

Action 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've been using your device for several hours when you get a notification that the battery is almost gone. What do you do?



A Put the device on charge and use this as an opportunity to take a break.



B Keep using the device until the battery goes completely and then take a break.



C Put the device on charge and carry on using it at the same time.



2. You've been online a lot during the week and are starting to feel upset by some of the things you have seen. What do you do?



A I would stay online and hope that I feel better soon.



B I would take a break from my device.



C I would unfollow the accounts online that have made me feel unhappy and talk to my friends and family about how I feel.



3. You want to go online after dinner but your parent/carer says you've had too much device time that day. What do you do?



A I'd feel annoyed and ask again later.



B I'd listen to them and find something else to do instead of going online.



C I'd wait until they've left the room and then go on my device without telling them.



4. A friend from school sends you a video where a scary face pops up halfway through. That evening you can't get to sleep because you're worried about what you've seen. What do you do?



A I'd delete the video from my phone so I don't have to see it again.



B I'd tell my parent/carer about it so they can help me feel better.



C I would send an angry message to my friend about the trouble they've caused.



5. Everyone at school is talking about a new game, but the age limit is too high and you're not old enough to play. What should you do?



A I'd play it anyway; everyone else is.



B I'd ask a parent or carer to look at the game first and help decide if it's appropriate.



C I'd ignore everyone at school and stick to my favourite game.





6. You are on your phone looking at funny photos online but one of them shows someone who is being made fun of because of the way they look. What should you do?



I'd scroll past and carry on looking at other photos.



I'd send the photo to my friends; they might find it funny.



I'd report the photo and show an adult I trust.



7. You are doing some homework on the internet when you see an advert at the side of the page. The advert is for a charity working with animals and shows a dog who has been hurt. It makes you feel really sad. What do you do?



I'd turn the device off so I didn't have to see the picture anymore.



I'd click off the page and go and tell an adult about what I'd just seen.



I would try to ignore the feeling and hope it goes away.



8. Your friend sends you a message asking for some help with their homework. What do you do?



I'd give them a video call and talk them through how to do it.



I'd send them a link to a website which I think will help them.



I wouldn't reply to the message. I've got better things to do.



9. Somebody makes a mean comment in the game chat and your friend is really upset. What do you do?



I'd leave the game and do nothing.



I'd tell an adult about what's happened and send my friend a message to check they were ok.



I'd send a mean comment back to the person who upset my friend.



10. You watch a dance video online but the person who made it isn't very good. What do you do?



I'd write a mean comment about how rubbish it is.

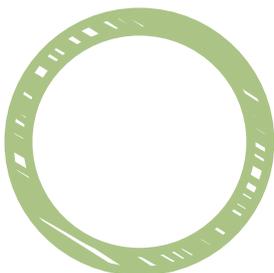


I'd write a supportive comment, encouraging them to keep going.



I'd click off the video without leaving a comment.

My score



If you scored...

24-30

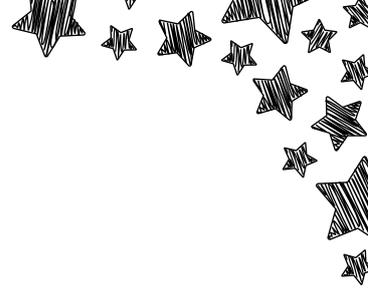
When it comes to making positive online actions, you are acing it!

17-23

You are almost an expert at making positive online actions

10-16

You are on your way to taking positive actions 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=1	B=3	C=2
6	A=2	B=1	C=3
7	A=2	B=3	C=1
8	A=3	B=1	C=2
9	A=2	B=3	C=1
10	A=1	B=3	C=2

If you scored...

24-30

When it comes to taking positive online actions, you are acing it!

You always think about how your online actions make other people feel and are an expert at doing the right thing, even when things get tricky online. Try sharing the top tips below with your friends and family to help them to do the same.

17-23

You are almost an expert at making positive actions online

You are pretty good at thinking about how your online actions can impact other people and you have a good idea of how you can respond if things do go wrong online. Keep it up!

10-16

You are on your way to taking positive actions online

Remember that we can all do things to make everyone's time online fun and exciting. Think about how your online actions will make other people feel, and speak to a trusted adult if you're worried or upset by something you've seen.

Top Tips

1. When our devices run out of battery, it is often because we've been using them a lot. Make sure you balance your time online with taking lots of breaks.
2. There are lots of fun things to do online, but if you start to feel bored it's a sign to take a break. Enjoy some offline activities like listening to music, seeing your friends and family.
3. If your parents and carers give you advice, it's because they want to support you with thinking about your digital wellbeing so it's important to listen. They can help remind you when it's time to take a break from technology.
4. If you've seen something scary or upsetting online, tell an adult you trust. You can also turn your screen over, pause the video or turn off the device to stop looking at it.
5. Age limits on a game can help us know whether it's appropriate or not for us. If you think a game might be too old for you, it's important to speak to a trusted adult before you play it, even if other people you know are already using it.
6. If you see something online that is not appropriate like a photo or video don't send it to anyone else even if you think it's funny. Instead tell and show an adult you trust and use the report tool.
7. Sometimes the things we see and hear online might make us feel worried or upset. It's always important to speak to a trusted adult when this happens and remember that turning off the screen or turning a device over can help.
8. Technology and the internet give us lots of opportunities to help and support others. Think about how you can use it for good to be great friend.
9. If you know someone is upset because of something online, tell a trusted adult. Sending a kind message to the person who is feeling upset shows your support and can really help.
10. Remember to use technology for good by saying kind and positive things online, instead of being mean or trying to upset people.

