

My name is _____

Click the link to learn more about the 'Digital 5 A Day' which helps children maintain a healthy and balanced digital diet: childrenscommissioner.gov.uk/our-work/digital/5-a-day/

Please read the following with your children to support with staying safe online:

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 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

✓

Please discuss with your child... My trusted adults are:

_____ **at school**

_____ **at home**

Signed: _____

(An adult at home will complete the Google Questionnaire Form which will tell us that you have read and signed this document. You do not need to sign here.)

For parents/carers

We are currently in the process of updating our current Online Safety Policy which you can read by clicking [here](#). However, if you want to find out more, you can read LGfL's Online Safety Policy template which we use. This can be found by clicking on the following link: safepolicies.lgfl.net - This is for more detail on our approach to online safety and links to other relevant policies (e.g. Safeguarding Policy, Behaviour Policy, etc). You will also have been asked to sign an AUP for parents.