



My Online Safety Practices				
How frequently do I do this?	4 Always	3 Often	2 Seldom	1 Never
7 I am careful what I write online. I only post comments that are appropriate and respectful. What I post stays out there forever, even if I delete it and can't see it.				
8 I only post photos and videos that show me and my friends in a good way. Once I upload a photo or video it's no longer private and anyone can view it. They also stay online forever, even if I delete them and can't see them.				
9 I ignore spam and mean comments from others. I don't reply to those at all and block them.				
10 I think critically about what I see and read online. I don't believe a lot of what I see and read. Fake news and misinformation are everywhere. Even videos and photos can be changed to deceive people.				
11 I talk to a parent or another adult I trust when I am upset or make a mistake online. I tell them about what happened. I also let them know if I see disturbing content or threats of violence.				
Totals				