



Respect & Boundaries



This fact sheet will help you understand more about Respect and Boundaries and what they look like.

⚠ Warning ⚠ When researching this topic you may encounter material that is upsetting. Please speak to a teacher or a trusted adult if you are worried about anything you have seen.



What are Respect & Boundaries?

- **Respect** means treating others with kindness, consideration, and valuing their feelings, opinions, and rights.
- **Boundaries** are personal limits that people set to protect their physical and emotional space, privacy, and comfort. They define what behaviour is acceptable and what isn't.

Examples of Respect and Boundaries

- **Respect:**
 - Listening when someone is speaking.
 - Using polite language.
 - Acknowledging others' feelings and opinions.
 - Not interrupting someone while they talk.
- **Boundaries:**
 - Saying "no" if you don't want to share your personal information.
 - Asking for permission before borrowing something.
 - Leaving someone alone if they say they need space.
 - Not touching someone without their consent.

Respect and boundaries help everyone feel safe, heard, and treated fairly. They make friendships and school life better by preventing arguments and making sure no one feels left out or pushed around.

Key Terms	Definition
Consent	Giving permission for something to happen.
Personal Space	The physical area around someone that they consider their own.
Empathy	Understanding and sharing the feelings of others.
Communication	Sharing thoughts, feelings, and information clearly.
Privacy	The right to keep certain information or parts of your life confidential.
Assertiveness	Expressing your thoughts and feelings confidently and respectfully.
Inclusion	Making sure everyone feels welcomed, accepted, and part of the group.
Self-worth	Self-worth means believing that you are important, valuable, and deserve to be treated with respect—just for being who you are, not because of what you achieve or what others think of you.
Appreciation	Recognising and being thankful for others and their efforts or qualities.
Trust	Believing someone will treat you well and do what they say they will.
Privacy	Your right to keep certain things (like thoughts, feelings, or belongings) to yourself unless you choose to share them.



Things to think about





Why Does It Happen?

- Some people don't realize they are crossing a boundary because they haven't been told where it is.
- **Some people push boundaries to see what they can get away with, especially if the boundaries aren't clearly stated.**
- In group situations, people might ignore boundaries to fit in, impress others, or avoid being left out.
- **They may not know how to handle emotions or social situations in respectful ways.**



Did You Know?

- Everyone's boundaries are different — respect those differences.
- Healthy relationships rely on mutual respect and understanding boundaries..
- You have the right to set your own boundaries and have them respected.
- Communication is key when it comes to boundaries; it's okay to talk about your limits.
- Respecting others' boundaries helps build trust and safety.



What can you do?



- **Active Listening:** really paying attention when someone is talking—not just hearing them, but showing you're interested and that their words matter.
- **Speak Up:** If you hear someone say something unfair about someone, politely explain why it's not true.
- **Be aware of your own boundaries and communicate them clearly.**
- **Notice when others seem uncomfortable and check in with them.**
- **Stand up for yourself and others when boundaries are crossed.**
- **Support Others:** Encourage your friends and family to be themselves too, and put their own boundaries in place.



Here are some videos and links that you may find useful:

[How to Set Healthy Personal Boundaries - YouTube](#)

[Setting Boundaries | Mental Health Lessons | RTE Player Original](#)

Where to go for help

Parents/guardians/carers

Wider trusted family

Teachers/ Youth Workers

Childline 0800 1111

Yellow Door 02380 636312

No Limits

Police 999

Online support

[!\[\]\(626ce8ac21792b9405bfddfea8e0c96a_img.jpg\) www.childline.org.uk](#)

[!\[\]\(a8f9309f944226d1420f5fed22e2b6e6_img.jpg\) www.nspcc.org.uk](#)

[!\[\]\(248b91fcdac4810ffd15cf33fb6aec6f_img.jpg\) www.themix.org.uk](#)

[!\[\]\(899d8b7697d64725bf017d3296cfcf1b_img.jpg\) www.kooth.com](#)

[!\[\]\(c1168d6a8b365d11e842ece304635fa7_img.jpg\) www.youngminds.org.uk](#)

[!\[\]\(cbd8541a32dfc32f356f5c6c994b0a21_img.jpg\) www.barnardos.org.uk](#)



Final Thought