

You have received multiple messages from the same person. They are getting angry at you because you haven't replied yet.
How could you use protective boundaries to respond?

Your friends keep nagging you to stay online and play, but you know that you have had your screen time limit for today.
How could you use protective boundaries to respond?

You get a notification to tell you that a new picture has been added online of you. You don't like the picture and it makes you feel embarrassed.
How could you use protective boundaries to respond?

Your eyes are sore and tired, you feel like you need to take a break, but you keep getting notifications that your friends are online and want to play.
How could you use protective boundaries to respond?

Some friends in your group chat begin to talk about something that makes you feel uncomfortable and worried.
How could you use protective boundaries to respond?

Your parents have set screen rules, but your friends are getting annoyed because you don't respond to messages sent late in the evening.
How could you use protective boundaries to respond?

You receive a message from someone that is unkind and hurtful.
How could you use protective boundaries to respond?

You have been sent a picture of an animal that has been hurt. It upsets you and you don't like it.
How could you use protective boundaries to respond?