



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

[childrenscommissioner.gov.uk/our-work/digital/5-a-day/](https://childrenscommissioner.gov.uk/our-work/digital/5-a-day/)

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 adult if I'm upset, worried, scared or confused.
3. I look out for my **FRIENDS** and tell someone if they need help.
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 or see are not always **TRUE**.
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**  , 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, videos and photos.
11. I am **KIND** and polite to everyone.

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My trusted adults are:

\_\_\_\_\_ at school  
\_\_\_\_\_ at home  
\_\_\_\_\_ at \_\_\_\_\_