

Youth Internet Safety Review Worksheet

Next scheduled review
date: _____

Section 1: Account Profile

Platform: (e.g., Roblox, TikTok, Discord, Snapchat) _____

Username/ Handle: _____

On which Device(s): (e.g., iPad, Phone, Gaming Console) _____

Linked Email/Phone: (which account is used to log in?) _____

Risk Level:

- ☐ Low (educational apps, offline games)
- ☐ Moderate (social games with moderated chat)
- ☐ High (open social media, unmonitored video/voice chat)

Privacy Settings:

- ☐ Public (anyone can see content/profile)
- ☐ Private (only approved friends can see content)
- ☐ Unknown

2-Factor Authentication (2FA): (does it require a code from a phone/email to log in?)

- ☐ Yes ☐ No

Passwords shared with anyone? (include friends or "account sharing")

- ☐ Yes ☐ No

Can the youth reset the password independently? ☐ Yes ☐ No ☐ Unknown

Compromised: (has the account ever been "hacked" or logged into by someone else?)

- ☐ Yes ☐ No

Who controls recovery email/phone? (who gets the text if the password is lost?)

Section 2: Interaction & Features

People not known offline: (does the youth interact with "internet-only" friends?)

☐ None ☐ Some ☐ Many

Communication Tools:

- Voice chat enabled? (talking via microphone) ☐ Yes ☐ No
 - Video chat enabled? (using a camera) ☐ Yes ☐ No
 - Private messaging enabled? (1-on-1 "DMs") ☐ Yes ☐ No
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Location sharing on? (can others see their physical GPS location on a map?)

☐ Yes ☐ No

Content or Interaction Concerns:

- ☐ Bullying (mean comments, exclusion)
- ☐ Sexual content (inappropriate images/language)
- ☐ Self-harm (distressing content regarding mental health)

Section 3: Safety & Risk Indicators

Internet Safety & Data Usage Contract: (a signed family agreement on rules) ☐ Yes ☐ No

- Reviewed every 90 days: ☐ Yes ☐ No

Parental Controls in Place: (built-in app restrictions) ☐ Yes ☐ No

Monitoring Software: ☐ Yes ☐ No

Password Hygiene:

- History of Account Breaches? ☐ Yes ☐ No
 - Passwords reused across accounts? (using the same password for everything) ☐ Yes ☐ No
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Recent Changes:

- Device/account recently changed? (new apps or strange contacts) ☐ Yes ☐ No
 - New account created in last 30 days? ☐ Yes ☐ No
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Behavioral Red Flags:

- Sudden increase in usage? (staying up late or hiding the screen) ☐ Yes ☐ No
- New "important" online friend? (someone they talk about constantly but don't know in person)
☐ Yes ☐ No
- Contact with Unknown Individuals? ☐ Yes ☐ No
- Sextortion/Grooming Concerns? (pressure to share images or meet up) ☐ Yes ☐ No