

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.

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.”

HOW TO SET BOUNDARIES?

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



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

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



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.”

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.



MORE INFORMATION

Neighbours, Friends and Families:
www.neighboursfriendsandfamilies.ca

Sexual Assault Centre of Brant:
www.sacbrant.ca

