

- Display the AUP in the classroom and revisit at the beginning of every half term.
- Some words may need explaining, e.g. 'devices'
- If some pupils need simpler or more complex language, try the other versions at safepolicies.lgfl.net, e.g. the symbolised version is great for learners with SEND and any younger pupil, or the more detailed KS2 version
- Note that this document covers sensitive issues, including getting undressed (why? See undressed.lgfl.net)
- Remember to talk about what or who a trusted adult is each half term...and remember that can change.
- Address with children what happens if a trusted adult makes you feel uncomfortable or hurts you.
- Remember other resources (filtered by theme or key stage) at saferesources.lgfl.net, self-service CPD at safecpd.lgfl.net and live training at safetraining.lgfl.net
- Teachers may also find LGfL's SafeSkills Online Safety Quiz and diagnostic teaching tool at safeskillsinfo.lgfl.net particularly useful to capture and assess pupil resilience and competence for digital life. It is based on the UKCIS Education for a Connected World framework referenced in KCSIE.

My name is _____

[If pupils don't know the Digital 5 A Day, introduce it or remove line 1 below
childrenscommissioner.gov.uk/our-work/digital/5-a-day/ - delete this comment once done]

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 I am allowed to.
2. I **ASK** for help if I'm stuck or not sure; I **TELL** a trusted adult if I'm upset, worried, scared or confused.
3. I look out for my **FRIENDS** and tell someone if they need help.
4. If I get a **FUNNY FEELING or someone makes me feel uncomfortable**, I talk to an adult.
5. I **KNOW** that online people aren't always who they say they are and things I read or see are not always **TRUE**.
6. Anything I do online can be shared and might stay online **FOREVER**.
7. I don't keep **SECRETS**  unless they are a nice surprise.
8. I don't have to do **DARES OR CHALLENGES** , even if someone tells me I must. Sometimes these can be dangerous.
9. I don't change **CLOTHES** or get undressed in front of a camera.
10. I always check before **SHARING** my personal information or other people's stories, videos and photos.
11. I am **KIND** and polite to everyone.
12. I always tell a trusted adult if someone has been unkind.

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