

How do you set Boundaries

We can practice "setting boundaries" together, by coming up with examples of situations to practice saying "Yes" or "No".

The boxes below show a person asking for permission for a hug from a friend. The first box shows the question. The second box shows the response. The third shows respecting a boundary.

Can I give you a hug?



Naw, I'm good. I don't like hugs.



Ok. Can we high five instead?



Now try your own! In the first box below, draw someone asking you if something is ok. Think about whether you are comfortable or not, and in the second box below draw your response. In the third box below, draw what them respecting your boundary might look like.

