

## EXAMPLE: Internet Safety Plan – Social Media Use

### 1. Platforms & How I Plan to Use Them

Which platforms do you want to use (e.g., Facebook, Instagram, TikTok, Messenger)?

- Why are these platforms important to me?
- When and how often do I plan to use them?
- Are there specific people or groups I want to stay connected with?

### 2. Why I Want to Use Social Media

What positive purpose will social media serve in my life?

- Who do I want to stay in touch with?
- How does staying connected help my emotional well-being or support system?
- Are there any meaningful events, people, or relationships I'm missing out on that can only be accessed through social media?

### 3. Risks or Concerns (Past and Present)

What kinds of content or interactions could feel unsafe, uncomfortable, or triggering for me?

- Are there specific types of posts that I know could affect me negatively?
- Are there any situations that have made me uncomfortable on these sites in the past?
- Have I engaged in unhealthy or harmful behaviors on sites like this in the past?

### 4. How I'll Manage Those Risks

What steps will I take to reduce exposure to triggering content or unsafe interactions?

- Do I have personal rules or filters you will use?
- What will I do if I come across something inappropriate or unsafe?
- Will I avoid certain features or times of day?

### 5. How I'll Know It's Becoming a Problem

What are the warning signs that social media use is becoming unhealthy for me?

- Are there certain emotional states or behaviors that signal a red flag?
- How will you notice if my use is becoming compulsive or avoidance-based?

### 6. What I'll Do If I Notice Warning Signs

What actions will I take if you notice those red flags?

- Who can I talk to?
- What healthy coping tools I can use instead?
- How will I interrupt the behavior early?

### 7. How This Supports My Treatment Goals

How does using social media responsibly fit into my treatment goals and Good Lives Plan?

- What long-term values or relationships does this support?
- Will going online push me in the direction of my goals or away from my goals?

### 8. Supervision & Accountability

How will I stay accountable to safe and responsible use?

- Are there people (e.g., therapist, PO, support group) who can help monitor my use?
- Am I open to using apps or tools for tracking or filtering content?