



**Tools to Express
Yourself, Set
Boundaries, and
Take Care of
Yourself.**



FAMILIAS FUERTES

STRENGTHENING FAMILIES THROUGH COMMUNICATION

1



Say what you feel: talking about emotions **builds trust**

Young people who talk about their emotions with their parents often feel “judged,” “ignored,” or “not understood.” This often leads them to stay silent or keep their stress inside.



Recommendation:

Talk about emotions as something that **strengthens relationships**, not as a weakness.

Use short phrases that help you express yourself, for example:
“I don’t need advice right now, I just need you to listen.”



2

Ask for help when you feel overwhelmed

Many teens feel pressure to “**hold everything in**” or to be “**strong**” and figure things out on their own. Sometimes they do not ask for help because they are afraid of worrying their parents.

Recommendation:

Asking for help is also a **strength**. Use real-life examples like feeling anxious before school, having trouble concentrating, or dealing with friendship problems.

Remember there are safe people you can go to: **mom or dad, siblings, teachers, or counselors.**



3



Healthy relationships do not hurt or control

WHY THIS TIP?

Some young people express concerns about **controlling attitudes or toxic behaviors** in their own relationships or in those of their friends.

They mentioned that jealousy is “normal,” which shows that love is sometimes confused with control.

Recommendation:

Learn to identify **positive signs** and warning signs in friendships and relationships.

For example:
“When someone respects your boundaries, they listen when you say no.”



4

Set boundaries: you have the right to **say no**

WHY THIS TIP?

Many teens **feel obligated to please others**, even when something makes them uncomfortable. Some find it hard to say no to a partner, a friend, or even a family member.

Recommendation:

Setting boundaries is not about arguing, **it is about taking care of yourself**. Practice it in everyday situations, like when you do not want to share something personal, you are not ready to be in a relationship, or you need space.



5



Take a moment to calm down before you react

Many young people experience intense emotions that end up exploding, shutting down, or making a situation worse.



Recommendation:

Learn simple ways to regulate your emotions, such as **taking a 5-minute break, squeezing something tightly, or breathing in for 4 seconds and out for 4 seconds.**

Taking a pause is not avoiding the problem, it is being in control.



**Information obtained from contributions shared by participants in the Familias Fuertes project workshops.*