

Why Do We Need Boundaries?

Boundaries are guidelines, rules, and limits that a person creates to identify reasonable, safe, and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. There are many types of boundaries; personal, physical, emotional, mental, and spiritual. They are influenced by many things like personality, self-esteem, life experiences, cultural background, and the communities we live in. Everybody has a different set of boundaries, and for each person, boundaries will be different for each relationship as well. For example, a child's boundaries will be different with his parents as opposed to his teacher, classmates, or romantic partner. So, why are boundaries so important?

Through our boundaries, we teach people how we want to be treated. It is essential to have boundaries in order to have healthy relationships. When both people in a relationship have healthy boundaries, the relationship can be mutually respectful, appropriate, and caring. As your child gets older and is involved in more serious and romantic relationships, it's important to talk to them about boundaries. Whether they are casually dating for a few days or have been together for a long time, setting boundaries is an important part of any relationship. Here are a few examples for you and your teen to recognize healthy and unhealthy boundaries



- Valuing your yourself and not compromising your beliefs for someone else.
- Saying “no” and accepting when others say “no.”
- Knowing who you are and what you want, and communicating that to others.
- Not letting others define you or your sense of self-worth.
- Knowing that your needs and feelings are just as important as the needs and feelings of others.
- Knowing that you have the right to your emotions and feelings.
- Respecting others' values, beliefs, and opinions, while knowing that you do not have to compromise or change your own values, beliefs, and opinions.
- Having friends, hobbies, and activities outside your relationship
- Keeping personal information and passwords and account private, and not feeling pressured to share
- Being open and honest in your communication
- Feeling comfortable and safe to express yourself honestly
- No expectations of performance or activity in a relationship
- Communicating you feel uncomfortable or do not want to participate in an activity or certain behavior
- Accepting changes and endings