Frameworks™
Foundational skills for lifelong success

"What to Do If …" Internet Safety Plan for Families

Kids are navigating an online world of games, group chats, social media, and endless scrolling that can present real challenges. This plan empowers families with scenarios to discuss and talk through before they happen. It equips kids of all ages with a plan for what to do if something online feels confusing, upsetting, or unsafe, and offers clear steps and trusted support — without monitoring or invading their privacy.

1. My Trusted Adults

If something online makes me uncomfortable, I can talk to:

- Parent/family member: _____
- Teacher or counselor: _____
- Another trusted adult (neighbor, coach): _____

2. Situations Where I Might Need Help

I will use this plan if:

- ☐ Someone sends hurtful, threatening, or inappropriate messages
- ☐ Someone pressures me to share personal information or photos
- ☐ I see something that makes me feel unsafe or overwhelmed
- ☐ Someone pretends to be someone they're not
- ☐ A friend is being bullied or targeted
- ☐ I'm unsure what to do and need advice

Other situations I want to include:

_____

3. First Steps I Can Take on My Own

Before talking to an adult, I can try:

- ☐ Blocking the person
- ☐ Muting or unfollowing
- ☐ Taking a break from the app
- ☐ Saving or screenshotting messages (if safe to do so)
- ☐ Using the platform's "report" feature

I never have to handle things alone.

4. What My Trusted Adult Agrees to Do

My trusted adult will:

- ☐ Listen without judgment
- ☐ Take my concerns seriously
- ☐ Help me think through next steps
- ☐ Involve a parent/guardian or program staff if safety is at risk
- ☐ Respect my privacy while keeping me safe

5. If I feel stressed or upset, I can:

- Take a break from my phone
- Talk to someone I trust
- Do something that helps me calm down

Other calming strategies I want to include:

_____

6. My Safety Reminders

- I don't have to respond to messages that feel wrong.
- I never have to share personal info or photos.
- I can always ask for help.
- I deserve to feel safe online.

7. Signatures (Optional)

Student: _____

Parent/Guardian: _____

Date: _____

About Frameworks

Emotional intelligence (EQ) is the set of critical skills necessary to navigate any emotion, conversation, or situation — no matter how difficult. Frameworks of Tampa Bay is the leading nonprofit dedicated to equipping every child in Tampa Bay with the emotional intelligence skills to become kind, collaborative, and capable citizens. We partner with trusted adults to model and teach EQ to the children in their care and prepare teens to lead and succeed.

For more internet safety tips for kids by age and anti-bullying resources, visit myframeworks.org.

- Internet Safety Tips for Kids by Age
- 5 Anti-Bullying Activities for Kids
- How to Talk to Kids About Bullying