

Develop a Digital Resiliency Plan

You are a digital citizen that learns, works, and plays online. It is important to build *digital resilience*. This means you have a plan to stay safe and when things go wrong you can bounce back. Answer the questions to form a Digital Resiliency Plan.



What is Your Resiliency Style?

Resilient people keep going even when faced with troubles. This is important when you are online because problems can happen. Find out your resiliency style.

1. a. For each statement, check how you act.

| | Never | Sometimes | Always |
|---|-------|-----------|--------|
| I try to think of problems that might occur. | | | |
| I like to be prepared and plan ahead. | | | |
| I check for risks before acting. | | | |
| I stay calm when something goes wrong. | | | |
| I can change my plan when a problem happens. | | | |
| I think well under pressure. | | | |
| I do not give up easily. | | | |
| I stay positive in a stressful situation. | | | |
| I ask for help when I do not know what to do. | | | |
| I learn from the problems I face. | | | |
| TOTAL: | | | |

- b. Where do you have the most checkmarks?
What is your resiliency style?

| | |
|-----------|---|
| Never | Reactive: You never worry about problems that might happen. Instead, you take things as they come. Sometimes this can cause trouble. To avoid stress, think ahead. |
| Sometimes | Proactive: You predict most problems before they happen. You have a plan if things go wrong. Remember you cannot control everything. |
| Always | Resilient: You plan ahead and are quick to bounce back when problems occur. This is because not only are you prepared but you adapt quickly to a situation. Nothing gets you down. You are resilient! |

What is Digital Resilience?

Someone with *digital resilience* bounces back from trouble. They can:

- predict online risks
- follow a plan to avoid problems
- solve problems when something goes wrong
- learn from the experience



Form a Digital Resiliency Plan

Answer the questions to build a plan to manage problems that can happen when online.

2. a. You need to be safe online. Make a plan!

List two risks.

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- b. Pick one risk. How can you avoid the problem?

- c. If the problem happens, how can you solve it?

3. a. You need to keep your data secure. Make a plan!

List two ways your files could be put at risk.

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- b. Pick one risk. How can you avoid the problem?

- c. If the problem happens, how can you solve it?

4. a. You need to protect your school from harm.

List two ways a school's devices or network could be put at risk.

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- b. Pick one risk. How can you avoid the problem?

- c. If the problem happens, how can you solve it?

5. Describe a time when you had a problem online that put you, your device, or your school at risk. What did you learn from it?