



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 I am allowed to.
- 2. I ASK for help if I'm stuck or not sure; I TELL a trusted adult if I'm upset, worried, scared or confused.
- 3. I look out for my **FRIENDS** and tell someone if they need help.
- 4. If I get a **FUNNY FEELING** in my tummy, I talk to an adult.
- 5. I KNOW that online people aren't always who they say they are and things I read or see are not always TRUE.
- 6. Anything I do online can be shared and might stay online FOREVER.
- 7. I don't keep **SECRETS** O unless they are a present or nice surprise.
- 8. I don't have to do **DARES OR CHALLENGES**, even if someone tells me I must.
- 9. I don't change **CLOTHES** or get undressed in front of a camera.
- 10. I always check before **SHARING** my personal information or other people's stories, videos and photos.
- 11. I am **KIND** and polite to everyone.