

Boundaries: A Starter Guide for Teens

What healthy boundaries are, five kinds you can set, and plain-language phrases you can actually use.

Boundaries are the limits that protect your time, your body, your feelings, and what matters to you. Setting them can feel awkward at first, especially with friends, family, or online. That's normal. This is a starting guide, not a rulebook.

Kind	What it protects	Something you could say
Body	Your body and personal space.	"I'm not okay with that. Please stop."
Time	Your homework, sleep, and downtime.	"I can't do that tonight, I have too much on."
Feelings	What you carry for other people.	"That sounds hard. I'm not the right person to help with this."
Digital	Who has your attention and when.	"I turn my phone off at 9. I'll reply in the morning."
Group	How friends treat you and each other.	"I don't want to be part of that. I'm out."

Boundaries are about what you'll do, not about controlling anyone else. A boundary someone respects makes the relationship stronger. If someone reacts by punishing you for a boundary, that is information worth noticing. If you feel unsafe at home or with anyone, talk to a trusted adult, a counselor, or call or text 988.

Learn more: [Boundaries at shrinkdaily.com/concept/boundaries](https://shrinkdaily.com/concept/boundaries)

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