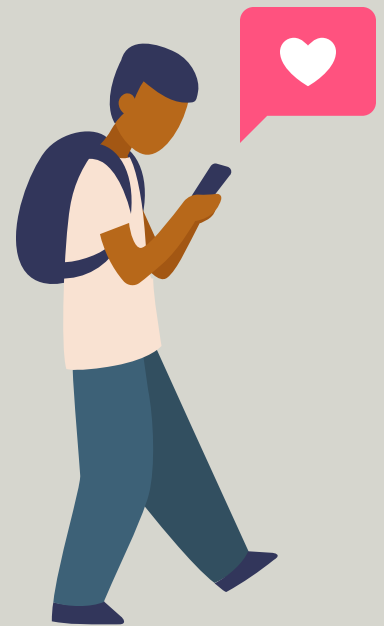


# -08- BOUNDARIES FOR HEALTHY DIGITAL RELATIONSHIPS



## **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.

1



### **POSTING ABOUT EACH OTHER**

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

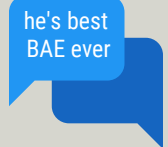
2



### **POSTING ABOUT YOUR RELATIONSHIP**

Making it Instagram official?  
Saying I love you?

3



### **TALKING TO OTHERS ABOUT YOUR 'SHIP**

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

4



### **WHAT YOU SHARE IN MESSAGES**

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

5



### **TIMES WHEN IT IS OKAY TO MESSAGE OR CALL**

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

6



### **EXPECTATIONS FOR RESPONDING**

How quickly do you expect replies to your messages?

7



### **KEEPING PASSWORDS PRIVATE**

Even if you trust each other

8



### **GET CONSENT**

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



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Learn more about consent and  
anti-discrimination at Lab

[ucls.uchicago.edu/equalopportunity](https://ucls.uchicago.edu/equalopportunity)