





# 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:

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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 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.

My trusted adults are:

At school
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At home
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Other adults
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## 1. Connect

The internet has enabled everyone to maintain friendships and family relationships no matter where they are in the world and children often say that chatting with friends is the best thing about social media.

It's important to acknowledge that this is how children keep in touch but it's also important to have a conversation with them about who they are connecting with and their privacy settings. Remember to keep a dialogue open and talk to your child to understand how they're spending their time and so that they can come to you for help should they need to.

## 2. Be active

Activity is very important for mental wellbeing and all children should have time to switch off and get moving.

Children don't have to be an athlete to be active. Find something that they enjoy – be that swimming, walking, dancing or yoga – begin at a level that works for them and make it a regular activity.

Researching an activity or place online before going out is a good way of combining the two and provides an opportunity for you to use the internet together.

## 3. Get creative

The internet provides children with unlimited opportunities to learn and to be creative. From learning to code to building complex structures in Minecraft to creating video content, the summer can be a great opportunity for children to build their digital skills. Time spent online doesn't have to be spent passively consuming content. It can be educational, creative and can provide opportunities to build skills for later life.

## 4. Give to others

As well as using the internet to learn about how to get involved with local and national charitable schemes, children can give to others through their everyday activities.

Remind children that by giving positive feedback and support to friends and family as well as reporting the negative behaviour of others, children can help the web make a positive place for everyone.

## 5. Be mindful

We hear that children often feel pressured by the constantly connected nature of the internet. While they might want to do other things, it can be difficult for them to put their phones down when apps are encouraging them to engage. Being mindful about the amount of time that your child is spending online – and encouraging them to be mindful about how this makes them feel – is important.

Encourage children to come up with ways of managing this i.e. keeping a diary as way of logging the amount of time they are spending online or downloading an app that helps them manage their notifications.