



Respect Summary Quiz

Complete the quiz by reading each question and choosing A, B or C. When you have finished use the attached sheet to add up your points for each question to generate a score. Take a look at the advice box depending on what your score is.

If this happened online, what would you do?



Tick A, B or C.



1. A friend of yours has started trying to raise awareness for their favourite animal charity online. You're not that interested in animals. What do you do?



I'd like some of their posts and put supportive comments anyway.



I wouldn't do much because I'm not really interested.



I'd tell my friend that the charity they've chosen is stupid and leave silly comments on their posts.



2. A friend of yours is upset because they have been left out of a whole class group chat. What do you do?



I'd feel bad for them and not use the group chat very often.



I'd message my friend to check they were OK.



I'd speak up in the group chat saying everyone should be included and speak to a trusted adult if nothing improved.



3. On social media your friends are debating their favourite TV programme. It started out as fun but now the comments have got really personal and rude. What do you do?



I'd ignore it and hope it stops.



I'd leave a comment reminding people we're all friends and that unkind comments aren't needed.



I'd pick a side and join in.



4. Your friend is feeling low about seeing people online who always seem to be having more fun than them. What do you do?



I'd suggest they delete social media because it isn't always helpful.



I'd help them find some accounts to follow that will make them feel better and take some photos of the two of us having fun to share online.



I would leave mean comments on the posts they're upset by and accuse the accounts of being fake in the comments.



5. Lots of your friends have started sharing a photograph that you really don't like of yourself. What do you do?



I'd ask them directly to stop sharing the photograph and if that didn't work report it online or to an adult.



I'd retaliate with bad pictures of them.



I'd pretend not to care and hope it would stop.



6. Some people are telling jokes online that make you feel uncomfortable. Some other people find them funny but you think they are offensive. What do you do?



I'd scroll past and try not to think about the jokes.



I'd share the jokes even if they're not funny so I'm not left out.



I'd tell an adult I trust and try to tackle it together.



7. Someone from school keeps leaving mean comments on everything you post on social media. What do you do?



I'd screenshot their comments and show them to a trusted adult.



I'd post mean comments on their posts so they know how it feels.



I'd just ignore the comments and hope they eventually stop.



8. Over the weekend, you have received threatening messages from someone at school and you are worried about seeing them at school on Monday. What do you do?



I'd send them a threatening message back.



I'd tell a parent/carer and get them to help me speak to a teacher about it.



I'd ignore their messages and hope that nothing happens on Monday.



9. Your friend has been receiving disappearing messages with mean comments and it's beginning to upset them. They have forgotten to screenshot any of the messages. What do you do?



I'd tell my friend that they should ignore the mean comments as they are not true.



I'd advise my friend to screenshot the next mean comment they get sent, then block and delete the contact sending them and talk to a trusted adult about what's happened.



I'd back them up by sending the person a mean message myself.



10. You see an online account posting mean and disrespectful things about certain types of people. You think their posts are really hurtful and unfair. What do you do?



I'd report their account on social media and tell a trusted adult about it.

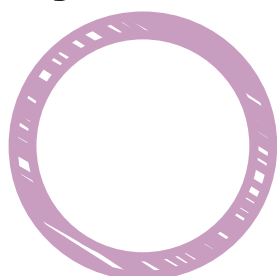


I'd share their account name and ask all my friends to send them unkind messages.



I'd message them and tell them why their post is unkind.

My score



If you scored...

24-30

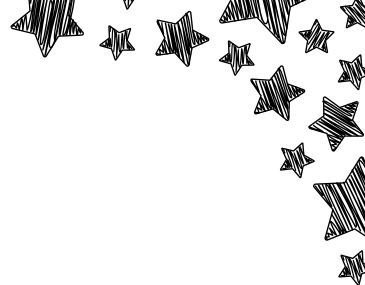
You always know how to be respectful online

17-23

You mostly understand how to be respectful online

10-16

You are on your way to being respectful online



Trust Summary Quiz

Answers and advice

Quiz points

1 A=3 B=2 C=1

2 A=1 B=2 C=3

3 A=2 B=3 C=1

4 A=2 B=3 C=1

5 A=3 B=1 C=2

6 A=2 B=1 C=3

7 A=3 B=1 C=2

8 A=1 B=3 C=2

9 A=2 B=3 C=1

10 A=3 B=1 C=2

If you scored...

24-30

When it comes to being respectful online, you're doing a fantastic job!

You're an upstander who works hard to make the right choices when you see someone being disrespected online or when someone is disrespecting you. You know how to be respectful and are a good online friend who wants to create a positive and supportive online world. Try sharing the top tips below with your friends and family to help them to do the same.

17-23

You are well on the way to being respectful online.

You know what respect is and what it looks like, and you can recognise when someone is being disrespectful online. You try hard to be a good online friend and to respond respectfully in moments of conflict. Sometimes, though, you make mistakes or quick decisions when you're angry or upset. Read the top tips to help you remember how to always make respectful choices online.

10-16

You're beginning to understand what it means to be respectful online.

Being respectful online isn't always easy but it can make the internet a better place for everyone. Think carefully about how you can respond if you see others being disrespectful and remember that you can always speak to an adult you know and trust for support.

Top Tips

1. We can all make the internet a better place by being a good online friend, supporting other people and doing kind things that will make them happy.
2. It's important to be an upstander and speak out when you see someone being bullied or disrespected online. Don't ignore what's happening, join in or just go along with it.
3. Remember that it's okay to disagree with someone as long as you do so respectfully. If a conflict online gets out of hand, try to remind people that it's important to be kind and step away from the conversation if you need to.
4. The internet can be a great place to share and communicate with others – but even if things go wrong, it's important not to be rude or unkind.
5. Always ask permission before you share something about someone else online – this includes photos, videos or comments. Getting consent means that you are less likely to accidentally upset someone with what you do.
6. Remember that there is a difference between banter and bullying. What one person finds funny, another may not. Think carefully before you post a joke online and, if in doubt, it is best not to post it.
7. Online bullying or cyberbullying is never okay. If someone is deliberately trying to upset you or a friend online, the most important thing to do is speak to an adult you know and trust.
8. Never respond to an online bully by retaliating or sending unkind messages back. This could make the situation worse or mean that you get in trouble.
9. It's really helpful to screenshot any evidence of bullying online so that you can show this to an adult you trust. If you're not sure how to take a screenshot, ask an adult for help.
10. Unfortunately, not everyone uses the internet respectfully - if someone or something online is ever worrying or upsetting you, STOP and TELL an adult you trust straight away.

