



You may have a stranger approach you to fix your car, renovate your house, carry your groceries, chat with you on the Internet, or help you at the bank. Even in Prince Edward Island, the number of new persons in our communities is rapidly increasing. There is no reason to live in fear of people you may not know. You will continue to meet new people throughout your life.

Until you have formed a personal, reciprocal (when both people are sharing like information) relationship with a person, it is wise to practice good boundaries. Boundaries, in this case, means keeping personal information private as a way of protecting yourself. This makes it more difficult for someone to hurt you or take advantage of you in some way.

#### Tips

- Never give out your personal information, including your address, banking information or social insurance number.
- If you have a person whom you do not know well at your door, do not let them into your house. It is not rude to keep them out. You have the right to enforce this type of boundary.
- Ask questions and get information. If someone is trying to recruit you, or sell a product or service do not be afraid to ask as many questions as you need to feel comfortable with exactly what they are asking from you. Take time to think about your decision, telling them you will get back to them in 24 hours.
- Don't allow someone to pressure you. Ask them to leave. If it is a phone call, politely but insistently end the call. If they are at your door, close it. If you are in public, walk towards other people.
- Don't be afraid to say no. If someone offers to lend a helping hand and you are not comfortable around him or her, do not hesitate to reject the offer.
- If someone does come to your door or calls your phone, it is ok to not answer it.
- If you have an answering machine or voice mail, be careful not use wording on your greeting that indicates you live alone.