

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 adu if I'm upset, worried, scared or confused	l†
3.	I look out for my FRIENDS and tell someone if they need hel	р
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 are not always	re
6.	Anything I do online can be shared and might stay online FOREVER	
7.	I don't keep SECRETS unless they are a present or nice surprise	
8.	I don't have to do DARES OR CHALLENGES \times , 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 and photos	П
11.	I am KIND and polite to everyone	
My trusted adults are:		
	at school	LGfL [♡]
	at home	afeguardED