

Module 2 - Boundaries and Healthy Relationships

Learn more about setting boundaries

Identifying and defining what a safe and healthy relationship looks like for ourselves can prepare us to share our expectations and boundaries across all of our relationships.

Tips to consider when setting your own boundaries:

- Write down your points so that if you are feeling nervous about the discussion, you can speak clearly about your needs.
- Try using “I” statements to convey how you are feeling (“I feel ___ and ___ when you ___”), rather than “you” statements, which can seem like you are accusing the person.

Note: There’s a difference between someone wanting to understand where you’re coming from and someone demanding an explanation. You do not need to justify your needs or provide an explanation to anyone. We all have the right to set boundaries.

Although it can sometimes bring up feelings of rejection, confusion, or sadness, remember that a person can still like you and have boundaries about the what, when, where, why, and how of your time together. It is an act of respect to communicate your own boundaries, and it is also an act of respect to receive and adapt to others’ boundaries.

Tips to consider when others are setting boundaries with us:

- Allow them the space to voice their boundaries by being present and actively listening, without interrupting.
- Take the time to acknowledge and hold space for any emotions or thoughts you may be experiencing, as it is natural to have these.
- Keep in mind that setting boundaries can be quite difficult, so it is important to respect others’ boundaries by not reacting negatively (e.g., becoming defensive or judgmental).
- Use statements such as “Thank you for sharing this with me.”

If someone tells you that you’ve crossed a line and made them uncomfortable, despite having discussed their boundaries in advance, allow them space to voice their feelings. When someone reiterates their boundaries and tells you that you’ve crossed them, apologize.



Women and Gender
Equality Canada

Femmes et Égalité
des genres Canada



Ministry of
Post-Secondary Education
and Future Skills

