

Tips for Students Learning the Early Stages of **Setting Boundaries**

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Every day, you have things to do. This includes going to school Monday-Friday. It may also include playing with your friends, helping to clean, and so many other things. Sometimes, what you are asked to do feels easy. Sometimes, it feels hard. Sometimes things that are hard can actually make you stronger. Other times, those things are too challenging. When that happens, one of the best things you can do is ask for help.

You can get help with some challenges if you do three things:

1. Have a conversation.
2. Speak up for yourself, also known as advocating for yourself.
3. Share what you are or are not comfortable with, also known as setting a boundary.

When you do these 3 things, it's called **"Calling a C.A.B."**

The **C** stands for **Conversation**.

The **A** stands for **Advocate**.

The **B** stands for **Boundary**.

Conversations - Having a conversation means you and at least one other person talk together. That means when they talk, you listen, and when you talk they listen. When you are talking and listening to each other, it is helpful to look at each other or look near that person so that they know you are listening and talking to them.

- If you don't understand what the other person is saying, ask questions.
- Use the 5 Ws when asking questions: Who, What, When, Where, and Why.

Advocacy - Advocating is a way to speak up for yourself to get the help you need. When you advocate for yourself, you help yourself and others learn what you need.

- Tell someone how you feel and what you need to help yourself feel better.
 - "I am sleepy. I need a nap."
 - "I am hungry. I need a snack."
 - "I don't know how to write this. I need help."

Boundaries - Everyone has relationships. In these relationships, you can say what you like and do not like. When you do that, you are doing something called setting boundaries.

- Tell someone about your space.
 - You are too close. Can I have some more space?

- Tell someone how you want them to treat your things.
 - Please don't throw my crayons.
 - Please don't hit my toy that way.
- Tell someone about how they are speaking to you.
 - Please don't yell at me.
- Tell someone about what you do not feel good about doing.
 - It is nice to meet you, but I do not want to hug you.
 - Please don't touch me.

Remember, there are 3 important actions you can do:

1. Have a conversation.
2. Speak up for yourself to advocate.
3. Share what you like and don't like to set boundaries.

Practice doing each one with your family, your teachers, and your friends as often as you can to get the support you need.