

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

To stay **SAFE online and on my devices**:

1. I only **USE** devices or apps, sites or games if a trusted adult says so
2. I **ASK** for help if I'm stuck or not sure
3. I **LEARN** online, using the websites my teachers tell me to, whether I'm learning at home or at school
4. I **TELL** a trusted adult if I'm upset, worried, scared or confused
5. If I get a **FUNNY FEELING** in my tummy, I talk to an adult
6. I look out for my **FRIENDS** and tell someone if they need help
7. I **KNOW** people online aren't always who they say they are
8. Anything I do online can be shared and might stay online **FOREVER**
9. I don't keep **SECRETS** or do **DARES AND CHALLENGES** just because someone tells me I have to
10. I don't change **CLOTHES** or get undressed in front of a camera
11. I always check before **SHARING** personal information
12. I am **KIND** and polite to everyone

✓

My trusted adults are:

At school: \_\_\_\_\_

At home: \_\_\_\_\_