

Name _____

My Safety Plan

Intentions are powerful! When you decide how you want to experience something, you have a better chance that it will go that way. One important intention you can have is to stay safe so you can have positive experiences.

Different situations can carry different risks. Having a safety plan for each kind of event or situation is a big help. Look at the sample events below, and add your own situations to the list. Then, start making a safety plan for each event. First, think about the possible risks of that situation. If something unsafe happens, what would you do? Who would you go to for help? List all the ways you would deal with that situation. With your safety plan in place, you can stay safe and have a good time.

Event	What Are Some Risks?	My Safety Plan
You're gaming online, and another gamer wants you to switch to a private chat to talk.		
		My Safe Adult is -
You're chatting with an online friend, and they send you a nude selfie and ask for one back.		
		My Safe Adult is -
While playing an online game, another player suggests using the game characters to act out things that feel inappropriate. At first, it seems like just part of the game, but when you want to stop, they threaten you.		
		My Safe Adult is -
You receive a message from someone claiming to have an inappropriate image of you, but you know you never took one. They threaten to share it if you don't do what they say.		
		My Safe Adult is -

Online Safety Pledge

You are **POWERFUL**! For a young person online, it is important to know the signs and risks of online harm and exploitation. By signing this online safety pledge, you promise to stay powerful in your online presence to keep yourself and your community safe.

“I promise to protect my well-being and online safety, and those of my peers, by committing to the following code of conduct. As an online user, I will ...

Protect My Privacy: Keep my information private and secure by reviewing my privacy settings to make sure I'm sharing with who I want, using security features like two-factor authentication, and being extra cautious when sharing personal information like my full name, phone number, address, school name, location, and age.

Online Respect: Treat others with respect and kindness in all interactions, posts, and comments.

Watch for Red Flags: Be mindful of suspicious online behaviors or messages, including asking me to share photos, go to another app or site, get my number, or become too close too fast.

Engage Safely: Remember that not everyone online is who they say they are, and interact with care, have screen time limits, avoid visiting sites that are meant for adults, and block anyone who makes me feel uncomfortable.

Report and Refuse: Immediately report threats, harassment, bullying, or anyone who makes me feel unsafe or uncomfortable, and talk to a safe adult if I want to meet online friends in person or on a different app.

Find Safe Adults: Always have someone to talk to if I am unsure about a situation.

Understand the Risks: Know the dangers of being online, and take steps to protect myself.

Learn Continuously: Stay informed about new tools, trends, risks, and safety practices, so I can always keep myself and my online community safe.”

Signed: _____ Printed name: _____ Date: _____

To help me stay true to my pledge, I will check in with my partner in safety and let them know my actions.

Partner in Safety signature: _____ Printed name: _____ Date: _____