



These statements can keep me and others safe & happy at school and home

To stay **SAFE online and on my devices**, I follow the Digital 5 A Day:

Children's
COMMISSIONER



Digital 5 A Day

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



I have read and understood this agreement and have completed the Google Form to say who my trusted adults are in school and outside of school.

I know I can also get in touch with [Childline](#) on 0800 1111

For Parents/ Carers

If your parents/carers want to find out more, they can read Woodland Academy's full Online Safety Policy on our school website for more detail on our approach to online safety and links to other relevant policies (e.g. Safeguarding Policy, Behaviour Policy, etc).