



A WORKSHEET:  
**BOUNDARIES FOR ACTORS**  
**YES / NO / MAYBE LIST**

BY CARLY D. WECKSTEIN

*It can be easier to confidently claim your boundaries when you have a clear sense of what they are before you are in a pressured moment. Look over this list and be honest with yourself about what aligns with your needs and your integrity as an artist and a human. There are no wrong answers. What boundaries do you need to claim in order to take care of your physical, mental, emotional and spiritual health? No one else can give you your own answers. Healthy boundaries as an actor can help you to have a sustainable career and to show up fully to do your best work. Your answers might change some over time, so do a check in a few times a year with this list as a guide. No one else needs to see this list, though you are welcome to share it with folks you are working with if that is helpful to you. You may even want to fill this out once for theatre projects and once for film projects, because your boundaries might change depending on the medium you're working in. Your answers don't need to look like anyone else's. Take what you find useful, leave what doesn't serve you, and feel free to add on.*

**Mark "YES" if this is something that you consent to with ease for an acting role/project.**

**Mark "NO" if this is a hard boundary that you do not want to do for an acting role/project.**

**Mark "MAYBE" if it really depends on the specifics - and elaborate in the section below!**

Role that requires a full body hug/embrace  YES  NO  MAYBE

Role that requires another actor touching my face  YES  NO  MAYBE

Role that requires another actor touching my hair  YES  NO  MAYBE

Role that requires kissing on the face (mouth on cheek/forehead)  YES  NO  MAYBE

- Role that requires kissing mouth on mouth  YES  NO  MAYBE
- Role that requires open mouth/tongue kissing  YES  NO  MAYBE
- Role that requires kissing mouth on skin (below the head)  YES  NO  MAYBE
- Role that requires me to undress on stage/film  YES  NO  MAYBE
- Role that requires me to wear see-through clothing  YES  NO  MAYBE
- Role that requires me to be in underwear/lingerie/etc.  YES  NO  MAYBE
- Role that requires me to be topless  YES  NO  MAYBE
- Role that requires me to be fully nude  YES  NO  MAYBE
- Role that requires me to change without a dressing room  YES  NO  MAYBE
- Role requiring intimacy w/out a specialist or trained director  YES  NO  MAYBE
- Role that requires simulated penetrative (vaginal, anal) sex  YES  NO  MAYBE
- Role that requires simulated oral (mouth) sex  YES  NO  MAYBE
- Role that requires simulated manual (hand) sex  YES  NO  MAYBE
- Role the requires simulated BDSM/kinky sex  YES  NO  MAYBE
- Role that requires simulated group sex  YES  NO  MAYBE
- Role that requires physical groping  YES  NO  MAYBE
- Role that requires simulated sexual violence  YES  NO  MAYBE
- Role that involves improvised physicality  YES  NO  MAYBE

- Role that stereotypes my \_\_\_\_\_  
(gender, race, class, body, weight/size, sexuality, religion, disability, mental illness, profession, etc.)  YES  NO  MAYBE
- Role that contributes to stereotyping a marginalized group  YES  NO  MAYBE
- Role that stereotypes \_\_\_\_\_  YES  NO  MAYBE
- Project where I am the only \_\_\_\_\_ in the cast  
(POC, woman, trans person, Black person, etc.)  YES  NO  MAYBE
- Role that explores \_\_\_\_\_ trauma  
(sexual, racialized, gender-based, medical, etc.)  YES  NO  MAYBE
- Role/project that asks me to access my own personal trauma  YES  NO  MAYBE
- Role that requires me to eat \_\_\_\_\_  YES  NO  MAYBE
- Role that requires me to smoke  YES  NO  MAYBE
- Role that requires me to get wet  YES  NO  MAYBE
- Role that requires me to cut or change my hair  YES  NO  MAYBE
- Role that requires me to lose weight  YES  NO  MAYBE
- Role that requires me to gain weight  YES  NO  MAYBE
- Role that requires my character to call another character a slur  
(racial, gendered, sexual, religious, etc.)  YES  NO  MAYBE
- Role that requires my character to be called a slur  YES  NO  MAYBE
- Role where my character speaks sexually explicit language  YES  NO  MAYBE
- Role where my character is on the receiving end of sexually explicit language  YES  NO  MAYBE

- Role where my character experiences simulated violence  YES  NO  MAYBE
- Role where my character enacts simulated violence  YES  NO  MAYBE
- Role that explores intimate partner violence  YES  NO  MAYBE
- Role that explores suicide/suicidal ideation  YES  NO  MAYBE
- Role that explores self harm  YES  NO  MAYBE
- Role that explores disordered eating  YES  NO  MAYBE
- Role that explores death and death-related grief  YES  NO  MAYBE
- Role that requires simulated drug use  YES  NO  MAYBE
- Role/project that asks me to work for free  YES  NO  MAYBE
- Project that asks me to stay beyond the agreed time/schedule  YES  NO  MAYBE
- Project that asks me to advertise on my personal social media  YES  NO  MAYBE
- Role/project the uses my face/voice to sell \_\_\_\_\_  YES  NO  MAYBE
- Role/project that uses my face/voice to make money for \_\_\_\_\_  YES  NO  MAYBE
- Immersive show where audience can initiate touch w/ actors  YES  NO  MAYBE
- Immersive show where actors can initiate touch w/ audience  YES  NO  MAYBE
- Immersive show where alcohol is served to audience  YES  NO  MAYBE
- Immersive show that requires me to be partially/fully nude  YES  NO  MAYBE
- Immersive show where I am alone with an audience member  YES  NO  MAYBE

**ADD YOUR OWN:**

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YES    NO    MAYBE

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YES    NO    MAYBE

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YES    NO    MAYBE

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YES    NO    MAYBE

**Elaborate On Your “MAYBE”s Below:**

It’s not unusual for many of your answers to be “MAYBE”s. What would make each “MAYBE” a clear “YES” for you? And what would make each “MAYBE” a clear “NO” for you? (Write on the back or in your journal if you need more space, and take all the space you need!)

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## Practice Out Loud!

*Practice saying some of these phrases out loud - to yourself, to the mirror, to a friend or roommate or fellow actor or your cat. Fill in the blanks with boundaries you have or situations you can imagine coming up. It can feel silly or cheesy at first, but saying these words out loud in a low stakes environment can help you build confidence to speak up for yourself in moments where it might be more challenging to assert your boundaries and needs. Practice helps build a kind of muscle memory that you can call upon later when there's something bigger at stake. This exercise can help you activate and realize the power of your words, and the power you wield when you tap into clear confident communication. Give it a go!*

"Is \_\_\_\_\_ negotiable? I love this role but I have a hard boundary around \_\_\_\_\_ ."

"How are you planning to stage \_\_\_\_\_ ? I'd like to have some more information so I can make an informed decision before accepting this role/project."

"Will there be an intimacy choreographer/director/coordinator on board for staging \_\_\_\_\_? Or is the director specifically trained in intimacy practices? I need some more information about this before I can consent to working on this project/accept this role."

"Can you tell me a bit more about why \_\_\_\_\_ is necessary to your vision for this story?"

"Actually, \_\_\_\_\_ is a hard boundary that I have for my work. How do you think we can creatively work around it and still tell this story/realize your vision/complete this assignment?"

"While working on \_\_\_\_\_ I discovered that \_\_\_\_\_ is actually a boundary for me. How do you think we can adjust to work with respect to that discovery? Thank you so much for hearing me on this."

"I need to let you know that \_\_\_\_\_ violates a boundary that I have already communicated. If we want to continue working together, we need to address \_\_\_\_\_ . What I will need to move forward is \_\_\_\_\_. Let me know if that is doable for you so we can figure out the next steps."

"Who is the point person for me to talk to in the case that a boundary I state is being ignored or pushed? I'm not anticipating this happening, but it will make me feel safer to know in advance who I should go to directly to address this in case it comes up."