

My name is ______

- 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 **SECERETS** 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 school

_____ at home