



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. I know 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

My trusted adults are:

_____ **at school**

_____ **at home**

To find out more about online safety, you can read Eltham Church of England's full Online Safety Policy <http://elthamcoeschool.co.uk/wp-content/uploads/2019/12/E-SAFETY-POLICY.pdf> for more detail on



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DigiSafe
Keeping children safe

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