**My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |
| --- | --- |
| To stay **SAFE online and on my devices**, I follow the Digital 5 A Day and: | **✔** |
| 1. I only **USE** devices or apps, sites or games if a trusted adult says so
 |  |
| 1. I **ASK** for help if I’m stuck or not sure
 |  |
| 1. I **TELL** a trusted adult if I’m upset, worried, scared or confused
 |  |
| 1. If I get a **FUNNY FEELING** in my tummy, I talk to an adult
 |  |
| 1. I look out for my **FRIENDS** and tell someone if they need help
 |  |
| 1. I **KNOW** people online aren’t always who they say they are
 |  |
| 1. Anything I do online can be shared and might stay online **FOREVER**
 |  |
| 1. I don’t keep **~~SECRETS~~** or do **DARES AND CHALLENGES** just because someone tells me I have to
 |  |
| 1. I don’t change **CLOTHES** or get undressed in front of a camera
 |  |
| 1. I always check before **SHARING** personal information
 |  |
| 1. I am **KIND** and polite to everyone
 |  |

**My trusted adults are (draw a picture):**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at school \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at home \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ club**