

*TEACHING
CHILDREN ABOUT
BOUNDARIES*

A Guide

FOR PARENTS

**Practical Strategies for Deepening
Connection & Trust
MG Global Coaching Academy**



Teaching Children About Boundaries

What Are Boundaries?

Boundaries are the rules and limits we set to protect our feelings, space, and well-being. They help us feel safe, respected, and in control of our choices. When we set boundaries, we teach others how to treat us!

Why Boundaries Are Important

They help you feel safe and comfortable

You have the right to say what makes you feel good or uncomfortable.

They teach others how to treat you

When you set a boundary, people know what is okay and what is not.

They give you confidence

Speaking up for yourself builds self-respect and self-worth.

They help build healthy friendships

Good friends respect each others feelings and space.

Types of Boundaries

Physical Boundaries

Your personal space and body (e.g., "I don't like hugs, but I like high-fives!").

Emotional Boundaries

Protecting your feelings (e.g., "I don't want to talk about that right now.").

Friendship Boundaries

Respecting each others choices (e.g., "I need some alone time today.").

Social Boundaries

Knowing when to say no (e.g., "I don't feel comfortable doing that.")

How to Set Boundaries

Use Clear Words Say what you need firmly and kindly.

Speak with Confidence

Stand tall, look people in the eye, and use a strong voice.

Its Okay to Say No

You dont have to do something that makes you feel uncomfortable.

Use "I" Statements

Instead of blaming, say how you feel: "I don't like when people take my things without asking."

What to Do If Someone Doesnt Respect Your Boundaries

Repeat Your Boundary

"I already said I dont like that. Please stop."

Walk Away

If someone isnt listening, you can remove yourself from the situation.

Tell a Trusted Adult

If someone keeps crossing your boundaries, talk to a parent, teacher, or coach.
Surround Yourself with Respectful People** Good friends respect your feelings!

Final Words of Encouragement

Setting boundaries is a superpower that helps you feel strong, safe, and respected. You deserve to be treated with kindness, and you have the right to say what feels okay for you. If you need more support, MG Global Coaching Academy is here for you.