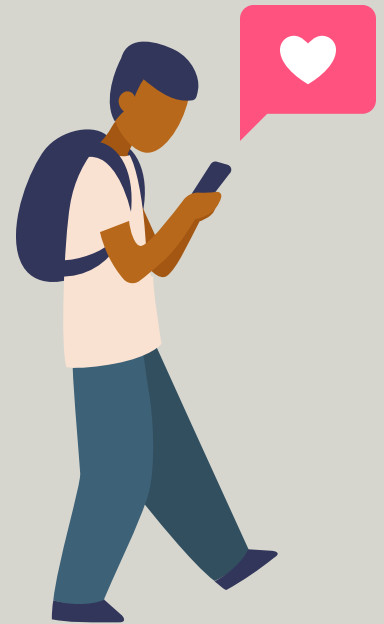


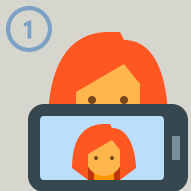
-08- BOUNDARIES FOR HEALTHY DIGITAL RELATIONSHIPS



BOUNDARIES are about RESPECT.

You and your partner should know what you're comfortable with. Consider how your partner might feel and ask if you don't know.

Talk about these boundaries together to get on the same page.



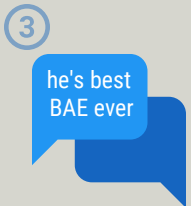
POSTING ABOUT EACH OTHER

What can you post? Pics of each other? Things you're proud of?



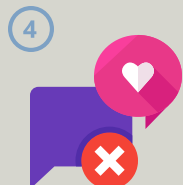
POSTING ABOUT YOUR RELATIONSHIP

Making it Instagram official? Saying I love you?



TALKING TO OTHERS ABOUT YOUR 'SHIP

What can you share? And with who? What does private mean?



WHAT YOU SHARE IN MESSAGES

Or what you don't? Pics? How you feel? Never ask for sexts.



TIMES WHEN IT IS OKAY TO MESSAGE OR CALL

How late? During class? When you're with your family?



EXPECTATIONS FOR RESPONDING

How quickly do you expect replies to your messages?



KEEPING PASSWORDS PRIVATE

Even if you trust each other



GET CONSENT

At every step along the way. Clear, willing, ongoing, and coherent.



THE UNIVERSITY OF CHICAGO

Laboratory Schools

Learn more about consent and anti-discrimination at Lab

ucls.uchicago.edu/equalopportunity