Building habits when I use technology

active BYTES online safety: think it, do it, live it

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
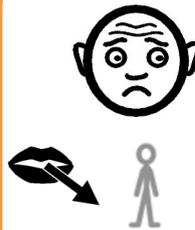
I **tell** a trusted adult if I am worried or upset

I stand up and **move** about every 30 minutes

I do a **mix** of activities at home and in school