

Healthy boundaries help you to:

- Develop good healthy relationships, especially friendships.
- Enjoy true friends and family.
- Respect others and avoid arguing when they say "no" to you.
- Say "no" to someone else.
- Have a strong sense of self-respect.
- Share appropriate information with others.
- Expect shared responsibility for relationships.
- Recognize when a problem is yours and when it is someone else's.
- Not tolerate, disrespect or abuse.

Persons with healthy boundaries:

- Are secure with themselves.
- Don't let others intrude on them.
- Have a clear sense of their own views, values, and priorities.
- Are able to identify safe and appropriate people.
- Are confident.
- Can protect themselves without shutting themselves off from others.
- Know how to stand up for themselves at appropriate times.
- Are able to enter into relationships with others without losing their identities.
- Don't reveal too much or too little.



RESOURCES

Diocesan Reporting Line: (800) 364-3064

Orange County Child Protective Services:
(714) 940-1000

Diocesan Office of Child and Youth Protection:
(714) 282-3125

Diocesan Youth and Young Adult Office:
(714) 282-3055

National Center for Missing and Exploited
Children: (800) 843-5678

National Suicide Prevention Lifeline:
(800) 273-8255

Orange County Crisis/Suicide Prevention
Hotline (NAMI) (877)-CRISIS or (877) 727-4747

National Teen Dating Abuse Helpline:
(866) 331-9474

National Sexual Assault Hotline:
(800) 656-HOPE (4673)

Information in this pamphlet adapted from

Boundaries - A Guide For Teens
Val J. Peter & Tom Dowd
Boys' Town Press

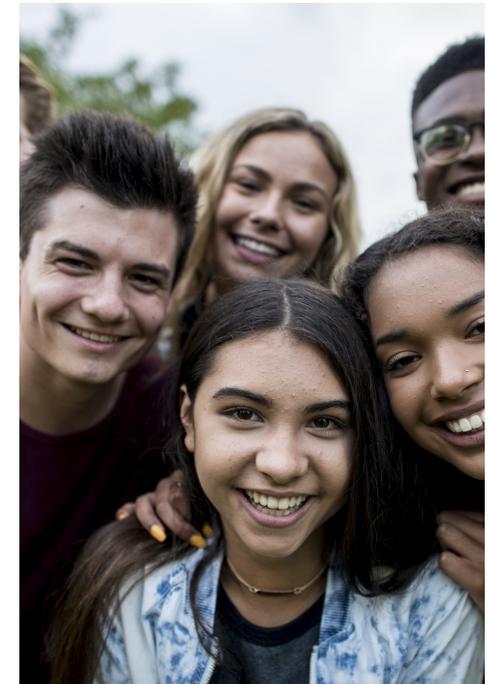
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How to build relationships that
protect your personal space
and respect your feelings.

BOUNDARIES

A guide for teens



DIOCESE OF ORANGE

Office of Child and Youth
Protection (714) 282-3125

TO REPORT ABUSE CALL:

Diocesan Reporting Line
1-800-364-3064

Child Protective Services (714) 940-1000

What Are Boundaries?



Healthy boundaries help you to develop good healthy relationships, especially friendships.

A boundary is the personal space that you keep between yourself and others. It defines “where I end and you begin.” Boundaries work in two ways: They allow things in, and they keep things out. Boundaries are important because they define areas of privacy.

Good boundaries help you feel secure and worthwhile when someone crosses the boundaries you have set, your mind and body tell you that the person has gone too far, and you start to feel uncomfortable.

Initially, parents help you begin setting your boundaries. Later, you take a more active role in setting your boundaries.

Types of Boundaries

Physical/Sexual - These boundaries protect your body. You decide who can touch you, how they can touch you, and where. These Boundaries help you answer questions such as “Do I shake hands or give a hug?” Physical boundaries also protect private areas of the body.

Emotional/Spiritual - These boundaries protect your private thoughts and emotions. You decide what feelings you will or will not share with others. You share secret thoughts and some of your deepest feelings only with certain family members and friends.

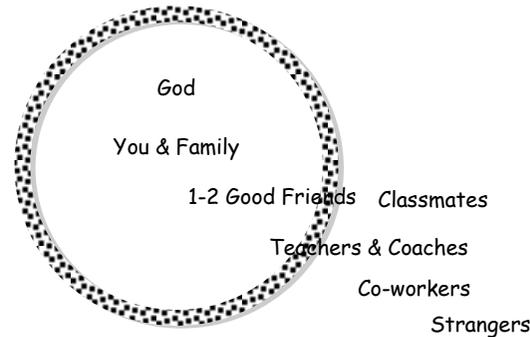
Your Boundary Circle

It's important for people to know what you stand for. It's equally important that they know what you won't stand for.

To understand boundaries, imagine a large circle around your body.

This circle can help you picture how close you will let someone get to you and how much emotional sharing you will do with this person.

Everyone you encounter fits somewhere outside or inside the boundary circle. Strangers are the farthest outside, with casual acquaintances closer to the circle, and good friends and family in the innermost part, closest to you.



Guidelines for Healthy Boundaries

1. How much you allow people within your physical and emotional boundaries usually depends on how long you've known them and how much you like and trust them.

What information you share with them depends on the level of trust you have in your relationships. Trust must be mutually earned:

- co-workers - not much information except social.
- schoolmates - a bit of private information and lots of social information.
- friends - lots of information, both private and social.

Guidelines continued.....

2. The amount of self-disclosure should be based on how well you know others and how much you can trust them in appropriate ways.
3. You need to have reciprocal trust that is appropriate.

If your "friend" is not worthy of trust, he or she should not be in your inner circle.

4. If you expect others to respect your boundaries, you must respect theirs.

If you are not worthy of trust, you should not be in their inner circles.

5. When someone tries to violate your boundaries, use that experience to decide how you can handle similar situations in the future.

6. Trust your feelings of comfort and discomfort when you are around others.

If someone makes you uncomfortable, your boundary "radar" should go on alert.

7. Never hesitate to ask a trusted adult questions about your boundaries and whether they are appropriate.

Remember that if you have been abused, your boundary "radar" can get mixed up. You may be used to ignoring feelings of discomfort, which in turn can prevent you from realizing immediately when someone violates your boundaries. It is important to talk with someone you can trust when you begin to wonder if something is right or wrong. Over time this can also help you get your own "radar" back on track.

8. Speak up when someone or something bothers you.

Let people know what you won't tolerate. Don't be afraid to say "no" to anyone who may be trying to hurt or take advantage of you or someone you know.