

SEEK THE SUPPORT OF THOSE CLOSEST TO YOU.

WHY IS IT IMPORTANT?

Youth often need to feel supported in learning how to set personal boundaries.

IDEAS FOR FAMILIES

- Teach youth that friends, family members, youth group members, counselors, social workers, nurses, or teachers that they feel safe with are there for them when they need help.
- Talk about what setting limits with your time and space could look like such as modeling saying no to a favor request from a friend.



Two simple rules of consent:

1 ASK PERMISSION BEFORE INITIATING CONTACT.

Legal consent cannot be given by someone who is intoxicated.

2 ALWAYS STOP WHEN SOMEONE SAYS STOP.

Consent is only given when the person says YES!

DID YOU KNOW?

- The NB Student Wellness Survey 2015-2016 indicates that 12% of females in grades 6-12 report being sexually violated and 7% of males in the same grade levels.
- In Canada, there is a higher risk of sexual assault amongst people who identify as LGBTQI2S+, First Nations, or single (Conroy & Cotter, 2017)

CONSENT MUST BE FREELY GIVEN AND MAY BE TAKEN BACK AT ANY TIME.

WHY IS IT IMPORTANT?

This will foster control over one's body without the influence of anyone else.

IDEAS FOR FAMILIES

- Teach teens these points:
 - In the case of intimate relationships, consent means that the participants have explicitly granted permission for a particular sexual activity.
 - Consent extends to any form of touching someone's body in a sexual way (includes kissing, cuddling, hugging, or making out).
 - All sexual activity without consent is a criminal offense regardless of age.
 - [Age of Consent to Sexual Activity](#) (website)
- Check out these helpful resources:
 - [Cycling Through Consent](#) (video)
 - [No Means No](#) (pamphlet)
 - [Teen Talk](#) (website)
 - [Sex and U](#) (website)

REINFORCE WITH YOUR TEEN THAT THEY ALWAYS HAVE THE RIGHT TO SAY "NO."

WHY IS IT IMPORTANT?

This will help them to develop the confidence to establish boundaries and resist peer pressure to engage in sexual activity.

IDEAS FOR FAMILIES

- Teach them refusal skills.
- Talk about potentially difficult situations. Research suggests that rehearsing responses can help teens be better prepared to say "no".
- Talk about how to make decisions about situations that could lead to being pressured.
- Encourage them to seek support when needed.
- Be aware that there are many reasons why teens can feel pressured, for example:
 - They may be afraid of rejection.
 - They do not want to hurt the other person's feelings.
 - They feel trapped.
- Additional resources to support families can be found at:
 - [Domestic Violence Outreach Program](#)
 - [How to Get Out of an Abusive Relationship](#)

