

# Internet Safety Plan Example

## Reasons for getting back online

- Regaining the trust of others
- Talking to my friends
- Keeping my friends
- Entertainment
- Learning
- My calendar

## Triggers/Warnings for unsafe online situations

### Relationships

- Sometimes I don't realize someone is making a sexual comment
- Friends start asking for things/acting unusual

### Sexual Interactions

- Person asking for photos
- I go on the internet to "check out" of my bad day

### Personal Safety

- The person has basic or no online profile
- Unusual request for using certain types of social media/online tools (e.g., Snapchat)

Situation	Risk Management/Response
<b>Low Risk</b>	
Multiplayer games with friends-only or limited social/multiplayer options	
Talking to friends through texting	<ul style="list-style-type: none"> <li>• Watch out for "hacked" accounts, unusual or "out of the blue" messages</li> </ul>
Researching a topic	<ul style="list-style-type: none"> <li>• General privacy/safety practices</li> </ul>
Chatting on a friends-only Discord server	
Web searching	<ul style="list-style-type: none"> <li>• General privacy/safety practices</li> </ul>
YouTube	<ul style="list-style-type: none"> <li>• General privacy/safety practices</li> </ul>
Listening to Spotify	
Accessing my Google calendar	
<b>Medium Risk</b>	
Multiplayer games with non-friends	<ul style="list-style-type: none"> <li>• Pay attention to their behavior</li> <li>• Block trolls</li> <li>• If it becomes sexual, stop playing</li> </ul>
Reddit	<ul style="list-style-type: none"> <li>• General privacy/safety practices</li> <li>• Let my agent and therapist check-in on my use</li> </ul>

	<ul style="list-style-type: none"> <li>• Block or report issues</li> </ul>
Discord	<ul style="list-style-type: none"> <li>• General privacy/safety practices</li> <li>• Block or report issues immediately</li> </ul>
<b>High Risk</b>	
Chatting/messaging with people I don't know or "friends of friends"	<ul style="list-style-type: none"> <li>• Pay attention to cues</li> <li>• If something unhealthy happens – block, check-in with agent and therapist.</li> </ul>

### Plan for responding to accidents

1. Report to agent and therapist
2. Report to authority if relevant
3. Collaborate with my agent and therapist on how to respond
4. Review my Safety Plan and modify if needed

### Guidelines

- Be You
- Respect
- Mindfulness
- Privacy
- Read between the lines
- Don't talk about sex with strangers
- Use caution