



CYBERGUARD – REFLECTION SHEET

“When Do I Feel Safe Online?”

★ 1. My Online Mood Today

Choose the emoji that feels closest to you:

| 😊 calm | 😐 neutral | 😟 unsure | 😓 stressed | 😎 confident | 👁 invisible |
| 😫 overwhelmed | 💬 social | 🛡 guarded | 🔥 triggered | ✨ curious | 😴 tired |
| ❤ supported | ☐ other: _____

💭 2. When I Feel Safe Online

(Write 2–3 situations where being online feels okay or positive.)

● I feel safe when...

- _____
- _____
- _____

🚫 3. When I Don't Feel Safe Online

(Moments that feel stressful, confusing, or uncomfortable.)

● I don't feel safe when...

- _____
- _____
- _____



4. My Signals of Digital Discomfort

(How does my mind or body react? Check or add your own.)

* 😬 I get tense * 😐 I go quiet * 🙄 I want to respond fast * 🤔 I overthink * 😓 I feel small
or insecure * 😬 I pretend I don't care * 🛑 I want to log off * 🙅 I avoid checking messages
* other: _____



5. My Personal Boundaries

(What I want to protect or keep private.)

Things I want to say “yes” to:





Things I want to say “no” to:







6. What Helps Me Feel Safe or Centered

(People, habits, tools, thoughts that help you.)









7. One Insight From Today

(A realization, a question, or something you want to remember.)









Facilitator Notes (keep internally)

Purpose:

Help participants identify their emotional landscape in digital spaces so they can build stronger boundaries and awareness.

Tone:

Calm, non-judgmental, supportive.

How to use:

- Give participants 7-10 minutes
- Encourage privacy - no pressure to share
- Small group sharing is optional
- Affirm that everyone's online experience is different