



Uplands Junior School

5-a-day digital diet

By the Digital Ambassadors & Rights Respecting Ambassadors



Following the 5-a-day digital diet will help to ensure that everyone can enjoy their rights.

Learn and Be Creative – [Article 29](#) Your education should help you use and develop your talents and abilities.

Stay Connected – [Article 13](#) You have the right to find out things and share what you think with others.

Be Respectful and Help Others – [Article 2](#) All children have these rights and no one should be treated unfairly on any basis.

Switch Off and Get Active – [Article 24](#) You have the right to the best health care possible and information to help you stay well.

Stay Safe – [Article 17](#) You have the right to get information that is important for your well-being. Adults should make sure the information you are getting is not harmful.

1. Learn and Be Creative

The internet is an amazing place to discover new things, learn new skills and get creative. You could follow YouTube tutorials and build Minecraft creations using codes. It is a fantastic opportunity to build digital skills for later life.

2. Stay Connected

Technology, including social media and phones, can make staying connected to our friends and family really easy and fun. Spending time online connecting with people you know in a safe and positive way is an important part of the digital diet.

3. Be Respectful and Help Others

Giving positive and respectful feedback can help the internet make a positive place for everyone. You can make the internet a better place by reporting hurtful comments, blocking and not sharing content that may hurt other people.

4. Switch Off and Get Active

Switching off from the online world and getting active is very important to improve emotional wellbeing. Find the thing that you enjoy the best and do it regularly.

5. Stay Safe

This is the most important ingredient in the digital diet. To make sure that you can get the best from your digital diet you need to know how to stay safe online. Do you trust the site/app you are using? Is it the best place for you and people your age to be? Do you know the people you are connected with? Do you know how to block people and report worries?