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

|  |  |
| --- | --- |
| 1. I only **USE** devices or apps, sites or games if I am allowed to |  |
| 1. I **ASK** for help if I’m stuck or not sure; I **TELL** a trusted adult if I’m upset, worried, scared or confused |  |
| 1. I look out for my **FRIENDS** and tell someone if they need help |  |
| 1. If I get a **FUNNY FEELING** in my tummy, I talk to an adult |  |
| 1. I **KNOW** that online people aren’t always who they say they are and things I read are not always **TRUE** |  |
| 1. Anything I do online can be shared and might stay online **FOREVER** |  |
| 1. I don’t keep **SECRETS🚫** unless they are a present or nice surprise |  |
| 1. I don’t have to do **DARES OR CHALLENGES**❌, even if someone tells me I must. |  |
| 1. I don’t change **CLOTHES** or get undressed in front of a camera |  |
| 1. I always check before **SHARING** my personal information or other people’s stories and photos |  |
| 1. I am **KIND** and polite to everyone |  |

**My trusted adults are:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at school**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at home**