

Healthy Boundaries, Strong Friendships

Choose real or fictional examples. Skip private details; never include passwords, medical information or contact details.

Learning goal: Practice respectful boundaries and recognize when trusted adult support is needed.

A boundary tells others what feels okay for you. Friends can have different preferences and still treat one another with respect. You can say no, change your mind or ask for time. If someone pressures, threatens or makes you feel unsafe, talk to a trusted adult.

Your steps

1. Read the fictional scenarios.
2. Choose yes, no or maybe; explain your boundary.
3. Practice a clear, respectful phrase.
4. Identify a support cue and a safe next step.

1. Yes, no or maybe?

Choices can differ. A maybe can include a condition; safety concerns need support.

Scenario	Yes / No / Maybe	My reason / condition
A friend asks to borrow your pencil.		
Someone wants to post your picture.		
A friend asks you to hide unkind messages.		
A partner asks to choose the game today.		

2. My boundary phrases

Be clear without insulting. No long explanation is required.

"No thanks. I would rather..."	"That is okay if..."
"Please stop. I do not want..."	"I need time / help before deciding."

Healthy Boundaries, Strong Friendships · Practice & next steps

Continue your ideas from page 1. Write, draw, use symbols or ask someone to scribe. Share only what you choose.

3. When to reach support

Use adult roles, not private names. You do not have to solve pressure or threats alone.

A cue that I need adult support	A trusted adult role I can approach
What I could say to that adult	If the first adult is unavailable, I can...

My next step

A boundary phrase I want to practice is...

Optional stretch · Grades 6–8

Distinguish a preference, a consent decision and a safety concern. Explain why consent can change even after an earlier yes.

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Optional teacher / parent follow-up: Use the fictional cases. Do not encourage keeping harmful secrets; reinforce support for pressure, threats or unsafe situations.