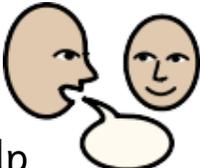


To stay **SAFE** online and on my devices,

1. I only **USE** devices, apps, sites, or games if a trusted adult says I am allowed to. 

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 and things I read or see are not always **TRUE**. 

7. Anything I do online can be shared and might stay online **FOREVER** 

8. I do not keep **SECRETS** unless it is a nice surprise. I do not do **DARES AND CHALLENGES** just because someone tells me I have to. Sometimes these can be dangerous. 

9. I don't change **CLOTHES** or get undressed in front of a camera. 

10. I always check with a trusted adult before **SHARING** personal information. 

11. I am **KIND** and polite to everyone online and offline. 

Who are my trusted adults at school?

Who are my trusted adults at home?