

Appendix

Table 1. Overview of latent variable measurement (confirmatory factor analysis).

<i>Item description</i>	<i>Standardized loading on first-order latent variable</i>	<i>Standardized loading on second-order latent variable</i>	<i>Mean (SD) (out of 6)</i>
1. Online opportunities ($\alpha = .93$)			
1.1. Communication		.61	
I visited a social networking site.	.50		3.95 (1.83)
I communicated with family and friends.	.71		4.68 (1.28)
I have sent and received messages.	.69		5.02 (1.15)
1.2. Help and information seeking		.88	
I have searched information about work or study options.	.50		2.56 (1.43)
I have searched information about the place I live.	.69		1.99 (1.34)
I have used the internet to help someone else.	.68		2.85 (1.49)
I have helped someone else to go online.	.71		2.48 (1.66)
1.3. Gaming		.49	
I have played online games.	.85		3.17 (1.77)
I have played online games on my own.	.90		2.68 (1.78)
I have played online games with others.	.89		2.69 (1.89)
1.4. Participation		.79	
I have searched news online.	.58		2.96 (1.46)
I have been involved in an online campaign, protest, or have signed a petition.	.71		1.54 (1.29)
I have discussed social and political issues with others.	.80		1.53 (1.25)
I have participated in a group of people who share the same hobbies and interests as me.	.60		2.25 (1.70)
1.5. Creation and sharing of user-generation content		.86	
I have posted videos or music that have been created by someone else.	.73		1.91 (1.58)
I have made something with an app.	.71		1.96 (1.60)
1.6. Entertainment		.72	
I have watched video clips.	.66		4.26 (1.43)
I have listened to music online.	.66		4.68 (1.29)
I have watched tv shows or movies.	.58		4.05 (1.43)
I have used apps.	.54		4.86 (1.27)
1.7. Shopping		.88	
I have searched for things to buy or to see how much things cost.	.66		3.41 (1.50)
I have tried to sell things online.	.73		1.75 (1.41)
I have bought things online.	.76		2.67 (1.63)
			<i>Mean (SD) (out of 5)</i>
2. Online risks ($\alpha = .92$)			
Self-harm-related content	.87		1.64 (.91)
Suicide-related content	.91		1.50 (.85)
Eating disorder-related content	.88		1.52 (.89)

Hate speech	.79		1.98 (1.15)
Drug-related content	.77		1.76 (1.12)
Violent content	.79		1.84 (1.08)
Sexual content	.46		2.18 (1.21)
			% "Yes"
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3. Online resilience ($\alpha = .77$)			
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3.1. <i>Communicative coping</i>		.62	
A parent	.79		12%
A sibling	.61		7%
A peer	.61		19%
A teacher	.46		2%
A counselor	.30		1%
Another adult I trust	.36		3%
Somebody else	.20		3%
3.2. <i>Proactive coping</i>		.87	
I tried to make sure the other person left me alone.	.64		9%
I tried to get back at the other person.	.30		3%
I have deleted the messages.	.59		5%
I have changed my privacy/contact settings.	.53		5%
I have blocked the person.	.79		10%
I have reported the problem online.	.39		3%