

# Healthy Boundaries with Parents/Guardians: Respecting Yourself & Your Family

## WHAT ARE BOUNDARIES?

Boundaries are ways to express or define our comfort levels, values, and needs. They support respect, communication, and emotional safety in relationships.

## WHY BOUNDARIES MATTER?

- They assist in reducing stress and conflict
- They help to build mutual respect
- They support emotional well-being
- They help you grow independently



## TYPES OF BOUNDARIES

### MENTAL

**Freedom to have your own thoughts, values, and opinions.**

"I have different opinions and that's okay."

"Please don't dismiss my thoughts or ideas."

### EMOTIONAL

**How emotionally available you are to others.**

"I don't feel comfortable talking about this right now."

"I need time alone when I'm upset."

### PHYSICAL

**Privacy, personal space & your body.**

"I'm not okay with hugs when I'm angry."

"Please knock on my door before entering my room."

### DIGITAL

**Privacy with phones/socials & consent to share photos.**

"I'd like privacy on my phone and social media."

"Please ask before reading my messages or posting photos of me."

### TIME & SPACE

**How much time you spend with someone or doing something.**

"I need quiet time to do my homework or rest."

"We can talk later, I'm with my friends right now."

## HOW TO SET BOUNDARIES?



- Stay calm and clear
- Be consistent
- Practice active listening too
- Use "I" statements (e.g., "I feel..." or "I need...")

## REMEMBER

Setting boundaries doesn't mean you love your parents any less, even if they're struggling with it at the time. It means you are learning to take care of yourself and becoming more independent.



## WHAT IF MY PARENTS/GUARDIANS PUSH BACK?

It's okay to feel nervous. Healthy boundaries take time and lots of conversations to build.

- Take a break and revisit the conversation later
- Ask a trusted adult or counsellor for help
- It's not harmful or disrespectful to advocate for yourself

## MORE INFORMATION

Neighbours, Friends and Families:  
[www.neighboursfriendsandfamilies.ca](http://www.neighboursfriendsandfamilies.ca)

Sexual Assault Centre of Brant:  
[www.sacbrant.ca](http://www.sacbrant.ca)

Western Centre for Research & Education on  
Violence Against Women & Children



Neighbours,  
Friends & Families