

BOUNDARIES

Types of Boundaries

1

Physical Boundaries

Maintain appropriate physical space between you and the young person and avoid any physical contact.

2

Emotional Boundaries

- Empathize and support young people, but avoid becoming emotionally enmeshed or overly attached.
- Keep your own emotional well-being in check, and seek supervision or counselling if necessary.

3

Professional Boundaries

- Clearly define your role and responsibilities in working with young people.
- Avoid engaging in activities or relationships that are outside the scope of your professional role.

4

Social Media and Technology Boundaries

- Be mindful of your online presence and interactions with young people on social media.
- Maintain privacy and never share personal contact information or engage in inappropriate online relationships.



Tips for Maintaining Boundaries

Maintaining boundaries is crucial not only for the well-being of young people but also for your own professional integrity. By following these guidelines, you can create a safe and respectful environment for your work with young people while building trust and positive relationships.

1

Know Your Role

Understand the limits of your professional role and avoid trying to be a friend or substitute parent to the young person.

2

Establish Ground Rules

Clearly communicate expectations and boundaries at the beginning of your interactions or relationships with young people.



3

Maintain Privacy

Keep personal information, including your own life, out of discussions unless relevant to the young person's well-being.



4

Use Age-Appropriate Language

Communicate with young people in a manner suitable for their age and development level.

5

Seek Supervision and Consultation

Consult with colleagues, supervisors, or mentors when facing challenging situations that could compromise boundaries.



6

Respect Cultural Differences

Be sensitive to cultural norms and values, as they may impact how boundaries are perceived.

7

Recognize Signs of Boundary Violations

Be vigilant for signs of potential boundary violations, such as excessive gift-giving, secretive behaviour, or undue favouritism.



8

Respond to Boundary Violations

If you suspect or become aware of a boundary violation, address it promptly, professionally, and in accordance with organizational policies.

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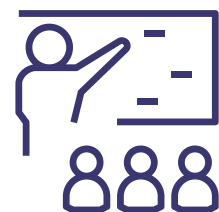
Self-Care

Prioritize your own self-care to prevent burnout and maintain a healthy work-life balance.

10

Document Interactions

Maintain accurate records of your interactions and communications with young people in case questions or concerns arise.



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Educate Young People

Teach young people about the importance of healthy boundaries and how they can advocate for themselves.