

Name _____

Class _____

Date _____

What are boundaries?

The scenario:

1. Getting closer

Priya has recently started getting closer to a group of friends. She wants to fit in and feel part of the group. During half term they all meet up and everyone is joking around.

One person makes a joke about Priya and a few people laugh. Priya laughs as well, but it doesn't feel great.

2. The group chat

Later, they check their phone and see the same joke has been posted in the group chat. More people are reacting to it. They start to feel embarrassed and angry.

They're now worried about what everyone else is thinking. Without really thinking, they send a message back in the group chat telling them to stop and saying something quite harsh.

3. It escalates

The messages don't stop. A few people reply, and it turns into an argument. The situation feels bigger, and now it feels harder to fix.

After half term, Priya goes back to school and things feel awkward. People are still talking about it, and they're not sure how to act around them.

Read through the scenario, then answer the questions below.

1. **Where can you see peer pressure influencing what happens? How does it affect the person's response?** *e.g. Laughing along with the joke even though it didn't feel good, because everyone else was laughing and reacting in the chat.*

2. **Where could a boundary have been set? Describe the moment.** *e.g. When the joke was first made in person — they could have said "that's not funny to me, please stop" instead of laughing along.*

3. **What could they have said or done differently to communicate their boundary?** *e.g. They could have said, "I know you're joking, but I don't really like that," or spoken to the person privately.*

Remember: recognising these feelings can help you make more considered choices and stop situations from escalating.



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