

a queer sex ed community curriculum zine

HOW TO SET THEM & HOW TO KEEP THEM

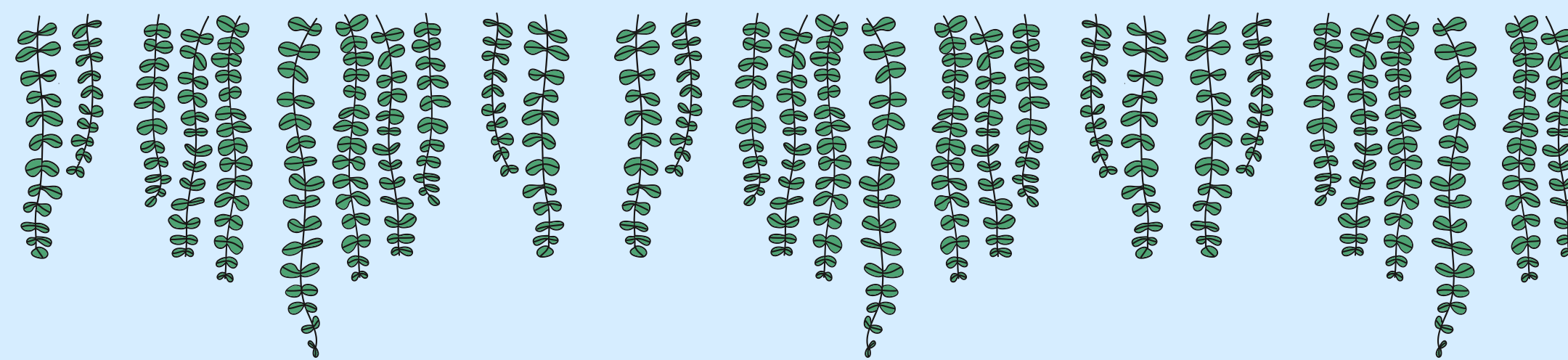
BOUNDARIES 101

A zine exploring the process of identifying,
communicating, and maintaining boundaries in
work, relationships, and sex.



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WHAT IS A BOUNDARY?

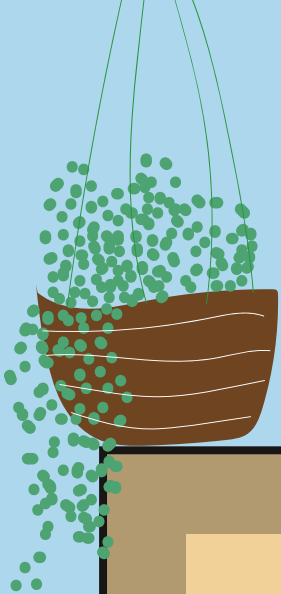
A boundary is a **personal limit** that is communicated to other people to clearly delineate comfort and discomfort.

Boundaries can be **strong**, meaning they should never be pushed, or **loose**, meaning they are malleable.

Boundaries can change over time and can change depending on whom we are interacting with, where we are, or how we feel that day.

(WHAT IS NOT A BOUNDARY?)

A boundary is not a preference or something that another person does that you **dislike**. Boundaries are **about you** and **how you interact with the world** around you.



HOW DO YOU SET A BOUNDARY?

I. Identify your boundary:

- Your boundary can be related to how much time or energy the other person is consuming,
- what you are or aren't comfortable doing,
- or anything that works to protect your mind, body, and energy.

II. Begin a conversation.

- You could frame the conversation around your needs or comfort,
- or you can simply say; "This is a boundary I have."

III. State your boundary.

- Say your boundary clearly, centering it in yourself. ✱
- Don't feel obligated to explain why this boundary is necessary



Your boundaries should be **focused on you**, and **not the other person**. For example, say "I need..." instead of "You need to stop doing..."



HOW DO I IDENTIFY MY OWN BOUNDARIES?

(YOU PROBABLY ALREADY KNOW THEM.)

**IMAGINE A SCENARIO IN WHICH YOU
FEEL SAFE, COMFORTABLE, AND
RELAXED.**

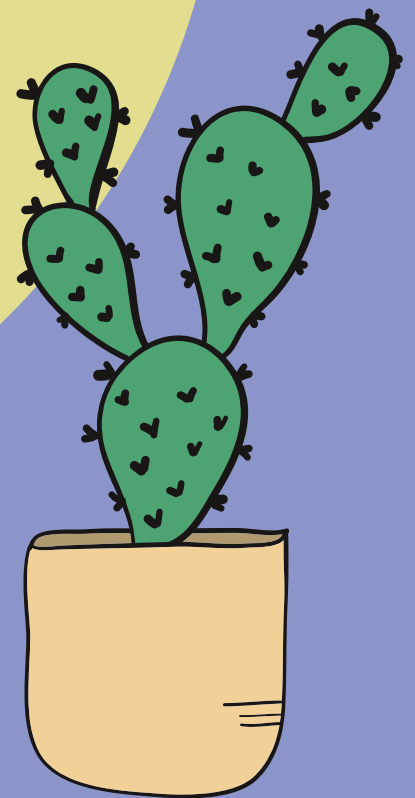
- WHAT PARTS OF YOUR BODY, MIND,
TIME, AND SPACE ARE COMFORTABLE?
- WHAT ASPECTS OF YOUR BODY, TIME,
MIND, AND SPACE ARE BEING
RESPECTED?

**NOW IMAGINE A SCENARIO THAT FEELS
UNCOMFORTABLE, STRESSFUL, AND
OVERSTIMULATING.**

- WHAT PARTS OF YOUR BODY, MIND,
TIME, AND SPACE ARE UNCOMFORTABLE?
- WHAT ASPECTS OF YOUR BODY, TIME,
MIND, AND SPACE ARE BEING
DISRESPECTED?

THESE ARE YOUR BOUNDARIES.

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EXAMPLES OF SETTING BOUNDARIES AT WORK:

“I ONLY WORK FROM 9-5, SO I WON’T CHECK MY EMAIL OR ANSWER CALLS AT NIGHT.”

“I APPRECIATE CONSTRUCTIVE CRITICISM, BUT IT NEEDS TO BE BROUGHT UP WITH ME DIRECTLY.”

“MY STUDENTS AND I CAN TALK ABOUT MY PERSONAL LIFE, BUT WE CAN’T BE FRIENDS ON SOCIAL MEDIA.”



Setting boundaries at work can be hard because **our capitalist system often misconstrues boundaries as laziness**. Boundaries prioritize your health and wellness overproduction and financial gain for businesses. They are essential to protecting yourself as a worker.

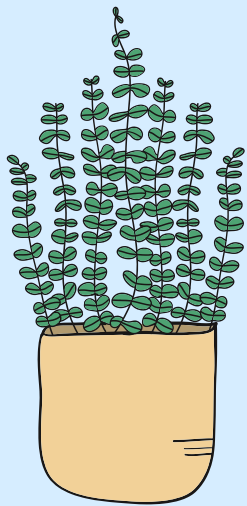
EXAMPLES OF SETTING BOUNDARIES IN RELATIONSHIPS:

"I AM NOT OKAY WITH DISCLOSING MY LOCATION AT ALL TIMES."

"I NEED ONE DAY A WEEK TO DO SOMETHING COMPLETELY BY MYSELF."

"I'D BE MORE COMFORTABLE IF WE DON'T LIVE TOGETHER."

Setting boundaries in relationships can be hard because **compulsory monogamy** tells us that our romantic partners should have unlimited access to us. But establishing boundaries (early and often) contributes to your wellness, which contributes to the overall healthiness of your relationships.



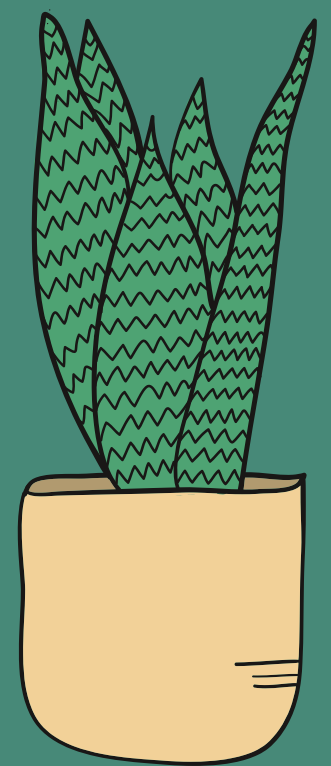
EXAMPLES OF SETTING BOUNDARIES DURING SEX:

“I DON’T WANT TO HAVE PENETRATIVE SEX.”

“WE CAN SEE AND HAVE SEX WITH OTHER PEOPLE
AS LONG AS WE ARE USING BARRIER-METHOD
CONTRACEPTION.”

“I LIKE BEING SUBMISSIVE BUT I DON’T LIKE TO BE
DEGRADED.”

Setting boundaries during sex can be hard because our culture of **silence and assumed consent** tells us that talking about sex is awkward or unsexy. This not only **perpetuates rape culture** but also leads to many non-consensual interactions. Setting boundaries during sex is essential to consent.



COMMUNICATING YOUR BOUNDARIES IS ESSENTIAL.

KNOWING YOUR BOUNDARIES IS ONLY HALF THE BATTLE.

BOUNDARIES COMMUNICATE **PERSONAL LIMITS**, AND TO ENSURE YOUR **SAFETY**.

BOUNDARIES WORK BEST WHEN OTHER PEOPLE ARE **AWARE** OF THEM AND **UNDERSTAND** THEIR SIGNIFICANCE.

IT'S IMPORTANT TO HAVE CONVERSATIONS ABOUT BOUNDARIES.

WE ALL HAVE BOUNDARIES ALREADY, BUT WE ALSO HAVE IDEAS **EMBEDDED** IN OUR SUBCONSCIOUS THAT MAKE IT DIFFICULT TO HAVE AND MAINTAIN BOUNDARIES,

TALKING ABOUT BOUNDARIES IS HELPFUL FOR EVERYONE.