

# Setting Boundaries

Just how digital boundaries keep us safe when using apps or the internet, personal boundaries keep us emotionally and physically safe in the real world. Below are a couple examples of what setting boundaries look like.

## Setting boundaries sounds like...

I can play one more game, but then I am done playing.

Speaking up and saying, it is my turn now.

If you continue saying rude things I am going to hang up.

Please stop playing with my hair or I will walk away.

I respect your opinion, but this is my decision.

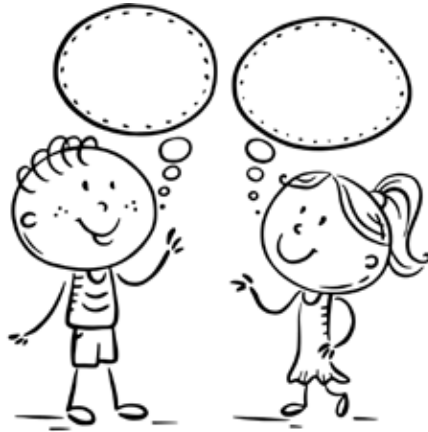
Please call me by name or I won't answer.

If you continue making comments about my food, I will no longer sit with you at lunch.

Please stop asking me about that, I am not comfortable discussing it.

I appreciate the invite, but I will not be attending.

No.



# Establecer límites

Así como los límites digitales nos mantienen seguros cuando usamos aplicaciones o Internet, los límites personales nos mantienen emocional y físicamente seguros en el mundo real. A continuación, hay un par de ejemplos de cómo se ven los límites establecidos.

## Establecer límites suena como...

Puedo jugar un juego más, pero será el último.

Defendiéndote y diciendo, Ahora es mi turno.

Si sigues diciendo cosas groseras te voy a colgar.

Por favor, deja de jugar con mi cabello o me iré.

Respeto tu opinión, pero esta es mi decisión.

Lláname por mi nombre o no contestaré.

Si continúas haciendo comentarios sobre mi comida, ya no me sentaré contigo en el almuerzo.

Por favor, deja de preguntarme sobre eso, no me siento cómodo discutiéndolo.

Agradezco la invitación, pero no asistiré.

No.



Download More Resources at  
**RMCcharity.org**

**Riverside Medical Clinic**  
**CHARITABLE**  
foundation

ANTI-BULLYING  
INSTITUTE  
RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION

Riverside Medical Clinic Charitable Foundation is a 501(c)(3) nonprofit organization and all of our programs are funded entirely by donations. All donations are tax-deductible to the extent allowed by law. (Federal Tax ID #30-0796418).



Descargue más recursos en  
**RMCcharity.org**

**Riverside Medical Clinic**  
**CHARITABLE**  
foundation

ANTI-BULLYING  
INSTITUTE  
RIVERSIDE MEDICAL CLINIC  
CHARITABLE FOUNDATION

Riverside Medical Clinic Charitable Foundation is a 501(c)(3) nonprofit organization and all of our programs are funded entirely by donations. All donations are tax-deductible to the extent allowed by law. (Federal Tax ID #30-0796418).

