

Digital Safety Plan

Why make a digital safety plan

Internet safety often focuses on keeping your personal information private and not talking to strangers online. These are good things to think about but you also need to think about your own actions online and how you interact with others.

Whether or not something has already gone wrong online, putting a digital safety plan in place can help keep you and others safe online.

There may be very good reasons why you cannot use the internet at the moment, but this won't be forever. Agreeing on a safety plan might be a step towards you having more freedom to use the internet safely and positively.

When it comes to technology, you might know more than the adults around you. Some adults feel worried or confused by the online world and find it difficult to know how to both help you stay safe and give you the freedom you want. Sometimes they need advice on how best to do this.

How to complete the plan

We've suggested questions to think about and discuss and have provided some example answers. These might not work for you and you may have your own ideas.

Here are some tips:

This plan should be a joint effort between you and your family and work for everyone. Share your ideas and listen to theirs. You might need to compromise on some things.

The plan should include basic safety steps to be followed by everyone in the family. However, there may have to be different safety steps for different people because of their age or concerns about what they have done online before.

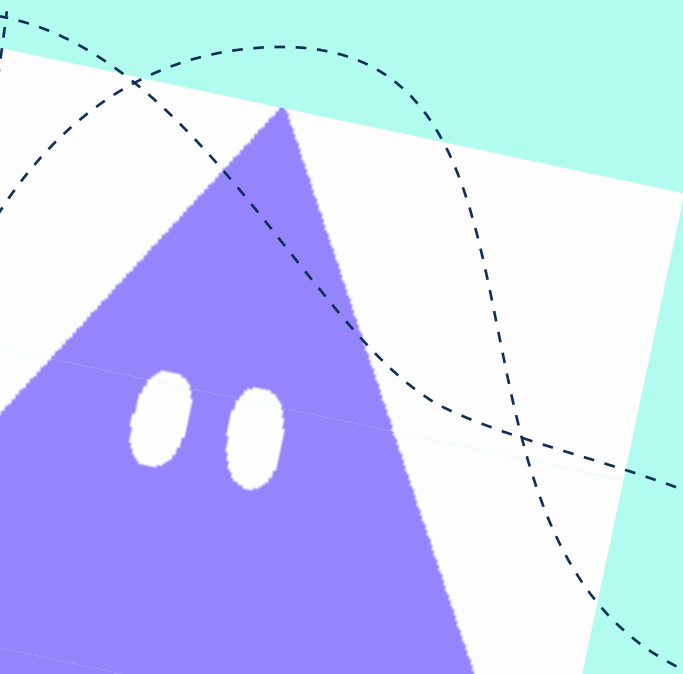
Try to focus on what can be done to help your family use the internet more safely, rather than just banning things. Try to write steps positively, for example "I will" rather than "I won't" or "I can" rather than "I can't".

Try not to make too many safety steps initially, perhaps a maximum of 3 in each box. Include some steps that are simple and easy to get done before the next review.

Include who is responsible for what, and make sure this is shared out rather than just being the responsibility of one person.

Ask all members of the family (if appropriate) to sign the agreed plan at the bottom.

Set dates for when the plan will be reviewed, for example at the end of the school term or after your next birthday. Review what has been achieved already, which steps are no longer needed and what else might be included to help you move forwards.



1

What devices do I have access to?

Think about all the devices you have – phones, tablets, laptops, consoles, etc.
Do you use other people's devices?

Example:

I have my own phone, laptop and PS4.

Mum also has a phone and I know her password.

My friend sometimes lends me theirs, but only when I'm with them.

My sister never lets me use hers.

2

Which behaviours am I trying to avoid?

Think about sites or things you have seen which may be: illegal, scary, weird, 'wrong', or that you are not sure of.

Think about the amount of time you spent online.

How do you feel when you come off of these particular sites? Do they make you feel sad, angry, scared, unhappy, worried, frustrated, weird?

Example:

I don't want to go back onto pornography sites, I also want to avoid some chat rooms where I got into trouble because people there were encouraging me do things that weren't okay.

I was online all the time especially at night so I was tired during the day. I felt a bit sick if I couldn't go on the internet but then I felt a bit sick when I came off. I'm not sure what I felt but I know it didn't feel good anymore.

3

What do I want my online life to be like?

What do you really need the internet for and what do you enjoy doing online?
How many hours a day do you want to spend online?

Example:

The internet is important to me and I need it for my school work.
I like gaming on the internet, it chills me out. My mates use the internet and we have gaming sessions which are really important to me.
I want to go on the internet less so I have more time to do other things.

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Who will support me with this plan?

This could be anyone who is important to you and can help you.

Example:

Mum
Auntie Sam
Mrs Smith at school
My older cousin, Jack

Safety Steps

Fill in the boxes below with your own ideas about how you can create a plan for yourself – here are some example ideas based on the example above.



Safe & unsafe online places

Places online to avoid

Example:
Adult chat rooms
Pornography websites
Apps I have been in trouble on

Safe online spaces

Example:
brook.org.uk
School portal
Gaming with my school friends



Technical filters and controls

Step

Example:
We will set screen time limits on our phones.
The wi-fi will be truned off at 9.30pm.
Mum will change her password and not tell me.

Who is responsible?

Example:
Everyone
Mum
Mum



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Helpful habits

Step

Example:

We will spend up to 2 hours online on weekdays,
4 hours at weekends

We will keep our doors open when we are online

We will charge our phones in the kitchen overnight

Who is responsible?

Example:

Me and my sister, with reminders from mum

Me and my sister

Everyone

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Supporting each other

Step

Example: If we see anything online which is illegal or inappropriate, we will talk to mum and we will decide how to report it.

Mum will come to us and talk with us about our day.

If we feel we can't talk to mum, we will talk to auntie Sam or Mrs Smith.

Who is responsible?

Example:

Me, my sister, and mum

Mum

Me, auntie Sam & Mrs Smith

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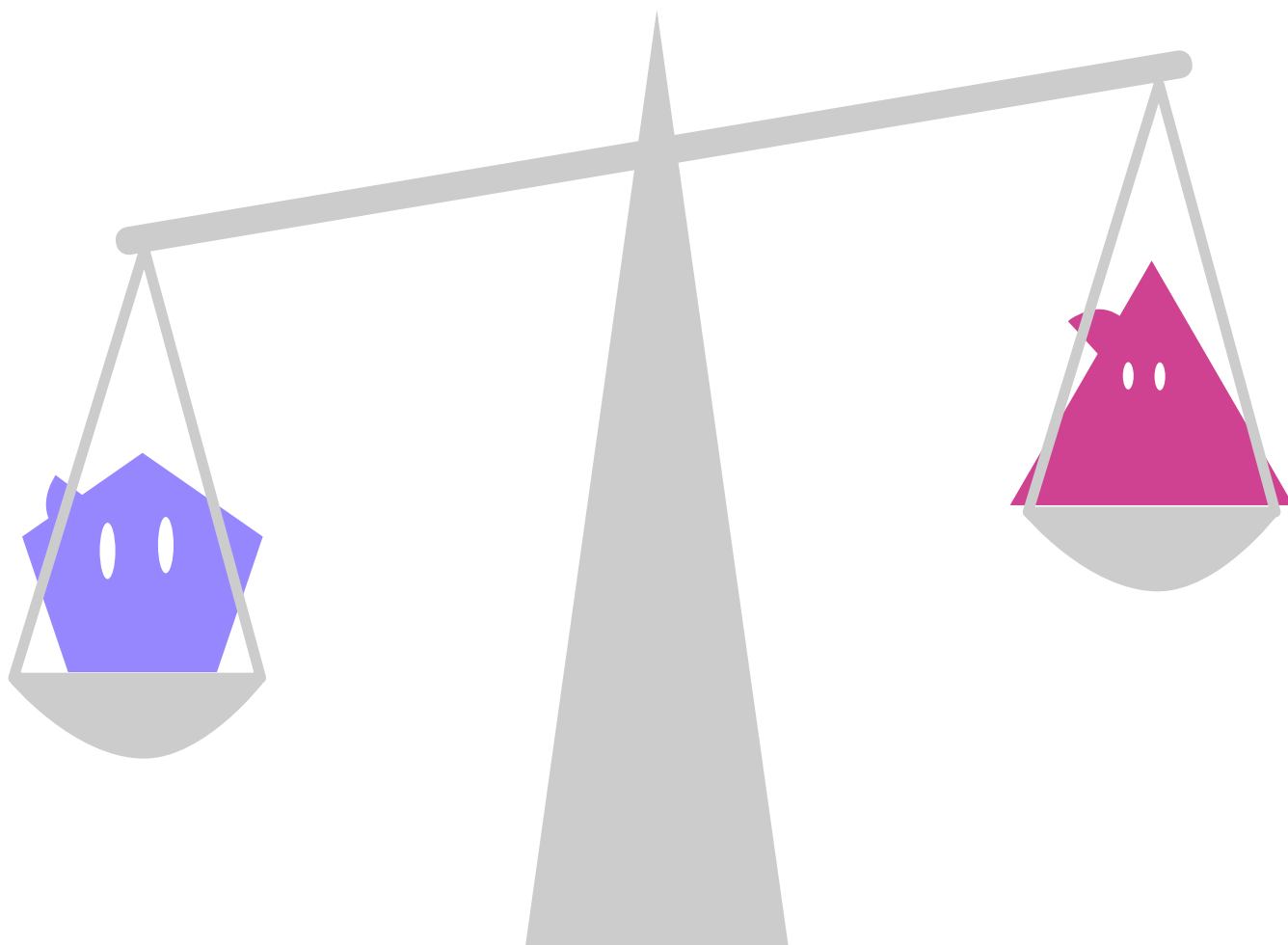
Balancing time online with other things

Step

Example:
I will join Jack for dog walks twice a week
I will practice playing the guitar three times a week
We will eat dinner together as a family

Who is responsible?

Example:
Me & Jack
Me
Me, mum and my sister





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Signs of safety

Things to consider:
Are you eating and sleeping well?
Do you feel good about what you are doing online?
Are you doing other things as well as going online?
Are you seeing your friends?
Are you talking to the people who care about you?

I will respond to signs of concern by:

Things to consider:
Who could you talk to?
What can you remind yourself about?
What changes can you make?

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Signs of concern

Things to consider:
Are you spending more time alone in your room?
Are you spending more time on your phone than planned?
Is what you are watching online worrying you?
Are you doing less of the things you usually enjoy?

Who can help me if they notice signs of concern, and how would I like them to help?

Things to consider:
Who is likely to notice things aren't ok? A friend?
A parent?
What can they talk to you about?
How can they help you in a practical way?

Plan for review

I'll regularly review this plan. The next review will be on

Signed:

Date:

