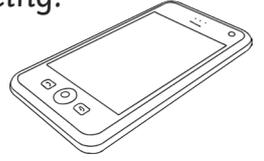


# My Digital Wellbeing Pledge

This is my pledge to take responsibility for the protection of my digital wellbeing.



To stay safe online, I will:

---

---

To protect my physical health when online, I will:

---

---

To protect my mental wellbeing when online, I will:

---

---

To protect my happiness online, I will:

---

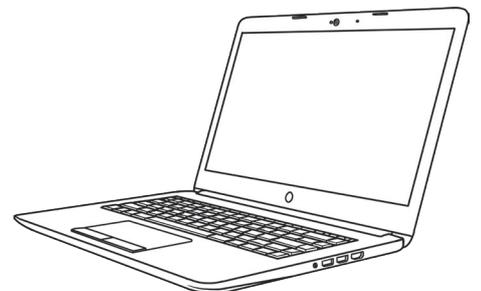
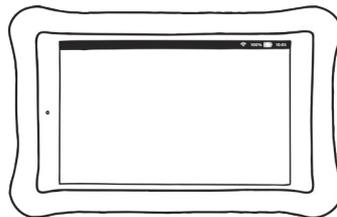
---

To protect others' happiness online, I will:

---

---

Signed \_\_\_\_\_ Dated \_\_\_\_\_



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).