

Guide to Developing Healthy Internet Plan

What type of devices did you use to access inappropriate material?

What specific devices will you use?

What type of devices will you not use?

How will the device be monitored?

Where did you mostly offend?

Should you keep the devices out of certain areas (i.e. bedroom)?

Should you use the device when you are alone?

How can others support my plan?

What type of activity did you engage in online and how did you gain access (P2P, Chat, Gaming, etc.)?

Is there certain activities that you will not do on your devices?

What are some appropriate activities that you will do instead on your device?

How did you keep your behaviors a secret?

Are there certain things that you should not be permitted to do?

Should you refrain from using anonymous screen names or gaming tags?

How are you going to hold yourself accountable from not keeping secrets?

How will others know if your keeping a secret and how can they support you?

Who were your online friends or people that you communicated with online?

Who are appropriate people to communicate with online?

Who are not appropriate?

What is a healthy communication?

How can others support my plan?

How many hours did I engage in online activity and at what time?

What is an acceptable amount of hours per week?

What time of the day should I be able to use my device?

How can others support my plan?

What were the moods/ emotions/ feelings associated with your online activity?

When should I not go online?

What will I do instead of going online?

How can others support my plan?



How did your online activity affect your mood/ emotions/ feelings (positive/ negative)?

What other activities can I engage in to achieve positive results?



What did you tell yourself to justify your online activities and what will be your replacement self talk?

Internet is not real/ fantasy

I am not hurting anyone

Children are sexual objects

Internet is uncontrollable



Why did you normally go online?

When should I not go online?

What can I do instead of going online?

When should I go online?

How can others support my plan?



What are acceptable activities that I will engage in online? (Specific purpose; transparent; healthy; integrated with values and society)

Are there new prosocial activities that I will engage in?

Are there any online activities that may support my healthy Internet plan?



How will I know if something is not an acceptable activity?

What are examples of unacceptable activities that are not appropriate for me?

How will I hold myself accountable?



Who else should be included in my safety plan?

How can they support me?

How will they know when I am struggling?