

Activity - Boundary setting

Answer some short questions to help you understand boundaries.

1. Going on the internet makes me feel:

2. I do not like it when the internet makes me feel:

3. When someone is nice to me, I feel:

4. When someone is mean to me, I feel:

5. My favourite thing to do on the internet is:

6. My favourite thing to when I am not on the internet is:

7. Should I talk to strangers on the internet?

Circle one: Yes No

8. Should I give my passwords to other people?

Circle one: Yes No

9. Should I share my personal information to strangers?

Circle one: Yes No

10. Should I be nice to people when I talk to them on the internet?

Circle one: Yes No

Your answers should help you decide what your boundaries are.

For example, if you feel tired after spending 2 hours on the internet, you can set a boundary to take a break to do your favourite activity.

If you feel sad when someone is being mean to you on the internet, you can set a boundary to always speak nicely to other people on the internet.

Try writing your own boundaries on the next page.

My online boundaries

1. _____

2. _____

3. _____

4. _____

5. _____

www.interactionservices.org/online-safety-training