Delete Day

Delete Day is an opportunity to clean up online accounts to encourage safety and respect. Please use this worksheet to help you decide if you have online friends/followers, posts and accounts that need your attention. Complete the front of this worksheet if you have online accounts (especially for texting, social media and video chatting) and complete the back if you play online video games.

Online Accounts (Texting, Social Media, Video Chatting)

I believe what I text or post online can affect my friendships. True or False?

I see mostly positive/negative (circle one) content online.

The following site is where I find the most positive content: _____.

The following site is where I find the most negative content: _____.

I like going online because _____.

I dislike going online because _____.

I have deleted comments, pictures, posts or videos that were inappropriate or embarrassing. True or False?

We may never be able to completely erase online posts or messages, but we should still do our best to clean up what others can see online. Read the statements below and put a checkmark next to the ones that apply to you. If they apply, what action will you take – delete/block/report?

Issue	Yes/No	Action
Someone has posted disrespectful comments, pictures or videos about me online.		
I have posted disrespectful comments, pictures or videos online.		
I have allowed someone I did not know offline to friend or follow me online.		
I joined a social networking site before I was old enough. (Most sites are rated for ages 13 and older.)		
I have an account on an anonymous site or app.		
I play video games online and have heard disrespectful and inappropriate language.		
I follow pages or am part of an online group that may be disrespectful or inappropriate.		
I have created a false profile online.		
I have seen others mistreated online.		
I have shared personal information online (full name, date of birth, address, picture of myself, phone number, school name, etc.).		

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Once I make changes to my accounts, I will find something positive offline or online to share with others.

Delete Day

Do you like to play games online? Let's answer similar questions for the online games that you play.

Online Video Games

I believe what I text or say while gaming can affect my friendships. True or False?

I like playing online games because _____ .

I see/hear mostly positive/negative (circle one) content while gaming.

The game where I feel safest and best about myself is _____

because _____ .

I dislike playing online games because _____ .

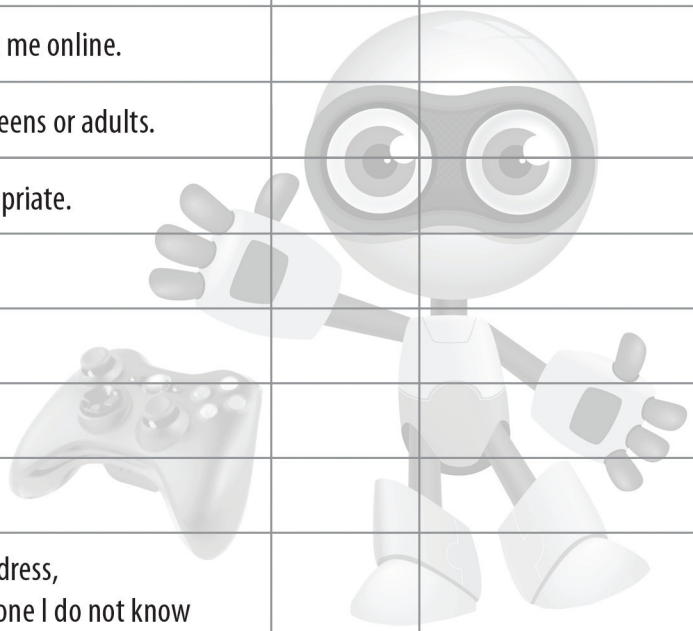
The video or online game where I find the most negative content is _____ .

I have blocked, removed or muted another gamer who was being disrespectful. True or False?

I have stopped playing a video or online game because it was inappropriate, or because it made me feel uncomfortable or scared. True or False?

Read the statements below and put a checkmark next to the ones that apply to you. If they apply, what action will you take – delete/block/report?

Issue	Yes/No	Action
Someone has posted hurtful things about me online.		
I have allowed someone I did not know in real life to game with me online.		
I have played video or online games that I know are meant for teens or adults.		
I have played video or online games that I think may be inappropriate.		
I have heard inappropriate language while gaming online.		
I have seen or heard others mistreated while gaming online.		
Someone has been disrespectful to me while gaming online.		
I have been disrespectful to others while gaming online.		
I have shared personal information (full name, date of birth, address, picture of myself, phone number, school name, etc.) with someone I do not know in real life while gaming online.		



Once I make changes to my accounts, I will find something positive offline or online to share with others.