

Name \_\_\_\_\_

## Respecting Personal Boundaries: Building Healthy Relationships

### Multiple Choice Questions

1. What are personal boundaries?

- A) Invisible walls that separate people
- B) Emotional, physical, and psychological limits individuals establish to protect their well-being and values
- C) Rules set by society for acceptable behavior
- D) The distance between people in a crowded room

2. Why is respecting personal boundaries important in relationships?

- A) It ensures complete dependence on others.
- B) It fosters trust and mutual respect.
- C) It leads to conflicts and misunderstandings.
- D) It prevents emotional well-being.

3. Which of the following is NOT a type of personal boundary mentioned in the passage?

- A) Physical boundaries
- B) Emotional boundaries
- C) Cultural boundaries
- D) Material boundaries

4. What does "consent" mean in the context of respecting personal boundaries?

- A) Ignoring others' wishes
- B) Forcing someone to do something
- C) Asking for permission and ensuring all parties feel safe and comfortable
- D) Making decisions without considering others' feelings

5. How can individuals communicate their personal boundaries effectively?

- A) By being inconsistent
- B) By using clear and assertive communication
- C) By not enforcing their boundaries
- D) By ignoring others' boundaries

