

Tips for Managing Boundaries:

- A HEALTHY BOUNDARY IS A FLEXIBLE ONE THAT ALLOWS YOU TO EXERCISE CONTROL OVER WHAT YOU LET IN WITHOUT MAKING YOU OVERLY DEFENSIVE OR RESISTANT TO CHANGE.
- REMIND YOURSELF THAT YOU HAVE THE RIGHT TO HAVE BOUNDARIES.
- YOUR WORK IN EMPOWERING YOUNG PEOPLE SHOULD NOT RESULT IN YOUR OWN OPPRESSION.
- EXPLORE YOUR OWN NEEDS AND HOW THEY CAN BE MET, SO THEY DON'T OBSCURE THE NEEDS OF THE YOUNG PEOPLE YOU WORK WITH.
- LEARN TO SAY 'NO'.
- IDENTIFY AND SPEAK OUT WHEN PEOPLE OVERSTEP YOUR BOUNDARIES.
- REMEMBER THAT AUTHENTIC COMMUNICATION DOES NOT MEAN YOU HAVE TO DISCLOSE EVERYTHING ABOUT YOURSELF. YOU CAN KEEP A PART OF YOU FOR YOU.
- TRY TO PROTECT YOURSELF FROM OVERCOMMITTING. YOU CAN'T DO IT ALL AND THAT HAS TO BE OK.
- APPROACH BOUNDARY SETTING WITH GENTLENESS AND SELF-COMPASSION.
- PLEASE TRY TO PRIORITISE SELF CARE! WHERE WOULD THE YOUNG PEOPLE BE WITHOUT YOU?!

What beliefs and ideas about your self, commitment and community make it difficult for you to set boundaries?

What are you willing to do to challenge those beliefs?