

# Personal Boundaries

Today's class:

1. Brainstorm personal boundaries
2. Stand Up, Sit Down activity
3. Watch & discuss Youtube video
4. Fill in the blanks exercise
5. How to respect boundaries
6. Fill out question slips

Rules: Raise your hand  
Respect  
Confidentiality  
Right to opt out

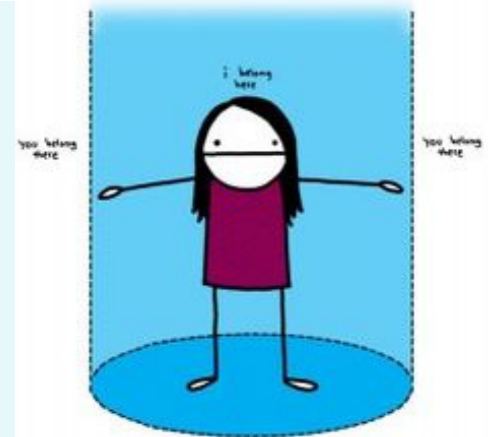
## Personal boundaries:

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



- Unique to each person
- Can be changed/depends on mood
- Must be respected by others

## MY PERSONAL AREA



## Bodily autonomy:

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

## Boundary crossing:

on purpose OR by accident...

- X** ignoring/disrespecting someone's boundary
- X** pressuring someone to go outside their comfort zone
- X** asking many times to try to get a different answer



Fill in the blanks with your answers (you won't have to share):

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 \_\_\_\_\_.  
And if that happened, I could \_\_\_\_\_.



Questions? Need help?

SASSMM is here to help if you or someone you know has experienced sexual assault, harassment, or been hurt in a sexual way. You can also call us if you have a question about sexual violence, or if you're not sure what happened.

You can call us 24/7 at **1-800-871-7741** and speak to an advocate.

Visit us at **sassmm.org** for more information.

# SASSMM

Sexual Assault Support Services  
of Midcoast Maine

