



In the coming weeks, we will all be using the internet even more than usual. It's therefore important that we remember the key messages to help us all be safe and responsible online. It's also important to balance your screentime with other activities. Why not write a diary to record how else you've spent your time out of school?

Before You...

# THINK

**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

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Parents: Talk to your child and share in their digital world!

# Your Digital Footprint

A digital footprint is the trail of information that people leave online or using other communication devices.

- favorite apps
- websites visited
- messages sent
- videos downloaded
- pictures uploaded
- music downloaded
- games played
- comments posted



What will your digital footprint look like?



## ZIP IT

Keep your personal stuff private and think about what you say and do online.



## BLOCK IT

Block people who send nasty messages and don't open unknown links and attachments.



## FLAG IT

Flag up with someone you trust if anything upsets you or if someone asks to meet you offline.



Get creative online using Purple Mash Tools and share your work games, pictures and creations using the 'Display Boards'

Please contact [hriley@parklands.cheshire.sch.uk](mailto:hriley@parklands.cheshire.sch.uk) for help with passwords etc