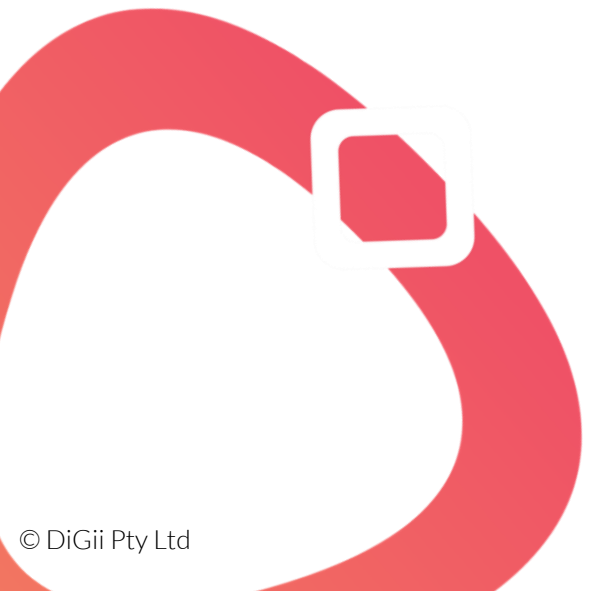


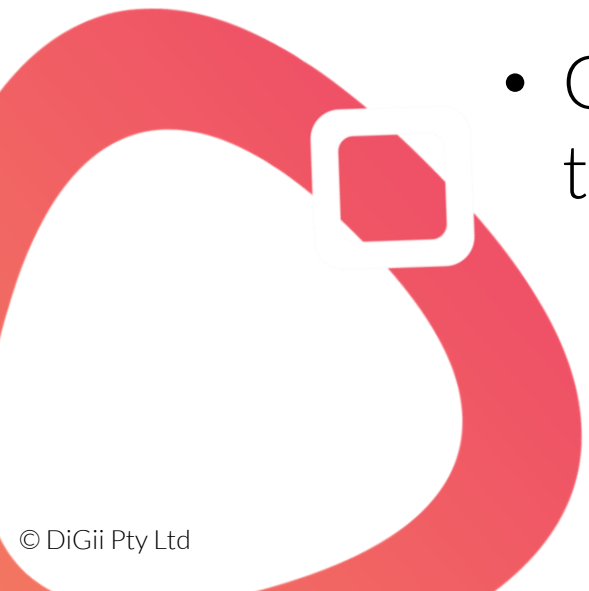
Learning Intention:

- To understand what boundaries are
- To know why we need to have boundaries and how they can protect us



Why are boundaries important?

- Boundaries set the basic guidelines of how we want to be treated
- They can protect us from harm
- Give us permission to say no to things that we don't want to see, hear, watch or do



How could you respond?

- Thanks for asking but I don't want to play at the moment
- I am only allowed to spend 30 minutes online
- I'll catch up with you at school tomorrow, I can't chat right now
- Please don't speak to me like that, I don't like it
- I don't want to see pictures like that, don't send them to me
- I'll report you if you keep doing that
- Please could you take that picture down, I prefer not to post images of myself online
- I need to be able to decide what pictures and videos are posted of me online
- I need a bit of time to think about that, I'll let you know
- I'm having a bit of a break from screens at the moment
- I'm not comfortable talking about that, can we change the subject?



Lets review...

- Do you know why boundaries are important?
- Do you understand that your boundaries may be different to other people's?
- Would you know how to tell someone that you don't want to do something?

