

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 **TELL** a trusted adult if I'm upset, worried, scared or confused.
4. If I get a **FUNNY FEELING** in my tummy, I talk to an adult.
5. I look out for my **FRIENDS** and tell someone if they need help.
6. I **KNOW** people online aren't always who they say they are.
7. Anything I do online can be shared and might stay online **FOREVER**.
8. I don't keep **SECRETS** or do **DARES AND CHALLENGES** just because someone tells me I have to.
9. I don't change **CLOTHES** in front of a camera.
10. I always check before **SHARING** personal information.
11. I am **KIND** and polite to everyone.

✓

My trusted adults are:

_____ at school

_____ at home

I also trust _____