

# I am the

## BOSS OF MY BOUNDARIES



Becky Haddad, University of Minnesota  
Haley Q. Traini, Oregon State University

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### Becky Haddad shared an Introduction

Boundaries are physical and emotional means of demarcating responsibilities within interactions (Cloud & Townsend). Recent work highlights a need to address how SBAE teachers confront boundaries (Hasselquist & Graves, 2019, Traini et al., 2019).

We wanted to spend some time with Ag Ed Moms, based on our own experience and what we heard at other workshops, so Mom, You Da BOMB (Boss of Mom's Boundaries) was born at NAAE in 2019.



### Haley Q. Traini shared How It Works

We developed a 70-minute workshop to present at NAAE, based on our own experience as ag ed moms, and in conjunction with challenges we specifically heard moms share at our workshops.

Attendees identified signs of ignored and crossed boundaries (feeling overworked/smothered, disrespected/unappreciated, annoyed/resentful, or guilty/shameful (Cloud & Townsend, 2017). We then worked to define clear boundaries, practice implementation through examples, and establish language to own boundaries.



### Becky Haddad shared Implications

20 SBAE teachers attended our first workshop at NAAE, and since that workshop we've reached BOMBs across the country through additional facilitation opportunities and our Facebook group: BOMBs-NAAE. The Facebook group now has over 450 active members! Content for boundary accountability is shared daily, with Units being deployed for continued professional development and book studies.

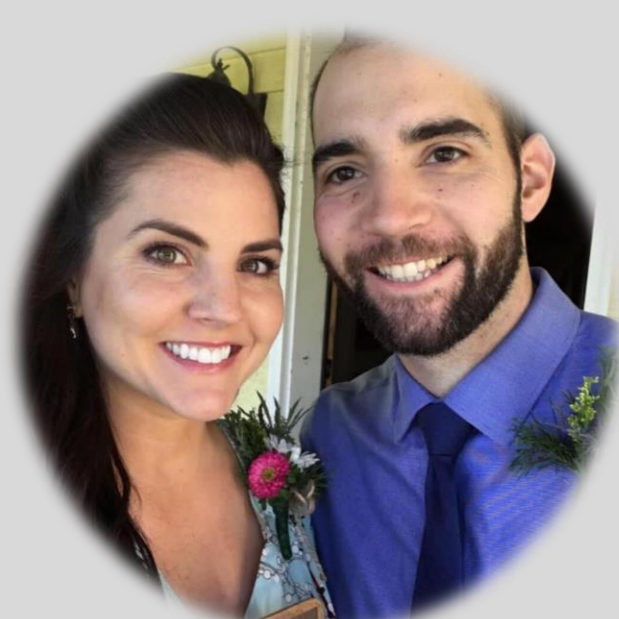


### Becky Haddad shared Future Plans & Advice

We're excited for opportunities to facilitate in other states and to other organizations as opportunities present themselves.

We need to continue sharing this work! We've heard the call from ag teachers to diversify workshop options, and now offer Building the Fence: Boundaries Now for Success Later, You Da BOMB: Boss of My Boundaries, and Busting Boundary Myths. We'll be working with Ag teachers to develop a workshop specific to dads this summer and continue to look for opportunities that align with teachers' needs.

We're also excited to share that the Facebook group was one of the first recognized by NAAE as a demographic support group! And we were privileged to edit the Boundaries Issue of Ag Ed Magazine in Jan/Feb 2021!



### Haley Q. Traini shared Costs & Resources

COVID has greatly reduced our cost of workshop delivery. In person, this workshop can be facilitated with minimal inputs (tear sheets, markers, and sticky notes) in addition to any conference associated fees (registration and travel). Over Zoom, free resources are available for facilitation, such as Google Jamboard.

On-going professional development through the Facebook group costs about one hour of time per week per administrator. Agriculture teachers have also been enlisted to develop and share Units.

## Members

[Invite](#)



## About

You Da BOMB (Boss Of My Boundaries). What began as a group for moms has become an amazing group of accountability and support for ag teachers looking to own their boundaries. Wherever you're at, we're a group to support women and share the love found in boundary ownership. Maybe you're feeling your program shifting under your feet. Maybe you're rock solid and ready to share some wisdom. Either way, you probably have a million and one obligations at school and a few incredibly important ones at home (or two or three or more). Share your success, your frustrations, and your expectations as we offer each other support in the tough task of owning our boundaries!

## Guides

Guide 1 \* Optional

**Boundaries: How to Create them and Not Feel Guilty About It**

Guide 2 **Boundaries Books**

Guide 3 **Boundaries Book Study**

Guide 4 **Stop Dancing With Dysfunction 3-Day Boundary Refresh**

Guide 5 **Student Teacher Discovering Boundaries**

Guide 6 **Boundary But How's**

Guide 7 **BOMB Moms**



[Join us at  
BOMBs-NAAE](#)