# For September 2020 and during Covid-19?

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

[childrenscommissioner.gov.uk/our-work/digital/5-a-day/](https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/)

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| --- | --- |
| 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 a trusted adult if they need help. |  |
| 1. I **KNOW** people online aren’t always who they say they are. |  |
| 1. I understand that 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 with a trusted adult before **SHARING** personal information. |  |
| 1. 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 St John of Jerusalem COE Primary School full Online Safety Policy on our school website: <https://www.st-johnjerusalem.hackney.sch.uk> for more detail on our approach to online safety and links to other relevant policies (e.g. Safeguarding Policy, Behaviour Policy, etc). Please also visit our Online safety section on our website to keep up to date with how you and your child can keep safe online outside of school by referring and using other online safety websites like <https://www.thinkuknow.org> and London Grid For Learning <https://www.lgfl.net>. Your child will have been given a log in to this site to access advice and resources.

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