

Boundaries and Respect

Use this page to think about what helps you feel respected, comfortable and safe in a relationship.



My boundaries matter in these areas...

- ☐ Privacy
- ☐ Personal space
- ☐ Time alone
- ☐ My phone / social media
- ☐ How quickly things move
- ☐ Physical affection
- ☐ Sharing photos / messages
- ☐ Family
- ☐ Other: _____

What does respect look like?

- ☐ They listen to me
- ☐ They accept my no
- ☐ They speak kindly
- ☐ They ask before sharing
- ☐ They respect my time
- ☐ They are honest
- ☐ They apologise when needed
- ☐ Other: _____

What feels uncomfortable or not okay?

- ☐ Too many messages
- ☐ Pressure
- ☐ Guilt-tripping
- ☐ Checking my phone / location
- ☐ Ignoring my boundaries
- ☐ Sharing things without asking
- ☐ Put-downs
- ☐ Feeling unsafe
- ☐ Other: _____

How confident do I feel speaking up?



What could help me hold a boundary?

- ☐ Time to think
- ☐ Support from a friend
- ☐ Planning what to say
- ☐ Muting / blocking
- ☐ Talking to an adult
- ☐ A break from contact
- ☐ Other: _____

If I need words, I could say...

Anything else you want me to say?



..... Kind relationships brighter tomorrows



Support Details

Boundaries and Respect

Use this page after the worksheet to agree support, next steps and any immediate safety action.

● Immediate safety

If there is immediate danger, call 999 or 112 now. Move to a safer place if you can.

● Childline

Free support for children and young people: 0800 1111. Online chat and messages are also available.

● Samaritans and text support

Call Samaritans free on 116 123. If you would rather text, text SHOUT to 85258.

● Relationship support

If a relationship feels unsafe, pressured or controlling, speak to a trusted adult or Childline.

● For practitioners

Do not promise secrecy. Explain confidentiality calmly. Follow safeguarding procedures where needed.

● Before ending the session

Check how the young person feels, who they can speak to later, and whether safety action is needed.

● Local / trusted support

Write names or services here:

1. _____
2. _____

● Sources checked

Checked September 2026: Childline, Samaritans, Shout and Talk to FRANK where relevant.

Reminder

This page supports conversation. It does not replace local safeguarding advice, supervision or emergency help.