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

|  |  |
| --- | --- |
| 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 |  |
| 1. I **ASK** for help if I’m stuck or not sure |  |
| 1. I **TELL** a trusted adult if I’m upset, worried, scared or confused |  |
| 1. If I get a **FUNNY FEELING** in my tummy, I talk to an adult |  |
| 1. I look out for my **FRIENDS** and tell someone if they need help |  |
| 1. I **KNOW** people online aren’t always who they say they are |  |
| 1. Anything I do online can be shared and might stay online **FOREVER** |  |
| 1. I don’t keep **~~SECRETS~~** or do **DARES AND CHALLENGES** just because someone tells me I have to |  |
| 1. I don’t change **CLOTHES** or get undressed in front of a camera |  |
| 1. I always check before **SHARING** personal information |  |
| 1. I am **KIND** and polite to everyone |  |

Children can draw their trusted adults here

**My trusted adults are:**

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

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

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

# For parents/carers

To find out more about online safety, you can read All Saints National Academy’s full Online Safety Policy [www.asna.walsall.sch.uk/academy-key-information](http://www.asna.walsall.sch.uk/academy-key-information) (dropdown to e-safety policy), for more detail on our approach to online safety and links to other relevant policies (e.g. Safeguarding Policy, Behaviour Policy, etc).

You can find support and online safety resources for parents at [parentsafe.lgfl.net](https://parentsafe.lgfl.net)