

Worksheet 12

Online Safety Plan

Complete this plan with your practitioner. Review it regularly – technology changes quickly. Keep a copy in a safe place and include the key rules in your main Safety Plan.

Devices in our household (list all):

Device	Who uses it	Parental controls set? (Y/N)	Where is it kept at night?

Our household digital rules (tick what we have agreed):

☐ No devices in bedrooms at night	☐ Devices charged in a communal space
☐ Parental controls on all devices	☐ POC/Y-POC has no access to children's devices
☐ Children's social media accounts are known to me	☐ I know my children's online friends and contacts
☐ Browser history checked regularly	☐ Children know they can tell me if something feels wrong online
☐ Devices are in communal areas	☐ Gaming console chat functions are restricted

What I will do if I find concerning material on a device:

Online safety service / contact	Details