



# MAINTAINING BOUNDARIES

Boundaries in school counselling (face to face & virtual) gives the counselling relationship structure, stability, and predictability creating safety for emotional disclosure between a student and the school counsellor.

Boundaries are established by an informed consent process, adherence to the agreed topic of support, and the avoidance of dual roles by the school counsellor.

School counsellors should avoid using informal communications such as texting and abstain from using abbreviations in online communication. School counsellors must maintain the same professional tone and language in the virtual world as they do in the face to face world.