



## Personal Boundaries

### What are Personal Boundaries?

Personal boundaries are the lines (not real/literal lines) or limits we set to keep ourselves safe and healthy. Personal boundaries reflect things we are and are not comfortable with.

**An example of a common personal boundary is:**

- a person not being comfortable and not wanting to be touched by people they do not know well



- Every person has the right to be physically and emotionally safe.
  - Other people should behave in ways that are safe for us.
  - We should behave in ways that make other people safe.
- Boundaries take many forms and can relate to sexual boundaries, emotional boundaries, physical boundaries, privacy boundaries, and more.
  - Something that one person is comfortable with may make another person feel uncomfortable.
  - Something that makes one person feel safe may make another person feel unsafe.

### Get to Know Yourself

- No one can tell you what your boundaries are, you get to decide for yourself what feels comfortable, safe, and healthy for you.





# Healthy Relationships, Sexuality & Autism

Developed by: **Autism Nova Scotia**

## Get to Know Yourself

- It is difficult for others to respect your boundaries if you do not know what your own boundaries are. It may be helpful to spend some time thinking about what makes you feel comfortable, safe, and healthy.
- Some questions to consider when learning about your own boundaries:
  - What are my values?
  - What am I comfortable with?
  - What am I uncomfortable with?
  - What makes me feel safe?
  - What makes me feel unsafe?



## Communication

- No one can know what another person is thinking or how they are feeling inside.
- It is important to tell others what your boundaries are and to say what you are comfortable with and what makes you uncomfortable.
- It is important to listen and respect another person's boundaries.
- Not listening to another person's boundaries can be illegal.

## Crossing Boundaries

- When people's boundaries are crossed it can make them feel uncomfortable, unsafe, and can cause harm.
- It is important to respect other people's boundaries and accept when they set limits with us.

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### References

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