

**My Class is called** \_\_\_\_\_



[www.childrenscommissioner.gov.uk/digital/5-a-day/](http://www.childrenscommissioner.gov.uk/digital/5-a-day/)

To stay <b>SAFE online and on our devices</b> , we follow the Digital 5 A Day and:	✓
1. We only <b>USE</b> devices or apps, sites or games if a trusted adult says so	✓
2. We <b>ASK</b> for help if we are stuck or not sure	✓
3. We <b>TELL</b> a trusted adult if we are upset, worried, scared or confused	✓
4. If we get a <b>FUNNY FEELING</b> in our tummy, we talk to an adult	✓
5. We look out for our <b>FRIENDS</b> and tell someone if they need help	✓
6. We <b>KNOW</b> people online aren't always who they say they are	✓
7. Anything we do online can be shared and might stay online <b>FOREVER</b>	✓
8. We don't keep <b>SECRETS</b> or do <b>DARES AND CHALLENGES</b> just because someone tells us we have to	✓
9. We don't change <b>CLOTHES</b> or get undressed in front of a camera	✓
10. We always check before <b>SHARING</b> personal information	✓
11. We are <b>KIND</b> and polite to everyone	✓

**Our trusted adults in school are** \_\_\_\_\_

**We always tell our trusted adults at home if we are worried about something**