

When I use technology

I am kind and responsible

I am safe and secure

I am healthy



I ask a trusted adult before I use technology



I check I can see a trusted adult, and a trusted adult can see me



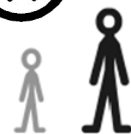
I share and enjoy what I do with technology with other people



I use technology at the right time. I stop at the agreed time



I am always kind and polite



I tell a trusted adult if I am worried or upset



I stand up and move about every 30 minutes



I do a mix of activities at home and in school