

# Online Safety and Pressure

Online life can be fun, stressful, confusing or a bit of everything. This sheet can help you think about what feels okay, what does not, and what support might help.

## Things that happen online

- ☐ Group chats
- ☐ Pressure to reply quickly
- ☐ Arguments
- ☐ Being left out
- ☐ People asking for photos
- ☐ Sharing things about others
- ☐ Seeing upsetting content
- ☐ Feeling judged
- ☐ Blocking or unfollowing
- ☐ Fake accounts
- ☐ Messages from people I do not know
- ☐ Other: \_\_\_\_\_



## What feels okay, not okay or confusing?

### Feels okay



---

---

---

### Does not feel okay



---

---

---

### Feels confusing



---

---

---

## Pressure I notice online

- ☐ To reply
- ☐ To send photos
- ☐ To share personal things
- ☐ To join in
- ☐ To look a certain way
- ☐ To keep secrets
- ☐ To be available all the time
- ☐ To ignore my own feelings
- ☐ Other: \_\_\_\_\_



## Before I reply, post or share, I could...

- ☐ Pause first
- ☐ Check how I feel
- ☐ Screenshot if I feel unsafe
- ☐ Speak to someone I trust
- ☐ Block or report
- ☐ Leave the chat
- ☐ Change privacy settings
- ☐ Not reply straight away
- ☐ Other: \_\_\_\_\_



## Who could I talk to?

---

---

---

---



## My safer online plan

One thing I could do differently online is:

---

---

---

