Domestic Violence Awareness Month

BOUNDARIES PROTECT YOU. RESPECT KEEPS THEM STRONG.

WHATS A BOUNDARY?

A boundary is the limit you set to keep yourself safe, respected, and comfortable. Boundaries exist in all kinds of relationships—friendships, dating, family, teams, and intimate partnerships.

EXAMPLES OF BOUNDARIES

Physical/Sexual: "I don't want to be touched right now." / "I'm not ready for sex.""
Emotional: "Don't yell at me when you're upset.
Digital: "Please don't go through my phone."
Time/Space: "I need alone time after school."

HOW TO SET & ENFORCE BOUNDARIES

Say it clearly: Use direct language like "No," "Stop," or "That doesn't work for me."
Stay consistent: You don't need to apologize for your limits.
Enforce it: If someone crosses your boundary, repeat it firmly, step away, or seek help from a trusted adult.

WHAT IF THEY BREAK YOUR BOUNDARY?

It's a red flag if they ignore or pressure you.
Respect means they listen the first time.
You always have the right to leave, end the relationship, or get support.

24/7 CONFIDENTIAL SUPPORT:

loveisrespect.org
Text **LOVEIS** to **22522**
1-866-331-9474

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