

## Boundaries

### Unhealthy

Falling in love too quickly

Engaging in sexual behavior that makes me feel uncomfortable.

Not noticing when someone invades my boundaries.

Peer Pressure

Self-harm, sexual and physical abuse, or abusing food, drugs or alcohol.

### Healthy

➡ I take time to get to know someone.

➡ I do not get involved in sexual behaviors to avoid hurting someone's feelings. I cannot be pressured into sexual acts.

➡ I know my boundaries and how to communicate them.

➡ I listen to others opinions but I make my own decisions.

➡ I respect myself as a person who is worthwhile. I believe I am in charge of my body and what others do to it.

### **What is the best way to communicate your boundaries?**

**ASSERTIVE COMMUNICATION** – sticking up for yourself without hurting others.

**AGGRESSIVE COMMUNICATION** – sticking up for yourself but hurting others in the process.

**PASSIVE COMMUNICATION** – not sticking up for yourself, which can hurt you.

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This grant project is funded by the State General Fund as administered by the Kansas Governor's Grants Program. The opinions, findings and conclusions, or recommendations expressed in this publication, program, or exhibition are those of the author(s) and do not necessarily reflect the views of the Office of the Kansas Governor.

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