B	I	N	G	O
Take time to make a decision	Avoid involvements in adult conflicts or arguments	Focus on yourself	Respecting your own values	Protecting your personal space and belongings
Don't compromise your principles for anyone	Take responsibility	Recognize when you cross boundaries	Be assertive	Respect others
Setting boundaries on social media use	Taking time for yourself without feeling guilty	**FREE**	Be consistent	Not over-sharing personal information with everyone
Only say "yes" if you mean it	Saying "no" without feeling guilty	People asking before they borrow your stuff	Know your limits and what you're comfortable with	Re-evaluate your boundaries every once in a while
Having meaningful relationships	Do not spread rumors or private information	Respect other people's privacy by not eavesdropping or snooping	Trust "safe" people	Don't rely on others to set boundaries for you

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B	I	N	G	O
Taking time for yourself without feeling guilty	Be assertive	Respecting your own values	Don't compromise your principles for anyone	Recognize when you cross boundaries
Focus on yourself	Trust "safe" people	Protecting your personal space and belongings	Do not spread rumors or private information	Respect others
Only say "yes" if you mean it	Be consistent	**FREE**	Not over-sharing personal information with everyone	Avoid involvements in adult conflicts or arguments
Know your limits and what you're comfortable with	Respect other people's privacy by not eavesdropping or snooping	Take time to make a decision	Don't rely on others to set boundaries for you	Saying "no" without feeling guilty
People asking before they borrow your stuff	Re-evaluate your boundaries every once in a while	Setting boundaries on social media use	Take responsibility	Having meaningful relationships

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B	I	N	G	O
Do not spread rumors or private information	Respect other people's privacy by not eavesdropping or snooping	Be assertive	Re-evaluate your boundaries every once in a while	Be consistent
Take time to make a decision	Only say "yes" if you mean it	People asking before they borrow your stuff	Take responsibility	Protecting your personal space and belongings
Setting boundaries on social media use	Don't rely on others to set boundaries for you	**FREE**	Saying "no" without feeling guilty	Know your limits and what you're comfortable with
Taking time for yourself without feeling guilty	Respect others	Respecting your own values	Trust "safe" people	Focus on yourself
Not over-sharing personal information with everyone	Avoid involvements in adult conflicts or arguments	Recognize when you cross boundaries	Don't compromise your principles for anyone	Having meaningful relationships

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