

PERSONAL SPACE BOUNDARIES

A guide to understanding physical distancing and social comfort.

INTIMATE ZONE

Reserved for family, partners, and close pets.

0 - 1.5 ft

PERSONAL ZONE

Conversations with friends and well-known acquaintances.

1.5 - 4 ft

SOCIAL ZONE

Interactions with coworkers, classmates, or new people.

4 - 12 ft

PUBLIC ZONE

Strangers, public speaking, or walking in crowds.

12+ ft

Communication Cues

- Notice if someone steps back or leans away.
- Always ask before initiating physical contact.
- Respect "No" without requiring an explanation.
- Observe cultural differences in spacing.

Self-Advocacy

- "I need a little more space, thank you."
- "I'm not comfortable with hugs right now."
- Use your arm's length as a natural guide.
- It is okay to move away if you feel crowded.

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