6 tips for Setting Boundaries at home and at school

Know Your Own Personal Comfort Zone

Understand what makes you feel safe and comfortable. If something or someone makes you uncomfortable, it's okay to say no.

Use Clear Words

Practice saying "no" or "stop" firmly but kindly. It's important to use clear language to express your boundaries. Saying "no" is not mean or unkind.

Listen to Your Feelings

Pay attention to your feelings. If something feels wrong or makes you uneasy, trust your instincts and set a boundary.

Ask for Help

If you're unsure about how to set a boundary, ask a trusted adult like a parent, teacher, or counselor for advice and support.

Be Respectful

Set your boundaries politely and respect others' boundaries. Treating others with respect helps create a safe environment for everyone.

Practice Self-Care

Take time for yourself to do things you enjoy and that make you feel happy. Self-care helps you feel confident and reinforces your personal boundaries.