



BOUNDARIES

And communicating
them effectively



WHAT ARE BOUNDARIES?

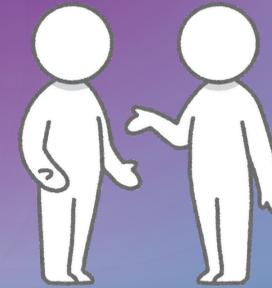
- **Boundaries are *personal limits* that protect your physical and mental well-being. They make sure you feel comfortable, respected and safe. They show others what's okay and not okay for you.**
- **Boundaries promote freedom.**
- **Boundaries should be understood and respected.**



**PRESSURE FREE
ENVIRONMENT**



**ASSERTIVE
COMMUNICATION**

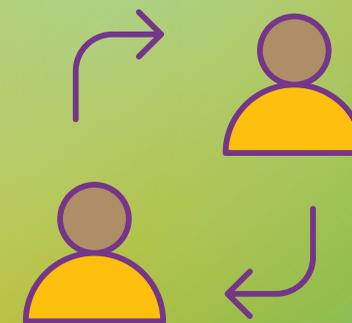


**KEY PILLARS OF
COMMUNICATING BOUNDARIES**

**MUTUAL RESPECT
& UNDERSTANDING**



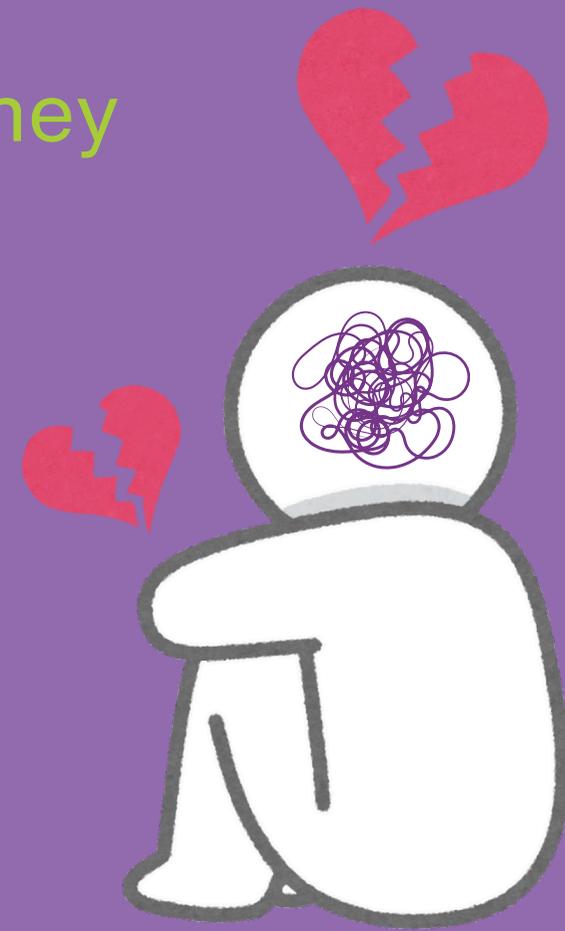
**FLEXIBLE & CONTEXT
DEPENDENT**



WHAT BOUNDARIES AREN'T:



- Boundaries are not one size fits all, everyone has their own boundaries that **suits their values** and what they are **okay with**.
- Boundaries are not decided on by other people they are **created for oneself, by oneself**.
- Boundaries are NOT threats or ultimatums.



YOUR BOUNDARY



**SOMEONE NOT
RESPECTING YOU AND
PUSHING YOUR
BOUNDARIES, IS NOT
OKAY!**



SETTING HEALTHY BOUNDARIES

- Be clear and assertive in **expressing** your **needs** and **why** they are **important**. You don't need to justify or explain yourself, however having an **open chat** can be useful.
- *Boundaries are statements, not questions, it isn't rude to be assertive.*
- "I feel" statements are an effective way of communicating your feelings when stating your boundaries. They take the focus away from blaming and accusing others.

SWIPE FOR
EXMAPLES



EXAMPLES OF SETTING HEALTHY BOUNDARIES ✓

"I feel overwhelmed with intimacy, if you keep pushing, we will stop" rather than "you always rush into things, all you want is sex."



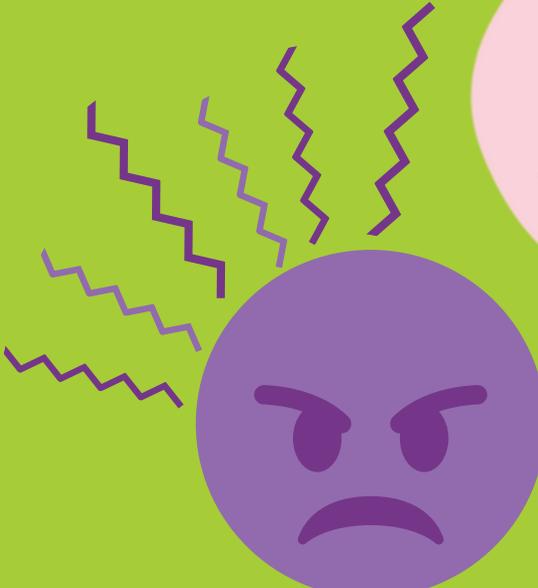
"Work was really tiring for me today, and my social battery is drained. I really just want to relax and spend the night alone."



"I feel unheard when I am interrupted in conversations, if you continue to shout over me, I will leave the room" rather than "you never let me speak, you are so ignorant."



EXAMPLES OF STATEMENTS THAT ARE NOT BOUNDARIES



"If you don't stop wearing those clothes and going out at night like that, we are done, it makes me too uncomfortable"



"I am really sorry I said no to sex and disappointed you, I can go down on you instead."

Everyone's **feelings** are valid and it is **important** to **express** when you **feel uncomfortable**.

It is never okay to tell someone what to do and have control over them.

Everyone has the right to freedom and to protect their **own peace**.



IMPORTANT TAKE AWAYS

- **Everyone** has the **right** to feel *safe* and *comfortable* in a situation.
- **Everyone** has the **right** to *protect* their *inner peace*.
- **No one** should **be sorry** for **taking care** and **protecting** their **self**.
- **Self reflect** and **act on your best interest**. **Listen to your body**, stay **true** to your **feelings**, **values**, **beliefs** and what you are comfortable and feel safe with.

KEY CONSIDERATIONS

Boundaries are a form of self-care and self-preservation.



Telling someone what they can and can't do, isn't a boundary and is not okay.



Boundaries are for YOU, made by YOU.



Boundaries can apply to any relationship, not just couples.



Boundaries can change overtime or in different situations.



Boundaries are a right, they should be respected and not crossed.

SOME HELPFUL RESOURCES & SUPPORT SERVICES

If your boundaries are being crossed constantly, or someone is being harmful or controlling, you can talk about it and seek support



[1800 Respect](#) has resources about relationships and has telephone and online counselling.

 1800 737 732

 <https://1800respect.org.au/>

[Headspace Group Chats](#) hosts discussions for young people about a range of topics including conflict resolution, communication and assertiveness.

 1800 650 890

 <https://headspace.org.au/online-and-phone-support/connect-with-us/>

[Kidshelpline](#) provides support for children wanting to discuss issues they are facing in their life.

 1800 55 1800

 <https://kidshelpline.com.au/>

[13Yarn](#) is a First Nations people's specialised support line, where you are able to express and discuss any issues and crisis's you have faced or are facing in your life.

 13 92 76

 <https://www.13yarn.org.au>

