



Acceptable Use Policy (AUP) for KS1 PUPILS



My name is _____

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** in my tummy, 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 present or nice surprise.
8. I don't have to do **DARES OR CHALLENGES** , even if someone tells me I must.
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.

My trusted adults are:

_____ at school
_____ at home

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Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing

The 5 A Day advice is:

- **Connect:** Message, have fun and play with friends and family both online and offline.
- **Be active:** Take some time off and get active – movement helps boost emotional wellbeing.
- **Get creative:** Don't just browse the internet but use digital tools to create content, to build new skills and discover new passions.
- **Give to others:** Be positive online, report bad content and help others to balance their own 5-a-day.
- **Be mindful:** If time online is causing stress or tiredness then take some time off and ask for help when you need it.

Click here to see the Digital 5 A Day presentation
[PowerPoint Presentation](#)