

My Tech Safety Plan

Name: _____

The questions in the plan can be answered with your support worker. They will help you think about tech risks you may have experienced and what you can do to stay safe without having to go offline.



Getting set up

Here are some questions you might want to ask your support worker before filling in the plan together:

1. What will we be doing together today?

2. What is your role?

3. Will things I say here be shared with anyone else?

The next questions are for you to ask yourself. Your support worker can help you think about the answers. They may ask you some extra questions to help you work out your answers.

How does it feel when I am safe or unsafe?

1. If I'm offline, how do I feel/what does my body feel like when I am safe?

2. What feels different if I'm worried about my safety?

3. Is the difference between feeling safe or unsafe the same online as it is if offline? If not, what's different?

4. Has there been a time when I felt safe, but found out later I wasn't?

What's happening in my life online?

(You may need to ask for more paper to write out your answers to these questions.)

1. I feel safe online when ...

2. My safe spaces online are ...

3. What spaces, behaviours or relationships make me feel unsafe online?

4. Are there behaviours that feel safer or unsafe depending on the relationship? (For example, people you feel comfortable sharing your location with sometimes, compared to people you don't want to track your location.)

5. Are there things my friends do online that I would feel worried doing? For example, do they share things like photos or check-ins that I would feel uncomfortable if I shared?

6. If my friend was feeling low from being online, what would I suggest they do?

7. How is online life for me right now?

How do I use my devices, apps and accounts?

1. What devices and apps do I use?

2. Where do I use them? (For example, in my bedroom, at school.)

3. What is my favourite and least favourite thing to do online?

4. Who do I talk with online?

5. Do I know what information is collected and shared about me when I'm online?

6. Who has access to my devices, accounts and passwords? Am I sharing any of my devices, accounts or passwords with others?

7. What are the first words that come to mind when I think about the internet?

What do I do if I feel unsafe online?

1. What are the signs that something isn't quite right online?

2. How would I know if there's anything suspicious happening in my devices, apps and accounts?

3. What have I done (or seen friends do) to keep safe online? (For example, device/app settings I've used or seen other people use.)

4. Where would I go for help, or who would I like to talk with, if something felt wrong?

5. What makes me choose those places or people?

New strategies for my online safety

1. One thing I want to change about my safety online is ...

2. The things I'd like to build on are ...

3. Something I'd like to know more about is ...

4. Something I would like to try or do differently to increase my safety is ...

Who else can support me?

1. Who are the people I can talk with and get help from when I feel unsure, uncomfortable or unsafe online?

Personal (for example, close friends or family members)

Education (for example, a school counsellor, trusted teacher or college student services officer)

Community (for example, a sports coach, faith leader or youth worker)

External experts (for example, Kids Helpline, Headspace)

2. How can I reach these people?

What's next

1. Am I able to change things in my plan when other things in my life change?

2. Something else I would like to share is ...
