

FAMILY TOOL 02

Healthy Boundaries

Pair care and connection with clear expectations.

Boundaries help young people understand what is expected, what helps keep them safe, and what will happen if an agreement is not followed.

Be clear

- Name the expectation in simple language.
- Explain the safety reason behind it.
- Make sure everyone understands what the boundary means.

Be consistent

- Follow through calmly.
- Allow room for repair and learning.
- Revisit the boundary when circumstances change.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: One boundary we need to discuss is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.