



BOYS & GIRLS CLUB
OF UTAH COUNTY

Social Media Safety Reflective Assessment

Your Teachers Name: _____

What Grade are you in: _____

What is your School Name: _____

INSTRUCTIONS

1. This is not a test—there are no right or wrong answers.
2. Choose the answer that fits best for you.
3. If you need help, ask a staff member.
4. This survey is voluntary and won't affect your Club membership.

Just be honest and share your experiences—thank you!

1. I know how to be safe when I use the internet or watch videos online.



Strongly agree



Agree



Disagree



Strongly disagree

2. I know what to do if something online makes me feel scared or upset:



Strongly agree



Agree



Disagree



Strongly disagree

3. I think it's good to take breaks from screens to rest or do other things:



Strongly agree



Agree



Disagree



Strongly disagree

I know that I should ask a trusted adult before I share personal information (like my address and phone number) online:



Strongly agree



Agree



Disagree



Strongly disagree

5. I understand I can find happiness and connection while being safe on the internet.



Strongly agree



Agree



Disagree



Strongly disagree