

# ITS YOUR TURN

Personal boundaries are knowing what is okay and what is not ok with you in a relationship. Your partner should respect your boundaries because neither partner should have **POWER** and **CONTROL** over the other.



## They can sound like...

"Please don't do that"

"Not this time"

"I feel uncomfortable when.."

"I won't be able to do that"

"I can't.."

"This doesn't work for me"

"I don't want to..."

"I am drawing the line at..."

"I am not comfortable with..."

"No"



## Let's practice

Ex: I am ok with holding hands, but not in public places.

