






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

To stay **SAFE online and on my devices**, I follow the Digital 5 A Day  
( to find out more about Digital 5 A Day, find out at [childrenscommissioner.gov.uk/our-work/digital/5-a-day/](https://childrenscommissioner.gov.uk/our-work/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 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 and photos
11. I am **KIND** and polite to everyone



My trusted adults are:

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

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

Draw a picture of your trusted adults:

