

All About Personal Boundaries!

by Sexual Assault Support Services of Midcoast Maine (SASSMM)

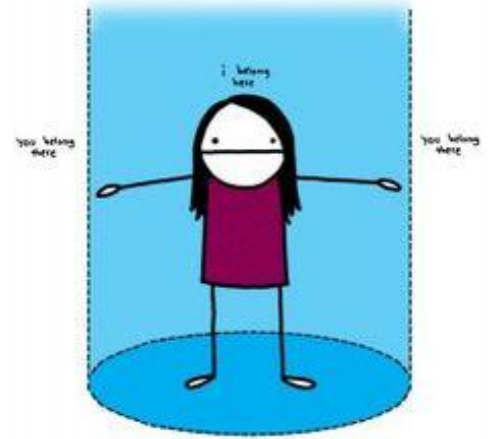
Personal boundaries:

each person's limits for what they're comfortable with



- Different for each person
- Can be changed/depends on mood
- Must be respected by others

MY PERSONAL AREA



Bodily autonomy:

each person's right to choose what happens to their body, or to pictures of their body

What are some of your boundaries? Fill in the blanks:

1. I'm comfortable getting a compliment about _____.
I would NOT be okay with compliments about _____.
2. If someone had a crush on me, I wish they'd show me by _____.
3. If I liked someone, one way to show them without crossing boundaries might be:
_____.
4. I'm comfortable being touched on my _____ by friends or family.
I would NOT be okay with being touched on my _____.
5. If my boundaries were crossed, I think I'd feel _____.
If that happened, I could _____.

How can we respect boundaries?

Ask for permission.

Listen and respect the answer.

If they say "yes", you have their consent.



Watch for clues.

Pay attention to body language, facial expression, and other ways people show their boundaries without words.

CONSENT MATTERS

Clear & specific question

No pressure

Okay to change your mind

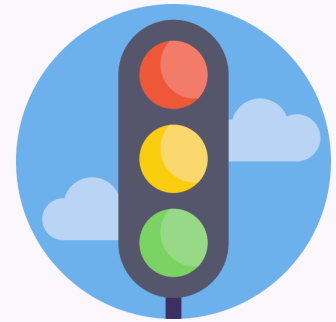
Not sure? Ask!



What is boundary crossing?

- X** disrespecting someone's limit
- X** ignoring "no" or asking many times
- X** pressuring someone to go outside their comfort zone

Boundary crossing can happen on purpose or by accident.
Adults need to respect kids's boundaries too.



Questions? Need help?

Help is free and private when you text, chat, or call us.

sassmm.org

To text:

Send a text to
1-800-871-7741
Mon-Fri 8 am-5 pm.

To chat:

Visit sassmm.org Mon-Fri
8 am - 5 pm. Click "chat."

To call:

Call 1-800-871-7741,
24/7.

