

# How to Set Boundaries Online



Boundaries are standards we set that tell other people how we want to be treated.



Boundaries help keep us safe and happy when we are using the internet.



Knowing what our boundaries are can take some practice.



Here are some examples of boundaries you might like to practise setting online!



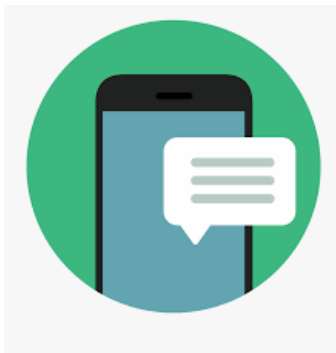
Respecting other people and expecting them to treat you with respect.



Setting daily screentime limits. For example, you can decide to only spend 2 hours a day on the internet.



Choosing not to have screentime right before bedtime.



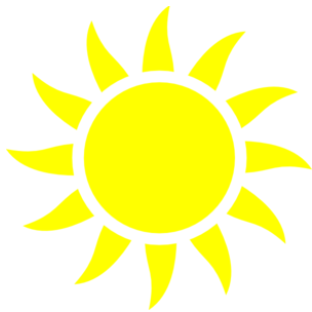
Choosing not to share your personal information or passwords with people you meet on the internet.



Only accept friend or follow requests from people you know.



Removing negative or inappropriate content from your social media feeds.



Taking a break from the internet to spend time outside.

[www.interactionservices.org/online-safety-training](http://www.interactionservices.org/online-safety-training)