



Name _____

Safety In Social Interactions

Directions: Read each journal prompt carefully. Write your thoughts using complete sentences. Be honest and thoughtful as you reflect on what safety means in relationships and online interactions.

1. What does an unsafe or unhealthy friendship look like to you? Describe signs or feelings that might tell you something is wrong.

2. Think about a time when someone made you feel uncomfortable. What did you do, and what might you do differently next time to stay safe?

3. How can you tell if someone online is not being truthful about who they are? List a few warning signs that might help you stay cautious.

4. What are three ways you can protect your personal information online or on social media?

5. Why is it important to talk to a trusted adult if you ever feel unsafe in a friendship or relationship?

6. How can you support a friend who might be in an unsafe or unhealthy situation without putting yourself in danger?
