

# My Boundaries My Limits

BLACKSHIELD PRESS • PASSAGES SERIES

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Prepared for flipbook deployment

# PASSAGES 11

## My Boundaries My Limits

This Blackshield Press booklet is formatted as a clean PDF suitable for flipbook deployment. Each page uses short, readable language designed to support guided reading and discussion.

### Lesson 1

Boundaries are the lines that protect my body, feelings, and peace. Limits help me know what is healthy and what is not.

*"What is one thing I should remember from this page?"*

### Lesson 2

I can say no to unsafe touch, unkind talk, or pressure that makes me uncomfortable. My voice matters.

*"How can I practice this idea with a trusted adult?"*

### Lesson 3

Healthy people respect boundaries. They do not laugh at them, ignore them, or force them.

*"What safe choice does this page teach me to make?"*

### Lesson 4

Boundaries also guide my own behavior. I respect other people's space, time, and feelings too.

*"Why does this information matter in real life?"*

## Lesson 5

Knowing my boundaries helps me stay safe and treat others with dignity.

*"What words from this page can I say clearly and confidently?"*

## Practice Page

1. Read the title out loud.
2. Say the main idea in your own words.
3. Review the safety lesson with a trusted adult.
4. Return to this book later and read it again.

## Blackshield Reminder

Preparation is a form of protection. Knowledge, memory, and good judgment help children respond with confidence and calm.