



LESSON C • STRONGEST VOICE • CARD SET

BOUNDARY MENU — 4 TIERS

Everyone's menu is different, and nobody orders for you. Decide your limits before you need them.

APPETIZERS

Everyday interactions

High-fives, chats, group photos.

My example: _____

MAIN COURSES

Closer friendships

Sharing personal things, a one-on-one hang.

My example: _____

SPECIALS

Future dating or romantic situations

Decide your limits before you need them.

My limit: _____

DO NOT SERVE

Firm limits — non-negotiable

Anything that feels off, breaks your values, or you can't say an enthusiastic yes to — including sending or asking for nude or sexual photos (never OK, and it can have serious legal consequences for minors).

My firm limit: _____

If a photo has already been shared: tell a trusted adult. **Take It Down** (takeitdown.ncmec.org) can help remove images of people under 18.

● SORT IT — WHERE DOES EACH SITUATION BELONG?

APPETIZERS

MAIN COURSES

SPECIALS

DO NOT SERVE

Your menu can be different from your group's — say why. Nobody orders for you.