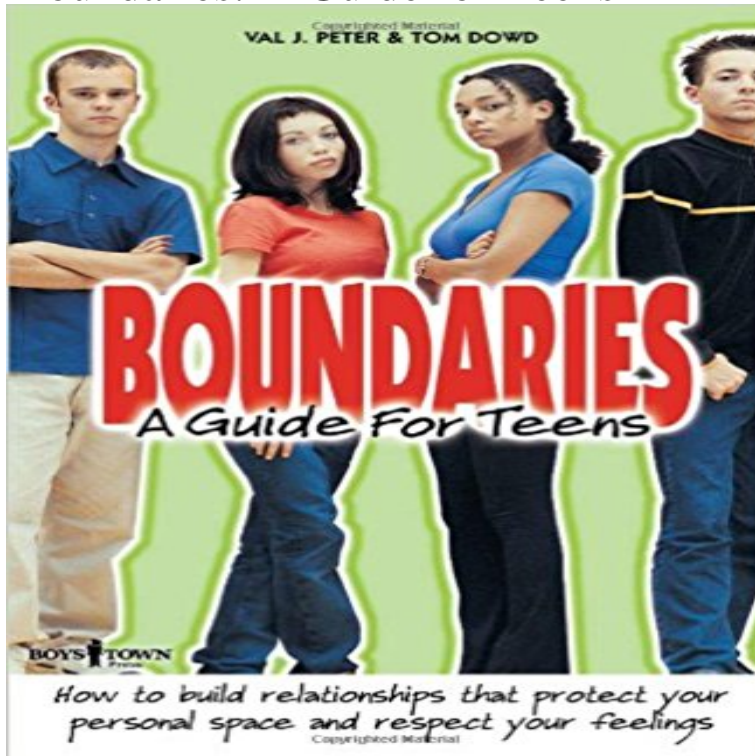


## Boundaries: A Guide for Teens



This book invites teens to examine their lives and relationships. It begins by helping you define what physical, emotional, and sexual boundaries are. Stories of other teens illustrate how personal space and feelings can be either respected or violated in relationships with others. The book's journal format encourages you to reflect on and record feelings about your own relationships. Do people respect your boundaries? Has anyone ever made you feel uncomfortable in some way? Have you ever felt manipulated, intimidated, or mistreated by someone you regarded as a friend? How can you get a friendship that has gone wrong back on track? Use *Boundaries: A Guide for Teens* to help assess your relationships with family, friends, classmates, and new acquaintances. Learn how to build close and satisfying friendships while guarding against being used or abused by others. Learn what it takes for you to be a good friend in return.

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