

Healthy Boundaries in a Digital World



Learning Objectives – Students will be able to:

- define what digital boundaries are
- practice setting and communicating healthy online boundaries

Materials

- writing tools (pencil, paper, notebook, or laptop)
- Setting Digital Boundaries worksheet

Lesson Plan

1. Introduction

- Begin with a class discussion:
 - Ask: “What does a boundary mean to you?”
 - Possible definition – a limit that separates acceptable behavior from unacceptable behavior
 - Ask: “What kinds of boundaries might people set for themselves online?”
 - For example, Aaron Judge sets boundaries by:
 - not answering DMs from strangers
 - muting negative content
 - refraining from feeling pressured to respond right away

2. Small Group Discussion

- Use these questions to guide a small group discussion:
 - Have you ever felt overwhelmed or uncomfortable online?
 - Why can it feel hard to set boundaries?
 - How can you respect someone else’s online boundaries?
- Encourage students to share their responses with the rest of the class.

3. Scenario Challenge – Setting Boundaries

- Pass out the “Setting Boundaries” worksheet. In pairs, students will read each scenario and decide how to set a clear, healthy boundary.
 - Example scenario: Your friend keeps texting you late at night – even after you've told them you can't reply after 10 PM. They keep saying things like, "I'm bored. You can sleep later."
 - Example response: I can kindly respond by saying, “I really need to stick to my no-texting rule after 10 PM so I can get enough sleep. I'll text you in the morning.” Then, I would silence my notifications.

Debrief Questions

1. What's one digital boundary you're going to try this week – and why?
2. How can boundaries lead to a more positive digital experience?

Name: _____

Date: _____



Setting Digital Boundaries

Directions: Read each scenario. With your partner, discuss and decide how you could set a clear, healthy boundary. What could you do or say?

1. You notice you're checking social media every five minutes and it's making you anxious.

2. A classmate asks for your account password so they can help with a group project.

3. You're in multiple group chats and feel pressure to always keep up, even when you want time offline.

4. Someone tags you in photos you don't like and doesn't remove them when you ask.

Name: _____

Date: _____



Setting Digital Boundaries

Directions: Read each scenario. With your partner, discuss and decide how you could set a clear, healthy boundary. What could you do or say?

5. You joined an online community, but the conversations are starting to cross your personal boundaries.

6. You want to unfollow an account that posts negative content, but you're worried the person will notice.

7. Your friend sends you screenshots of drama happening in another friend group. You don't want to get involved.

8. Your friend asks to use your family's login for a streaming service or subscription account, even though you don't feel comfortable sharing it.