

Digital Safety Plan

NAME: _____ DATE: _____

TRUSTED ADULT _____

MY WARNING SIGNS (RED FLAGS)

IN ME: (tick any)

- ☐ I feel pressured to reply fast
- ☐ I'm hiding my phone
- ☐ I can't stop checking
- ☐ I feel sick / panicky
- ☐ I'm up late scrolling
- ☐ I feel ashamed / trapped

Other: _____

IN THEM / THE SITUATION:

- ☐ "Don't tell anyone"
- ☐ Sexual pressure / asks for pics
- ☐ Threats / blackmail
- ☐ Asks for location / school
- ☐ Gets angry if I don't reply
- ☐ Group pile-on / drama

Other: _____

MY 4 STEP PLAN (DO THIS IN ORDER)

1) STOP: PAUSE (30 seconds)

Lock phone. 5 slow breaths. Say: **"I don't have to respond."**

2) BLOCK: THE RISK (pick 2-3)

- ☐ Stop replying
- ☐ Exit app
- ☐ Do Not Disturb for ____ mins
- ☐ Mute / leave group
- ☐ Block / restrict
- ☐ Give phone to adult for ____ mins
- ☐ Screenshot key messages (only if safe)

3) TALK: GET SUPPORT (within 10 mins)

Text/call: 1) _____ 2) _____

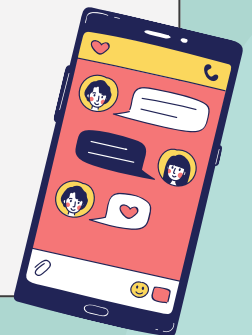
If not available: 1737 (call/text) / Youthline 0800 376 633 / text 234

Netsafe support: 4282 (text) / 0508 638 723 (call) / chatbot [netsafe.org.nz](https://www.netsafe.org.nz)

If I'm in danger: 111

4) MAKE IT HARDER TO HAPPEN AGAIN (afterwards)

- ☐ Change password + turn on 2 Factor Authentication
- ☐ Review privacy with _____
- ☐ Remove app for ____ days
- ☐ Phone out of bedroom after ____ pm



Digital Safety Plan

EXIT SCRIPTS" IDEAS

- "Gotta go." / "Can't talk now."
- "I'm not okay with this. I'm leaving."
- "Stop. If you continue, I'll block you."
- If sexual pressure: "No. Don't ask again."
- If threats / blackmail: "I'm saving this and getting help."
(then stop replying)
- Group chat: "Muting / leaving now."

- Other: _____

BLOCK/ REPORT/ SECURE (CHECKLIST)

- ☐ Screenshot username + key messages (if safe)
- ☐ Block / restrict / mute ☐ Report in the app
- ☐ Change password, turn on 2FA, check logged-in devices
- ☐ Turn off location sharing, set account to private
- ☐ Report to Netsafe (online harm support) / Police 105 (non-urgent), 111 (urgent)
- ☐ Remove digital footprint (have it taken down)
ie. Take It Down (under 18) / STOPNCII.org (over 18)

MY NOTES

