

I am kind and responsible

I am safe and secure

I am healthy

Ask



I ask for permission to sign up to a site, app or game.

I ask before I download or install something.



Check

I know who I am talking to.
I decide if I trust information.
I check my privacy.
I think about appropriateness.



Share

I talk about what I do and who I am in contact with.

I let trusted adults sometimes join in what I do online.

Time



I use technology at the right time.
I stop using technology when I need to.

Be Kind



I am careful about what I say online. I think about the affect it could have on someone else.

I speak up to help others.

Tell



I am confident to tell a trusted adult when I am upset.

I know when I would shrug something off, block or report.

Move

I move every 30 minutes, stand up or go to do something else.

I regularly look away from the screen.



Mix

I spend my time doing different things; some using technology, others away from technology.