



Trust 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. You see some online news stories which say that the world is ending in 1 years' time. What do you do?



I'd share it with other people to warn them.



I wouldn't believe it and would just ignore it.



I'd check this was true by asking someone I trust like a parent, carer or teacher.



2. You get a new message from a friend of a friend asking to meet up. What do you do?



As it's a friend of a friend then I would meet up with them.



I would always check with a parent or carer before going to meet up with someone.



I'd just ignore their message.



3. You've seen that everyone looks perfect online but when you see them at school or clubs they look quite different. You're not sure why. What can you do?



I'd ask them why their pictures are different so I could find out something new.



I would ask a trusted adult to help me think about why they might look different.



I'd tell them off for posting pictures which look different.



4. You see a news story online which says some unkind things about people from other countries. What do you do?



I'd start saying those unkind things myself and share the stories I'd read.



I would show an adult I trust and learn how to make a report online.



I'd ignore the stories because you shouldn't be unkind to others.



5. You get a message from someone saying you've won a competition and need to give them your address so they can send you your prize. What do you do?



I'd send them my address so I can get the prize.



I'd ignore the message because I don't know them.



I would ask a trusted adult to help me check if this was a real competition.



6. You've got some new friend requests from people you haven't met before. They all look really friendly and have lots of followers. Do you accept their requests?



I'd ask a parent or carer to help me decide if it was safe to accept them or not.



I'd accept them all because I want to have lots of followers.



I would ignore all of them because I don't know them.



7. You are going to be visiting a new town soon and want to see what it looks like. When you look at pictures online it looks perfect, but a friend tells you it's not very nice. What do you do?



Tell your friend they are wrong and stop speaking to them.



I'd ask someone I trusted to look at the pictures with me to see which ones might be real.



I wouldn't be sure whether to believe my friend or the pictures I've seen online.



8. You know how to charge your tablet but when you search online it says you can charge it in the microwave. You have never heard this before. What do you do?



I'd put my tablet in the microwave to see if it worked.



I'd still use my charger.



I'd show a parent or carer and ask them if they thought it would work before doing it.



9. One of your followers on social media always writes nice things under your pictures. Recently they have started sending private messages asking to be friends and now they are putting pressure on you to do things you don't want to do. What do you do?



As they are my friend, I would do the things they ask me to do.



I'd stop replying and stop using the app they are messaging me on.



I'd block and report them and tell an adult I trust like a parent, carer or teacher.



10. You're worried your pictures aren't as good as everyone else's online. Other people's selfies always look so perfect and now you are worried you can't post any more pictures in case people laugh. What can you do?



Stop posting pictures of me in case people laugh.

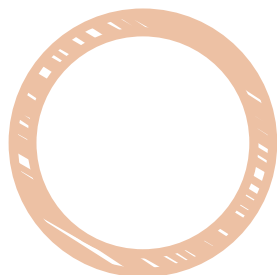


Talk to someone I trust about how I'm feeling, like a parent, carer or teacher.



Even though I feel worried, I'd still keep posting selfies.

My score



If you scored...

24-30

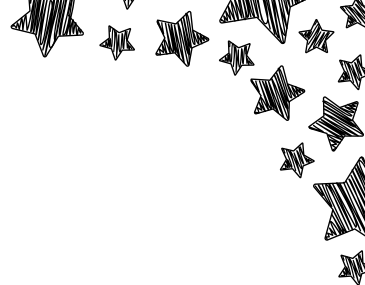
**When it comes to trust
you know what you're doing**

17-23

**Trust can be tricky, but you know
what to look out for**

10-16

**When it comes to trust you're just
getting started**



Trust Summary Quiz

Answers and advice

Quiz points

1	A=1	B=2	C=3
2	A=1	B=3	C=2
3	A=2	B=3	C=1
4	A=1	B=3	C=2
5	A=1	B=2	C=3
6	A=3	B=1	C=2
7	A=1	B=3	C=2
8	A=1	B=2	C=3
9	A=1	B=2	C=3
10	A=1	B=3	C=2

If you scored...

24-30

When it comes to trust you know what you're doing

You always know what to do when you're not sure about something online. Try sharing the top tips below with your friends and family to help them to do the same.

17-23

Trust can be tricky, but you know what to look out for

You know not everything online can be trusted but sometimes you're not sure what the best thing to do is. Always check with an adult you trust if you're not sure.

10-16

When it comes to trust you're just getting started

Remember that not everything online can be trusted which includes the things we see and messages from others. Sometimes it can be hard to spot what is trustworthy and what isn't so always check with a trusted adult.

Top Tips

1. There can be lots of stories online which sound real but are actually made up. It's best to check with an adult you know and trust about the things you read and see if you can find the story on another website as well. Try to check at least 3 and check in books as well.
2. Remember that friends of friends are not your friends and if you haven't met them before then they are still strangers. Always tell an adult you trust if a friend of a friend asks to meet up with you.
3. Lots of people use colourful and fun filters on their pictures online which can make them look different to how they look in real life. If you're not sure if a picture has a filter on it then check with an adult you trust.
4. If you see unkind things about other people online, always tell an adult you trust and report this content. Never start saying these things yourself or share the stories with others, apart from a trusted adult.
5. Never give out your address online to someone you have never met before, even if it's for a competition. If you think you've won a competition, then show an adult you trust and ask them to help you claim your prize.
6. Don't accept friend requests from people you haven't met before, even if they are friendly or popular. As you haven't met them before these people are strangers.
7. Remember that the pictures we see online can be edited to make them look perfect. Check with an adult you trust if you're not sure about something you've seen online.
8. Always check with an adult you trust before trying something new which you have seen online. Some things can be dangerous, untrue and impossible.
9. A good friend should not put pressure on you to do things which you don't want to do. Always tell an adult you trust if someone is putting pressure on you to do things you don't want to do.
10. Remember that other people's pictures we see online can be edited to make them look perfect. It's OK to post pictures with filters and it's ok to not use them. If you ever feel sad or worried that you don't look as good as other people online, then share your worries with an adult you trust who can help you, like a parent, carer or teacher.

