

# Set Boundaries, Find Peace

## From Youth Advocacy to Personal Peace

### Core Philosophy

At FYP, we believe that strong boundaries are not walls but powerful filters that allow us to be fiercely ourselves while engaging meaningfully with others. Boundary setting is both a form of self-love and a radical act of advocacy—protecting our energy allows us to show up authentically for ourselves and our causes.

## Understanding Boundaries

### What Boundaries Are

- Filters that protect our energy and authenticity
- Guidelines for how we engage with the world
- Tools for sustainable advocacy and relationships
- Expression of self-respect and self-advocacy

### What Boundaries Are Not

- Walls that isolate us
- Weapons against others
- Signs of selfishness
- Permanent or inflexible rules

# Types of Boundaries

## 1. Physical Boundaries

*Protecting our space and body*

### **In Youth Advocacy:**

“I need a day between events to recharge.”  
“I prefer video off during late evening meetings.”

### **In Movements:**

“Our protests will respect everyone's physical space.”  
“We'll include regular breaks in long sessions.”

### **In Daily Life:**

“I need alone time after school/work.”  
“Please text before dropping by.”

## 2. Emotional Boundaries

*Protecting our emotional energy*

### **In Youth Advocacy:**

“I can support the project but can't take on others' emotional labor.”  
“I need to step back from intense discussions sometimes.”

### **In Movements:**

"We'll create space for feelings without becoming overwhelmed."  
"Each person owns their emotional journey."

#### **In Daily Life:**

“ "I care about you but can't be your only support."  
"I need time to process before discussing intense topics."

## 3. Mental Boundaries

*Protecting our mental space*

#### **In Youth Advocacy:**

“ "I'll be offline after 8 PM to maintain work-life balance."  
"I can focus on two projects max at a time."

#### **In Movements:**

“ "Let's set realistic expectations for volunteer time."  
"We need clear project scopes to prevent overwhelm."

#### **In Daily Life:**

“ "I'll respond to non-urgent messages within 24 hours."  
"Weekends are for recharging."

## 4. Digital Boundaries

*Protecting our online space*

#### **In Youth Advocacy:**

"I keep advocacy work to specific platforms."

"My personal social media is separate from movement work."

#### In Movements:

“ "We respect members' digital privacy."

"Campaign communication happens in designated channels."

#### In Daily Life:

“ "I take regular social media breaks."

"I don't check emails after hours."

# Setting and Maintaining Boundaries

## The FIERCE Framework

### F - Feel

- Notice your energy levels
- Identify what drains you
- Recognize your limits

### I - Identify

- Name specific boundaries needed
- Be clear about your needs
- Understand your non-negotiables

### E - Express

- Communicate clearly
- Use "I" statements

- Stay firm but kind

## R - Respect

- Honor your own boundaries
- Respect others' boundaries
- Maintain consistency

## C - Care

- Practice self-compassion
- Support others' boundary-setting
- Build caring communities

## E - Evolve

- Adjust boundaries as needed
- Learn from experience
- Grow stronger together

# Practical Implementation

## In Youth Advocacy

### 1. Time Boundaries

- Clear working hours
- Response time expectations
- Meeting length limits

### 2. Role Boundaries

- Clear responsibilities
- Capacity limits
- Support structures

### 3. Communication Boundaries

- Preferred channels
- Response protocols
- Urgency definitions

# In Movement Spaces

1. Organizational Boundaries
  - Decision-making processes
  - Resource allocation
  - Member expectations
2. Coalition Boundaries
  - Partnership terms
  - Shared values
  - Collaboration limits
3. Impact Boundaries
  - Realistic goals
  - Sustainable practices
  - Growth pacing

# In Personal Life

1. Relationship Boundaries
  - Quality time definition
  - Energy management
  - Support capacity
2. Work-Life Boundaries
  - Offline hours
  - Space needs
  - Recovery time
3. Growth Boundaries
  - Learning pace
  - Challenge levels
  - Change capacity

# Common Challenges

# 1. Guilt Management

**Challenge:** Feeling guilty about setting boundaries

**Response:** "Boundaries allow me to show up fully and serve sustainably."

# 2. Resistance

**Challenge:** Others pushing back against boundaries

**Response:** "My boundaries are not negotiable, but I'm happy to discuss how we can work together within them."

# 3. Consistency

**Challenge:** Maintaining boundaries over time

**Response:** Start small, build gradually, celebrate progress

## Boundary Setting Language

## Clear Communication Examples

"I will..."

"I need..."

"I can..."

"I don't..."

"This works for me..."

"This doesn't work for me..."

## Response Scripts

When pressured:

"I understand you need this, AND I need to maintain my boundary."

When guilt-tripped:

"I care about our work/relationship AND I must honor my needs."

When boundaries are crossed:

"This crosses a boundary for me. Here's what I need..."

# Growth Process

## Stage 1: Awareness

- Recognize boundary needs
- Notice violations
- Understand impacts

## Stage 2: Development

- Create clear boundaries
- Practice expression
- Build support systems

## Stage 3: Maintenance

- Consistent enforcement
- Regular review
- Adaptive adjustment

# Remember

- Boundaries are acts of self-love
- Strong boundaries enable sustainable advocacy
- Your peace matters as much as your cause
- Boundaries protect your fierce authenticity

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*"Through fierce boundaries, we don't just protect ourselves—we create space for authentic connection, sustainable activism, and collective flourishing."*

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