

Quick Connect – Setting Personal Boundaries

Learning Objectives:

- Introduce the concept of personal boundaries
- Help the young person identify one boundary they want to set
- Teach a simple boundary-setting formula

Part 1: Introduction (1 minute)

"I wanted to check in with you about personal boundaries. Boundaries are like invisible lines that show where you end, and others begin. They protect your physical space, emotions, time, and belongings. Everyone's boundaries are different, and that's totally okay. Let me ask you this: Has there ever been a time when someone did something that made you feel uncomfortable, but you weren't sure how to tell them to stop?"

Part 2: Types of Boundaries (1 minute)

"There are different kinds of boundaries we all have:

- **Physical Boundaries:** About your personal space and body
- **Emotional Boundaries:** Protecting your feelings
- **Time Boundaries:** How you share your time
- **Material Boundaries:** Your stuff and money
- **Digital Boundaries:** Phone, social media, texts

Your body often tells you when a boundary is being crossed—you might feel tense, angry, anxious, or just want to get away from the situation."

Part 3: Boundary Identification (1 minute)

"Think about a situation in your life right now where you wish you had clearer boundaries. Maybe someone borrows things without asking, texts you too late at night, pressures you to do things you don't want to do, or doesn't respect your privacy. What's one boundary you'd like to set or strengthen in your life right now?"

Part 4: Boundary-Setting Formula (1.5 minutes)

"Here's a simple way to set that boundary clearly:

'When [situation happens], I feel [emotion], so I need [specific request].'

For example: 'When you borrow my stuff without asking, I feel disrespected, so I need you to ask permission first.'

Let's try creating one for the boundary you just mentioned."

Help them craft their boundary statement using the formula.

Part 5: Closing & Next Steps (30 seconds)

"That's a great boundary statement. Setting boundaries takes practice and might feel uncomfortable at first, but it gets easier. Having boundaries isn't selfish—it actually helps build healthier relationships. Try using this statement the next time you're in that situation.