

A National Connection for Self-Advocates



<https://selfadvocacyinfo.org/>



Self Advocacy Resource and
Technical Assistance Center



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<https://www.selfadvocacyinfo.org/resources/sartac-zoom-meetin...>



Current Issues
Resources

Organization
Resources

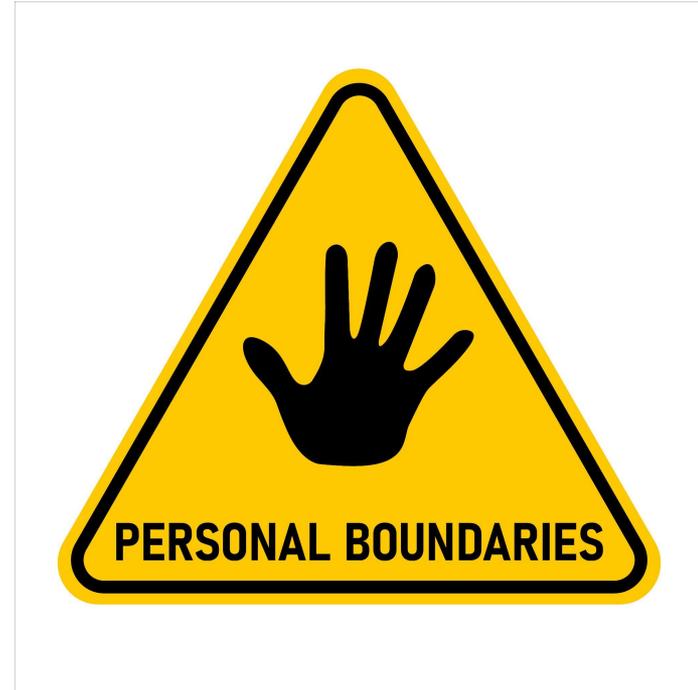
SARTAC Zoom
Meetings



Two Clicks - #1 Click on Resources then #2 Click on SARTAC Zoom Meetings

Setting Boundaries

You are in charge of what you do. You decide what is okay and not okay for you. This is called personal boundaries. It is different for each person. For example, some people don't like hugging and some people are big huggers. It is up to you. You get to decide what works for you. This is called setting your boundaries





An easy way to think about boundaries is to imagine a house with a fence around it. The fence marks the boundary

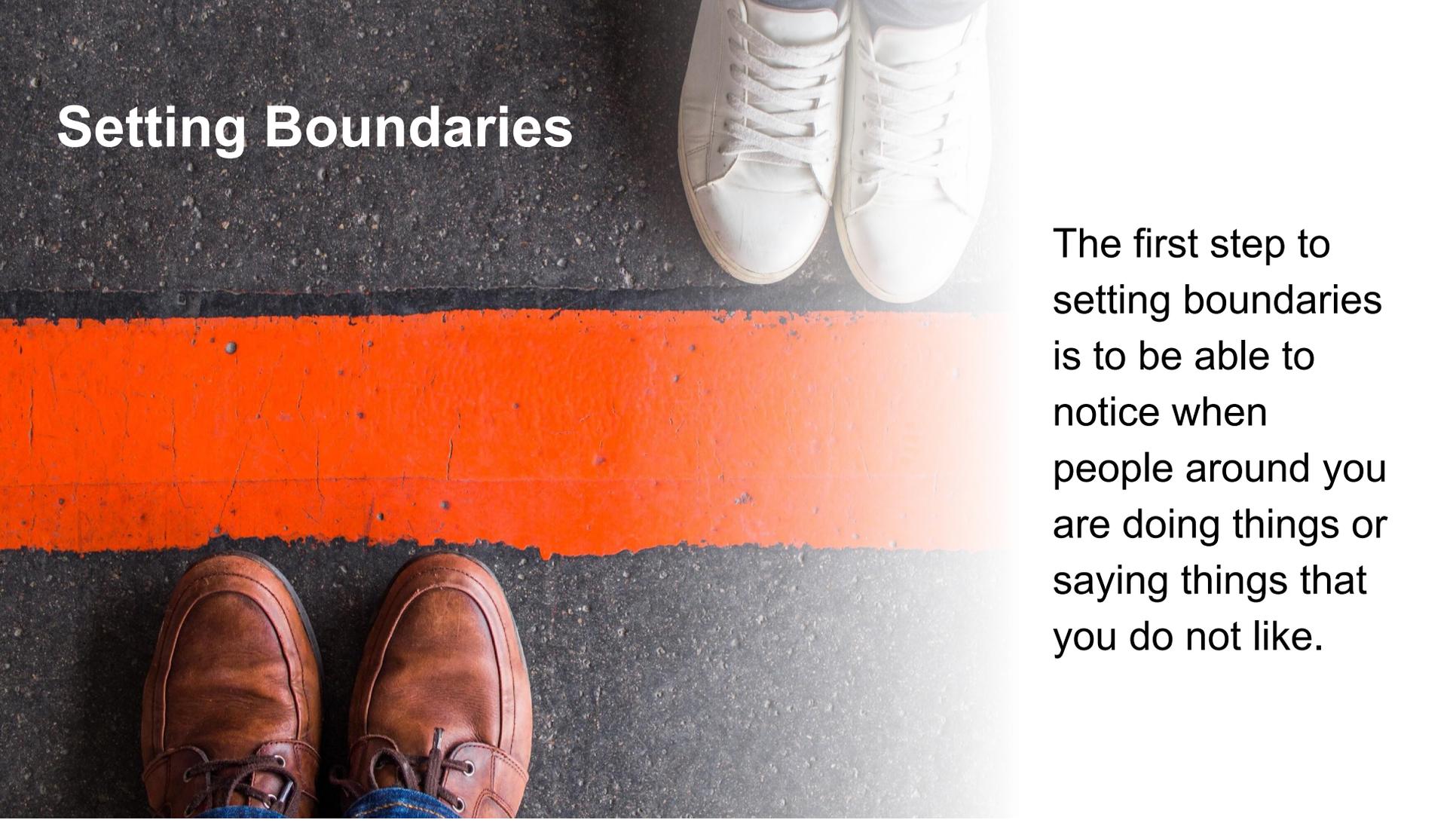
A “no trespassing” sign gives the message that you need to stop.

Do not climb the fence. Do not cross the boundary.

Now, a property boundary is easy to picture.

But, personal boundaries are invisible. And, each person decides where to put up their “No Trespassing” sign..

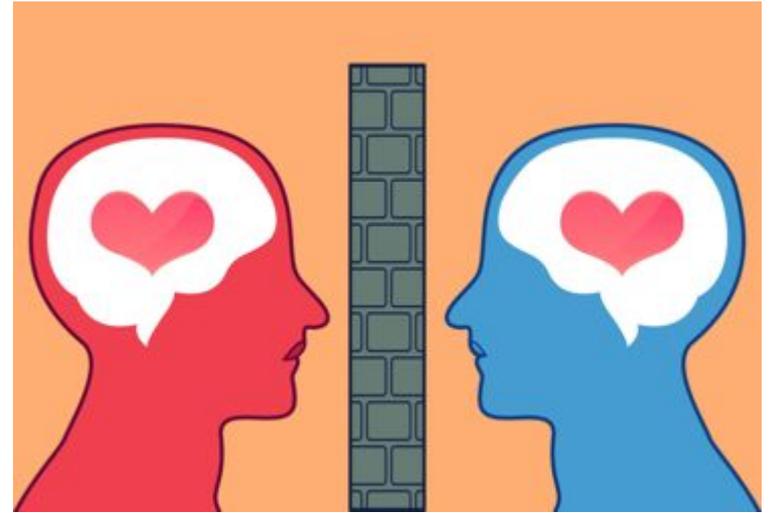
Setting Boundaries



The first step to setting boundaries is to be able to notice when people around you are doing things or saying things that you do not like.

Group Activity #1

- 1) Think of a person in your life who sometimes makes you feel uneasy. Perhaps you experience them as uncaring. Maybe they sometimes put you down. Or you feel they are trying to manipulate you. (Do not say their name. Just think about them.)
- 2) Each group lists five things you'd like the person to stop doing or saying.
- 3) Share your answers with the large group



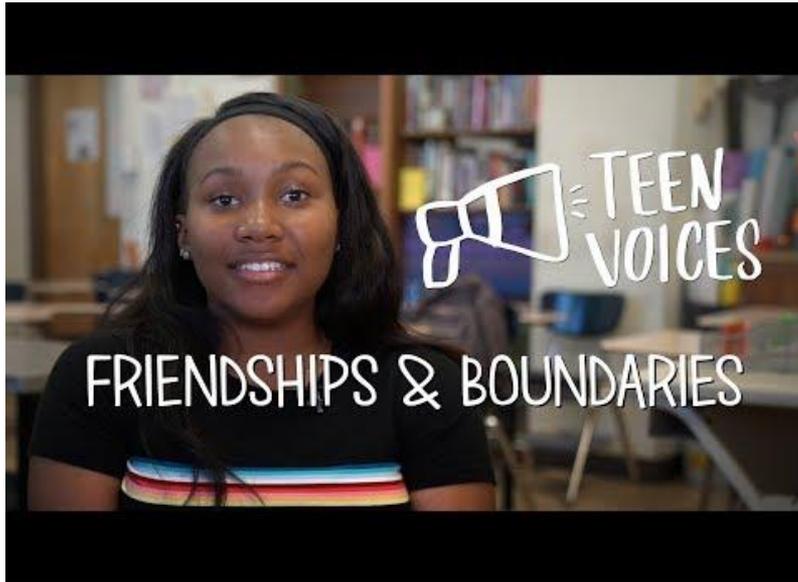
Group Activity #2

Answer 3 questions about saying "No."

1. Have you ever asked someone to stop doing something?
2. How did it make you feel to have to say "No"?
3. How did the other person or people respond?



Group Activity #3



<https://youtu.be/yjzGxLq1Dqs>

Watch this video. They talk fast, but, the good news is that the different people are saying the same thing.

They are talking about 3 topics:

#1 The good things about texting and posting messages

#2 The bad things about texting and posting messages

#3 Setting boundaries online: what you can do when people make you mad or hurt your feelings online.

Video Discussion Questions

- Okay what did you think?
- Did anything get your attention? Stick out for you?
- Okay so remember - no names - but does anyone have a story of having to set boundaries when chatting with friends?

