



Social Media Boundaries Guide

Because scrolling should feel fun—not like a self-worth rollercoaster

Why Boundaries Matter

Social media can be a place for creativity, connection, and expression—but it can also stir up comparison, anxiety, and burnout. Boundaries help teens stay grounded, protect their mental health, and use tech with intention instead of impulse.

Healthy Use Tips

Set Time Limits

- Use built-in app timers or screen time settings
- Try “tech-free zones” (like during meals or before bed)
- Create a weekly “scroll budget” with room for breaks

Define Purpose

- Ask: “Why am I opening this app right now?”
- Use social media to connect, learn, or create—not just to fill boredom
- Follow accounts that inspire, educate, or make you laugh (not just compare)

Protect Your Peace

- Mute or unfollow accounts that trigger stress, jealousy, or self-doubt
- Curate your feed like your closet—keep what fits, ditch what doesn’t
- Turn off notifications to reduce the “ping panic”

Spotting Comparison Traps

- “Everyone’s life looks perfect online” → It’s curated, not complete
- “They’re more popular/successful/confident than me” → Different doesn’t mean better

- “I need to post something amazing” → You don’t owe anyone a highlight reel

💡 Tip: When comparison hits, take a breath and do something offline that makes you feel proud, silly, or strong.

🌿 Digital Detox Ideas

- 🚫 One-hour daily unplug
- 😊 Tech-free mornings or evenings
- 📖 Read, draw, walk, or journal instead of scrolling
- 🎧 Make a playlist called “Offline Vibes”
- 🧩 Try a weekend challenge: “No social media ‘til Sunday night”

📄 Printable Add-Ons

- “My Social Media Boundaries” worksheet
- “Scroll Check” card: Why am I here? How do I feel?
- “Digital Detox Bingo”
- “Comparison Trap Decoder” scroll
- “Feed Clean-Up Checklist” with space for notes and wins

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