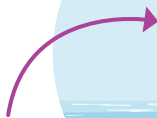


# Boundaries

*We all know what this flag means, right?*



- It's telling us **we can't do something** (don't go in the sea), and...
- It's telling us to **stay safe** (because it means danger)

**Would you risk it? What if you know it's not safe and don't want to go in, but your mates do?**

This resilient move is about **physical and emotional safety**. By having limits, rules, routines and structures in place, and sticking to them, **we can all feel safer**.

**It's ok to say 'no' to people sometimes, even your friends.** This is called setting a boundary. Boundaries are things we are comfortable doing or not doing.

**Everyone has their own boundaries.**

Setting boundaries is easier said than done, and it can often take lots of practice until we feel comfortable asserting them for ourselves. Your boundaries might be saying what jokes make you uncomfortable, or reminding others that hugs just aren't your thing.

**Remember you have the right to feel safe, heard and respected!**