Twenty-two ways to stay safe online

1. *I learn online* – I use the internet to help me learn online and schoolwork and have fun.
2. *I ask permission* –At home and school, I only use the tablet, apps, sites and games I am allowed to, at the times I am allowed to.
3. *I am creative online* – I don't just spend time on apps, sites and games looking at things from other people. I get creative to learn and make things.
4. *I am a friend online* – I won't share anything that I know another person wouldn't want shared, or which might upset them. If I know a friend is worried or needs help, I will remind them to talk to an adult, or even do it for them.
5. *I am a secure online learner* – I keep my passwords to myself and reset them if anyone finds them out. I never give personal information to anybody I meet online.
6. *I am careful what I click on* – I don't click on unexpected links or popups, and only download or install things when I know it is safe or has been agreed by trusted adults. If I am not sure, I always ask an adult.
7. *I ask for help if I am scared or worried* – I will talk to a trusted adult if anything upsets me or worries me on an app, site or game – it often helps. If I get a funny feeling, I talk about it.
8. *I know it's not my fault if I see or someone sends me something bad* – I won't get in trouble, but I must not share it. Instead, I will tell a trusted adult. If I make a mistake, I don't try to hide it but ask for help.
9. *I communicate and collaborate online* – with people I already know and have met in real life and that a trusted adult knows about. I never speak to people who I do not know or do not have permission to speak to.
10. *I know new online friends might not be who they say they are* – I am careful when someone wants to be my friend. Unless I have met them face to face, I can't be sure who they are and I must ask a parent or carer or trusted adult.
11. *I only meet an online friend if I am allowed to* - I must get permission from my parent or carer and I never go alone.
12. *I don't do live videos (livestreams) on my own* – and always check if it is allowed. I check with a trusted adult before I video chat with anybody for the first time.

13. *I keep my body to myself online* – I never get changed or show what's under my clothes in front of a camera. I remember my body is mine and no-one should tell me what to do with it; I don't send any photos or videos without checking with a trusted adult.

14. *I say 'no' online if I need to* – I don't have to do something just because a friend dares or challenges me to do it, or to keep a secret. If I get asked anything that makes me worried, upset or just confused, I should say no, stop chatting and tell a trusted adult immediately.

15. *I tell my parents/carers what I do online* – they might not know the app, site or game, but they can still help me when things go wrong, and they want to know what I'm doing.

16. *I am private online* – I don't give out private information to anyone. I don't turn on location unless my parent or carer gives me permission.

17. *I am careful what I share and protect my online reputation* – I know anything I do can be shared and might stay online forever, even if I delete it.

18. *I am a rule-follower online* – I know that apps, sites and games have rules on how to behave, and some have age restrictions. I follow the rules, block bullies and report bad behaviour.

19. *I am not a bully* – I do not post, make or share unkind, hurtful or rude messages/comments and if I see it happening, I will tell my trusted adults.

20. *I am part of a community* – I do not make fun of anyone or exclude them because they are different to me. If I see anyone doing this, I tell a trusted adult.

21. *I respect people's work* – I only edit or delete my own digital work and only use words, pictures or videos from other people if I have their permission.

22. *I am a researcher online* – I use safe search tools approved by my trusted adults. I know I can't believe everything I see online, know which sites to trust, and know how to double check information I find.

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