

## QUIZ 2

# PERSONAL BOUNDARIES ON THE INTERNET

### How well can I set my personal boundaries?

#### 1) A friend sends you a message and gets angry because you don't respond right away. What will you tell her?

- A) I'll explain that I don't check my messages all the time and I have no obligation to reply immediately.
- B) I'll apologize and explain that I just didn't have time to check my messages.
- C) I'll apologize and promise that this will not happen again.

#### 2) What about you and privacy on social networks?

- A) My profile is protected and the vast majority of my posts are seen only by my friends.
- B) Most of my posts are seen only by my friends, but I share a significant part publicly.
- C) My profile is completely public.

#### 3) What photo of you would you not like your friends to share publicly on social networks?

- A) For every photo, I insist that they ask me first if I don't mind sharing it.
- B) If I don't like the photo, I'll ask them to delete it.
- C) I don't care. They can share any photo they want.

#### 4) When a person you haven't seen in real life yet, but you like them, asks if you can tell them where you live...

- A) I won't give them my address. If they want to meet, we'll meet in a public place.
- B) I'll tell them which part of town I live in, but I won't give them my exact address.
- C) If I like them, I have no problem giving them my address.

**5) A stranger sends you a nude photo without you asking for it. How will you react?**

- A) I'll tell them I don't like getting unsolicited photos and ask if the photo was really meant for me or whether it was a mistake.
- B) I'll just ignore it and block them.
- C) I'll forward the photo to my friends.

**6) You receive a photo of your friend in an undignified position and the sender wants you to forward it. What will you do?**

- A) I'll write to the sender not to forward the photo and if the sender doesn't respond, I'll notify my friend who is in the photo.
- B) I'll tell my friend I saw a picture of him or her.
- C) I'll forward the photo.

**7) Someone regularly sends you invitations to groups and sites that don't interest you at all. What will you do?**

- A) I'll write them that it bothers me and ask them not to do it anymore.
- B) I'll write them that I'd prefer them not to invite me anywhere anymore.
- C) I'll just ignore it.

### Mostly A

#### **You know what you want and you can protect your boundaries and the boundaries of others.**

You got this pretty much figured out. It's important for you to feel safe and if you don't like something, you say it out loud. You don't care if someone else disagrees. Stick to your guns! It's only up to you how you set your boundaries, with whom and how you communicate, and what you share.

### Mostly B

#### **You know your boundaries, but sometimes you give in to peer pressure.**

Sometimes, you put up with things you're not truly happy about or give in to the pressure from people around you. But who doesn't? It's perfectly fine that sometimes you don't want to deal with something. As long as you feel good in the online world, you don't have to change anything. However, if you stop feeling safe or something hurts you, watch out! You always have the option to leave the online world and set up the online environment in a way that suits you.

### Mostly C

#### **Sometimes you are not entirely clear about where your boundaries and other people's boundaries are.**

Social networks are pushing us to stay online all the time and share as much personal information as possible. We're afraid that we'll lose friends or become outsiders if we don't put up with certain things. Sounds familiar to you? You're not alone. Sometimes the pressure is overwhelming and very hard to resist. But keep in mind that your satisfaction and maybe even your health are on the line here. Don't be afraid to defend yourself against behavior that you don't like or that hurts you. It's up to you where you set your boundaries. Others should respect them. And if they don't, you can always leave the online world or set it up in a way that is comfortable for you. It's perfectly fine not to be available at all times, not to respond within five minutes, and to go offline once in a while.