

# Online Choices & Digital Behaviour

The choices we make online can have a big impact on ourselves and others.  
Be kind. Be smart. Be safe.

- I can make safe choices.
- I can treat others with respect.
- I can think before I post.



## 1. Safe or unsafe?

Read each message.  
Sort them into Safe or Unsafe.

Can we meet up alone later?

I like the way you explained that.

You should send me a photo of yourself.

You are a great friend, thank you!

This website needs your password.

Let's include everyone in the group chat.

Here's a link to a free gift card!

That post is mean. I'll report it.

Want to play this game together?

I need help with this, who can I talk to?

Safe

Unsafe

## 2. Pause before posting

Before you post or send something online, take a pause and think.

Is it kind?

How will others feel?

Could it cause problems?

Will I be happy with it later?

Am I sharing too much?

☐

☐

☐

☐

☐

What could I do instead?

## 3. Online pressure scale

How much pressure do you feel in these situations?  
Colour the scale.

My friends are doing something I don't want to.

0

1

2

3

4

5

6

7

8

9

10

I feel like I have to reply straight away.

0

1

2

3

4

5

6

7

8

9

10

I feel like I have to post or share something.

0

1

2

3

4

5

6

7

8

9

10

I'm worried about missing out.

0

1

2

3

4

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10

What helps me say 'no' or make a better choice?

## 4. My trusted support map

Who can you talk to if something online upsets you or worries you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I can talk to...

## 5. My digital footprint

Everything we do online leaves a footprint.  
What kind of footprint do you want to leave?

The kind of things I post or share:

The way I treat others online:

The things I want people to remember about me:

How do I want my footprint to look?

My promise to myself:



I make smart choices. I think before I act online.  
I treat others with respect. I stay safe. I speak up. I protect my future.

