



# Recovery: LEVEL 1

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*Anybody can make a mistake online. Even if you are careful, accidents can happen, you may feel unsafe or people can be unkind. When things go wrong the most important thing is that you know how to get help and recover.*

**TASK 1: Match the online problem or mistake with the most suitable solution.**

Posting an embarrassing picture of one of your friends to a social media account.

Log in and reset your password to something else.

Sharing your password with your best friend.

Change it to something else using a mixture of numbers and lower and upper case.

Setting an easy to remember password and writing it down somewhere obvious.

Apologise to them and take the photo down.

Adding a stranger on a chat forum and now they won't stop messaging.

Tell a trusted adult immediately so they can help support you. It isn't your fault.

Writing a comment on a photo that was meant to be a joke but upset a friend.

Delete the comment and apologise. Explain what you meant and avoid doing it again.

Being tricked into doing something that makes you feel ashamed and upset.

Ask a trusted adult to help you block and report the person then deactivate the chat forum.

**TASK 2: Write 3 top tips to pass on to a friend or sibling about how to recover from online mistakes.**

1) .....

2) .....

3) .....

**TASK 3: Discuss: why do you think recovery from online problems and mistakes is important?**