

TALKING IS POWER: **CREATING BOUNDARIES**



Your *boundaries* affect your body, mind, spirit and *relationships*. Creating healthy boundaries is empowering and a self-care practice. Help your youth understand the importance of boundaries and how to set them in the boxes below.

What are boundaries and why are they important?

Boundaries are personal rules that a person creates for themselves for other people to behave around them. They are important for the practice self-care, self-respect, to communicate needs in a relationship and to set limits in a relationship.

Barriers to Setting Boundaries

Common barriers that prevent the enforcement of personal boundaries are:

- Fear of rejection and confrontation
- Guilt of asking “too much” from other people or guilt of “selfishness”
- Lack of knowledge and skills in creating healthy boundaries.

Steps to help your youth create healthy boundaries:

1. Encourage them to reflect on their boundaries and why they chose them.
2. Assure your youth that they are not responsible for the other person’s reaction to their boundaries. They should communicate their boundaries clearly, firmly, and respectfully.
3. Remind your youth that they may feel slightly guilty or shy at first, but encourage them to communicate their boundaries anyway as the right to self care. Setting boundaries takes practice and time.
4. Encourage your youth to build a support system of people who respect their boundaries.

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