

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
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** or get undressed 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**

For parents/carers

To find out more about online safety, you can read the full NEST Online Safety Policy at www.nestschools.org for more detail on our approach to online safety and links to other relevant policies (e.g. Child Protection & Safeguarding Policy, Behaviour Policy, etc).

You can find support, online safety advice and lots of tips for safe settings and controls for parents at parentsafe.lgfl.net