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:

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> "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:

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> "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

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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
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In Movement Spaces

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1. Organizational Boundaries
   - Decision-making processes
   - Resource allocation
   - Member expectations

2. Coalition Boundaries
   - Partnership terms
   - Shared values
   - Collaboration limits

3. Impact Boundaries
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   - Realistic goals
   - Sustainable practices
   - Growth pacing
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In Personal Life

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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
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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

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"I will..."
"I need..."
"I can..."
"I don't..."
"This works for me..."
"This doesn't work for me..."
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Response Scripts

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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..."
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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

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

Revision #1
Created 20 November 2024 19:34:44 by Marx
Updated 20 November 2024 19:35:43 by Marx