

What are boundaries?

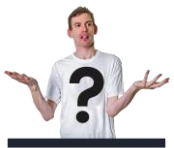


Boundaries

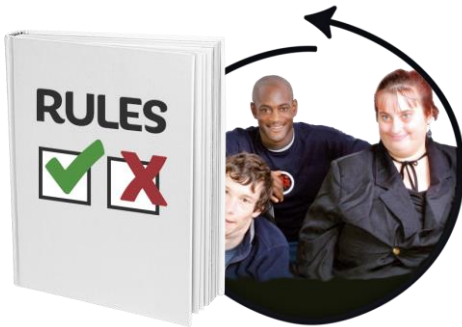


Boundaries

This document tells you what boundaries are and how they can help in everyday life.



What are boundaries



Boundaries are rules that let us know how we and others should act with different people in different situations.



These boundaries help everyone to know what to expect, feel safe and feel good.



There are lots of different types of boundaries. This means the rules and the way we should act can change a lot.



Sometimes this feels confusing, and we need time to get used to them, or we need practice to get it right. This is okay.



Personal Boundaries



Everyone has boundaries and these will be **different** for **everyone** but can include things like



How we speak: One person might want to share stories about themselves, but the other person might feel embarrassed or uncomfortable talking about or hearing these things.



How we touch each other: One person might like to be touched, and another might like space.



How we share things: One person might be happy to share something, and another might not. Things like clothes, food or money.



Boundaries in different places



Boundaries can be different depending on **where** you are but can include things like:



Using different types of services: The way we speak with friends might be different from the way we speak at the doctor's office.



Different countries: When on holiday in another country there might be different rules about when men and women can be alone together. In Scotland, this is okay. In other countries this might only happen if men or women were married or in the same family.



When you're not at home: At home you can do things your way but at groups you need to think of others too. This can mean doing things in a way that helps everyone feel good.



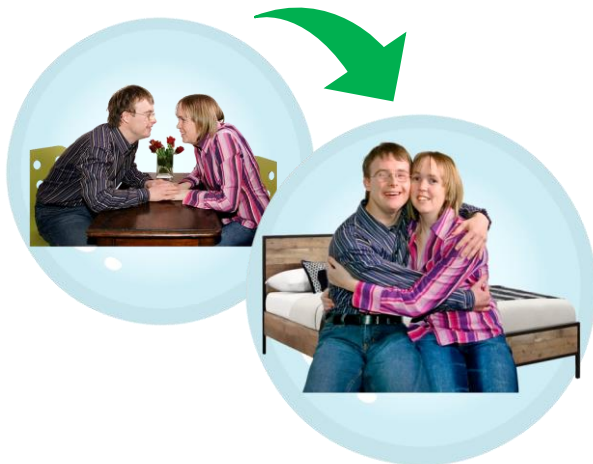
Boundaries at different times



Boundaries can be different depending on the **time**. This could be time of day, month or years Things like



Time of day: It is ok to call and have a chat with someone during the day or early evening, but you would not call at 2 o'clock in the morning when everyone is asleep.



Change over time: When you first start going out with someone you may just meet in public places. Overtime this may change to staying overnight at each other's home.



Time of day: There maybe things you feel comfortable doing during the day but choose not to at night as it does not feel safe. Things like walking in the city centre or getting the night bus.



How do boundaries work with staff?

The Action Group must follow rules to make sure



- staff work in the best way
- we provide a good support service



These rules can be found in things like the Health and Social Care Standards that come from The Scottish Government.



The Action Group then

- write down how staff must work. These are called policies.
- Train staff so they know the rules in their relationships with you.



Staff boundaries come from these rules and help keep everyone safe and support running well.

If staff don't follow these, they might not be fit to work in care and support.



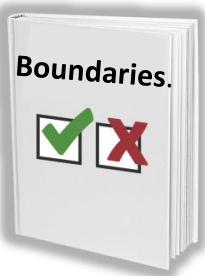
How do boundaries work with staff?



Support workers often do the same kind of things that you would do with family, a partner or a friend.



Things like spending time in your home, going to a group, doing the shopping or enjoying the same interests.



It is important to remember staff are being paid to support you.

This means they are doing a job and must follow boundaries to make sure they are working in the right way.



This can sometimes feel confusing as they are friendly and **do** care about you but the boundaries mean they cannot be your friend, family or a partner.

How do boundaries work with staff?



Boundaries with staff can help you in lots of different ways things like

- **Staff should ask** what is important to you when working in your home.

This way they know what your boundaries are and can work in the right way.



- **Staff should** ask about what is important to you.

This lets them know how they should support you. This can be different for everyone.



- **Staff must not** borrow money from a person they support.

This helps keep your money safe.



- **Staff must not** have a sexual relationship with people they are paid to support.

This helps keep you safe from sexual harm.



How do boundaries work with staff?



Boundaries between you and your staff are also about staff feeling comfortable and safe.

Staff have a right to feel safe at work.



- **Staff are clear** that touching them on their body or making comments about their body are not okay.

This stops staff from feeling uncomfortable and helps keep them safe.



- **Staff are clear** about how we speak to each other.

This helps make sure staff do not feel uncomfortable, worried or unsafe.



- Sometimes staff will tell you about their own personal boundaries. This can be different for everyone.

This way you know what you can do to help staff feel comfortable.



Knowing and respecting each other's boundaries helps you to work well together.