

Personal Plan - Internet Safety

1

My Details

2

My Action Plan

Name (Required)

First

Last

Email (Required)

Today's Date (Required)

| | | |
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Section 1: Internet Safety

Which of these online services could potentially put me at risk?

Tip: Criminals can also target you through social media.

- TikTok
- Twitch
- Facebook
- Instagram
- Internet chat rooms

How long do things stay on the Internet when I post on social media:

Tip: Remember, the Internet is public - anyone can find and see what you write.

- An hour
- A day
- Until I hide it from my profile
- forever

Someone has really upset me. When can I write about it on the internet or social media?

Tip: Remember, the internet is public and everything you write over it is permanent.

- Always
- Never

Which details can I be sure are trustworthy on someone's social media profile?

Tip: People can choose to tell you anything they want on the internet.

- Their profile picture
- Their name
- Their age
- Whether they are a man, woman or child
- None of these details can be trusted

How often do I message strangers on the internet?

Tip: Remember, the internet is public and everything you publish is permanent.

- Never
- Less than twice a day
- 2-10 times a day
- 11-50 times a day
- More than 50 times a day

Section 2: Personal Information

If someone on social media asks me where I live, I should give them...

Tip: Sometimes people will encourage you to give them sensitive information without you realising it.

- My full address and postcode
- No information at all
- A little vague information to be friendly, but nothing specific

Who can I tell if I suspect someone is targeting me on social media?

Tip: Telling someone about your concerns is important.

- Trusted family
- Trusted friend
- Carer or support worker
- Police

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My Action Plan

What ACTION will I take to improve my safety on the internet?

Consider your answers from the previous questions then plan your personal improvements here.

I will need the following SUPPORT to achieve my goals:

Enter details of WHO can provide support, WHAT support needs to be provided and WHEN progress should next be reviewed. If you do not require further support, enter NONE.



Please continue on a separate sheet if you need to add more information. Thurrock Lifestyle Solutions CIC will review completed forms to provide relevant approved support. The information provided should not contain sensitive personal data such as your address, telephone number or bank details.