## Worksheet 4.2

## What? So what? Now what? Reflection activity card

## To do:

Complete the following What? So what? Now what? activity to reflect on what you have learned about online sexual coercion and extortion from the Be in Ctrl lessons.

What?	So what?
What have I learned?	Would I follow this advice? The most useful thing I will take from this is
	<u> </u>

	What? So what?
Now what? How can I use this information to help me in the future?	Now what?