

HomeFront. PROJECT

KIDS

Teach, Empower and Enjoy Your Children.

Sequence of Success

Setting Boundaries Takes Decision-Making Skills

Being able to set boundaries takes decision-making skills. Even when you know your values, setting boundaries can be hard. Don't worry we've got your back! When establishing boundaries with others it's okay to give yourself time to make a decision. Some helpful phrases to get out of a situation or to buy more time to think include:

- "No, thank you. I'm not comfortable with that."
- "I'll think about that and get back to you."
- "I'll talk to my parents and see what they say."
- "I need some time to think about that."

Using these phrases helps you to apply your decision-making skills, set your boundaries, and avoid peer pressure.

You can always say no to something that goes against your values, crosses your boundaries, or makes you feel uncomfortable.

The best way to prepare is to practice. Have fun setting your boundaries while working through these scenarios with your family!

Click on this link to
access a fun way
practice setting
boundaries.

Reference: What Teens Need to Know About
Boundaries,
[https://www.verywellfamily.com/boundaries-
what-every-teen-needs-to-know-5119428](https://www.verywellfamily.com/boundaries-what-every-teen-needs-to-know-5119428)

