

Student _____

Parent/caregiver _____

Ask An Adult Activity

Friendship & Relationship Boundaries

During class we talked about definitions and scenarios related to **friendship & relationship boundaries**. This activity is designed to give you an opportunity to ask an adult in your life about their own experiences with friendship & relationship boundaries.

Step 1

Share this activity with a parent, caregiver or other trusted adult. It can be done in person or over FaceTime or the phone.

Step 2

Ask your adult to answer the questions below. You don't have to write anything down, you can just listen.

1. How would you define the term **boundaries**? How would you describe the difference between a **request** and a **boundary**?
2. What were you taught by your parents, caregivers, teachers, or other adults about **friendship & relationship boundaries**?
3. Have you ever been in a situation, friendship or relationship where you needed to **set boundaries**? What happened? What was that experience like for you?
4. What is something you wish a parent— or other trusted adult— told you when you were my age about **friendship & relationship boundaries**?
5. What is something you want me, as your child, to know about **friendship & relationship boundaries**?