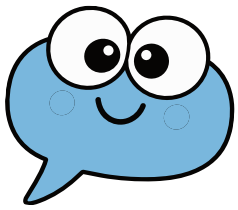
בס"ד

My Space. My Feelings. My Voice.



Words I Can Use



Based on the Darcheinu/Our Path SEL Curriculum

A few examples of how what matters to us can become a boundary.

These sample words are for someone who wants a boundary in this situation.
Your answer may be different. Change the words so they sound like you.

PRIVACY

Your brother looks through your backpack for a pen. You also keep your journal in that bag.

WORDS TO TRY:

"Please ask before looking through my backpack. I can get the pen for you."

KINDNESS

Your sister tells a story about you at the Shabbos table. Everyone laughs.

WORDS TO TRY:

"I would like to keep that story private. Please ask me before telling stories about me."

PERSONAL SPACE

Your cousin sits right against you on the couch while you look at a book together.

WORDS TO TRY:

"I want a little more room. Let's move over so we each have space."

HONESTY

Your brother asks you to say he finished his homework, even though he has not.

WORDS TO TRY:

"I care about you, and I want to tell the truth. I can't say you finished when you haven't."

IF YOU WANT HELP:

"Can we talk about something that happened? I'm trying to figure out what I need."

ONE BOUNDARY I WANT TO PRACTICE THIS WEEK:

YOU CAN ALWAYS ASK FOR HELP.

If an adult says, "Don't tell your parents what we did," you can tell a parent or another safe adult, even if you promised to keep it secret. You can start with:
"Someone asked me to keep something from you. Can we talk?"

You can go straight to a safe adult without speaking to that person first.