



Electronic devices can be seriously damaged from exposure to liquid, extreme temperature or falls

☐ I won't eat or drink near the device



☐ I will keep my device clean from spills that might damage its hardware

Software – the programs that run a device – can be damaged by harmful programs created to cause problems

☐ I won't click on strange links
☐ I won't download apps and games without discussing first

☐ I will ask for help to regularly run software updates, including operating system, security software and app updates

Personal information should be kept private when connecting or gaming with people online

☐ I won't share my password or passphrase with others
☐ I won't add or talk to people I haven't met in real life
☐ I won't tell people I don't know where I live or go to school

☐ I will set my account to private
☐ I will keep my full name, date of birth, home address, phone number, email address to myself



Balance screentime with activities and tasks away from your device

☐ I won't spend more than 2 hours of passive screentime per day – like scrolling or gaming
☐ I won't use my device in bed

☐ I will take regular breaks when using my device
☐ I will put my devices away 30 – 60 minutes before bedtime

Cybercriminals target young people for scams and bullying too

☐ I won't interact with people online who make me feel uncomfortable
☐ I won't share personal information

☐ I will ask for help with something goes wrong or feels wrong



Create a positive online experience that reflects how you want to be treated

☐ I won't be mean to others online

☐ I will tell someone – like a parent or teacher – if someone is mean to me online
☐ I will check in with my friends if they are upset because of what someone said to them online



Name:

Signature: