

# BOUNDARIES 101

## Remember:

Setting boundaries does not make you mean or selfish. Rather, it's a healthy & important thing to do!

### COMMUNICATING BOUNDARIES

You should be free to set boundaries with a friend or partner without being afraid of their response. They shouldn't make fun of you, get angry, or ignore you.

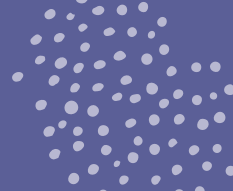
### WHY ARE BOUNDARIES NECESSARY?

They are part of ensuring that your needs are met & that you feel safe.

### RESPECT OTHER'S BOUNDARIES

An important part of setting & enforcing your own boundaries is being respectful of other people's boundaries. You should treat others how you want them to treat you.

# Basic Boundaries



## CONSENT



Your body belongs to YOU. You are the only one who gets to decide what you will & will not do with it. You can always say "no," even if you have said "yes" before. You do not owe anything! Just because someone has been nice to you doesn't mean you are obligated to do what they want.

## COMMITMENT



Relationships take time. Just because someone says they love you doesn't mean you have to say it back. It's okay if you don't want to commit to the same level they do.

## TIME



Your time is yours to do with as you wish. You should be free to do things alone or with other people that you enjoy without worrying about making a friend or partner angry.

## ACCOUNTS



Your phone, social media accounts, bank information, & passwords are private. Even if you trust someone, there is no need to share them. With that being said, if a guardian asks for this information it's okay to share with them. They can help monitor your accounts to help keep you safe online.

## PICTURES & VIDEOS



You don't have to send pics or videos of yourself to anybody. Once you hit send, you lose control over who may see it in the future. If you've sent a nude pic or video & someone is using it as a threat against you, that's illegal. It's not okay & there is help available to you. Websites: [cybertip.ca](https://www.cybertip.ca) to report & [needhelpnow.ca](https://www.needhelpnow.ca) to help retrieve a photo.

# RELATIONSHIPS 101

YOU ARE **ALWAYS**  
WORTHY OF LOVE,  
RESPECT, & HEALTHY  
RELATIONSHIPS

## CHARACTERISTICS OF **HEALTHY** RELATIONSHIPS

- Based on mutual respect & equality.
- Good communication. Feelings & needs can be honestly expressed without fear. Mutual listening & empathizing.
- Celebrate individuality. Enjoy being together, but also enjoy being apart. Time is spent with other friends & doing other activities. Appreciation for each other's skills & accomplishments.
- Built on mutual trust.
- Encouraging, supportive, & safe. Relaxed in each other's presence & free to be yourselves.

## CHARACTERISTICS OF **UNHEALTHY** RELATIONSHIPS

- Based on control & inequality. One person makes the decisions & they don't respect the other person's thoughts, feelings, & right to say "no."
- Communication is strained & coercive. There is a lack of respect, honesty, & understanding.
- Jealousy & possessiveness. There is pressure to limit time spent with other people & doing other things.
- Lack of trust. Frequent accusations & blaming.
- Threatening, insulting, &/or violent behaviour. Pressure is felt to act a certain way to avoid negative reactions.

A relationship can be unhealthy even if the person is not **physically** abusive

# Relationship Reminders

## A FRIEND OR PARTNER SHOULD:

- ✓ Be supportive of the things you like to do & encourage you to spend time with other people.
- ✓ Be comfortable around the other people in your life.
- ✓ Listen to your thoughts & feelings. They also share their thoughts & feelings with you.
- ✓ Be proud of your accomplishments & skills.
- ✓ Respect your privacy. They don't check your phone, social media, or ask for your passwords.
- ✓ Respect your decisions & your comfort level. They never pressure you to change your mind or do things you don't want to do. They're willing to work together & make compromises.
- ✓ Be fine not knowing where you are all the time. They don't require you to constantly be available or check in with them.
- ✓ Trust you & be trustworthy themselves. They're honest & they don't accuse you of being unfaithful or cheating.
- ✓ Encourage & support you. They care about you & your well-being.
- ✓ Take responsibility for their feelings & actions.
- ✓ Make you feel safe. You are relaxed in their presence.
- ✓ Accept you for who you are. You feel free to be yourself around them.

## A FRIEND OR PARTNER SHOULD NOT:

- ✗ Be jealous or possessive. They should not try to keep you from your friends & loved ones.
- ✗ Avoid the other people in your life.
- ✗ Be inconsiderate or disrespectful.
- ✗ Insult or humiliate you on social media or elsewhere.
- ✗ Try to control or access your finances, phone, or online accounts.
- ✗ Tell you what you can & cannot do. Ignore your "no" or try to pressure you into saying "yes."
- ✗ Expect you to be able to text, call, or hangout whenever they want you to. They shouldn't constantly check in on you &/or require you to check in with them.
- ✗ Threaten or actually hurt you, your loved ones, themselves, or any of your possessions.
- ✗ Have a bad temper, yell at you, etc.
- ✗ Blame you or something else for their reactions. They shouldn't refuse to take responsibility for their actions & feelings.
- ✗ Use sweet words or gestures to "make up" for treating you badly. It's not okay to physically, verbally, or otherwise hurt you. Immediate, true, & lasting change must occur if you are to consider staying in a relationship.
- ✗ Make you feel unworthy or unlovable.