

Digital Passport

For children and young people

Helping children, young people and their carers make the most of technology through relationship building and communication

What is a Digital Passport?

Welcome to your Digital Passport!
It is designed to help your carer get to know what you like doing online and in other parts of your digital life.

Have your say

This is a tool to help you say what you love about being online, and if you would like to do other things, learn more and maybe be helped to explore what works best for you.

Like any Passport, it can open up exciting possibilities for you to make the most of technology. It can also be a chance for you to get help with any online issues you are worried about.

Your wishes will be listened to as well as those of your carers

The Digital Passport can be looked at again any time, by you and your carer, or another trusted adult. If you decide to change it, it's a good idea to put a new version number on it and the date you changed it. Then everyone will know it is your latest one.

Change your mind

It is OK if you change your mind about something you have said in your Passport, or if you ever have new concerns or worries. Some things will change simply because you are growing older. You can ask for help to change it or do it on your own.

Help with your online life

The Passport can help your carer plan how to help you enjoy your life online. It can also be a way to get help if you have been upset by anything that happened online, through your phone or through another device.

It can help you and your carer think through the different people in your life who can help give you the support you need if something happens to you online which makes you worried, upset or feels wrong.

Just for you

Other children in the family may have a different Digital Passport to yours. This might be because of how old they are or what is best for them.



How will it be used?

You can keep a copy of what you and your carer have discussed or ask them to keep it somewhere safe for you.

Your carer will keep their copy. These can be looked at again and changed from time to time. It means that people caring for you will know what has been agreed and how to help you if needed. You will not have to keep saying it all over again.

Do I have to fill it in?

No, you do not have to.

Who can see it?

These pages are for you. They could be seen by your birth family, your carers and other people who are looking out for you, like your social worker, or someone keeping you safe, like your trusted adults at school.

You can say if you do not want some people to see it.



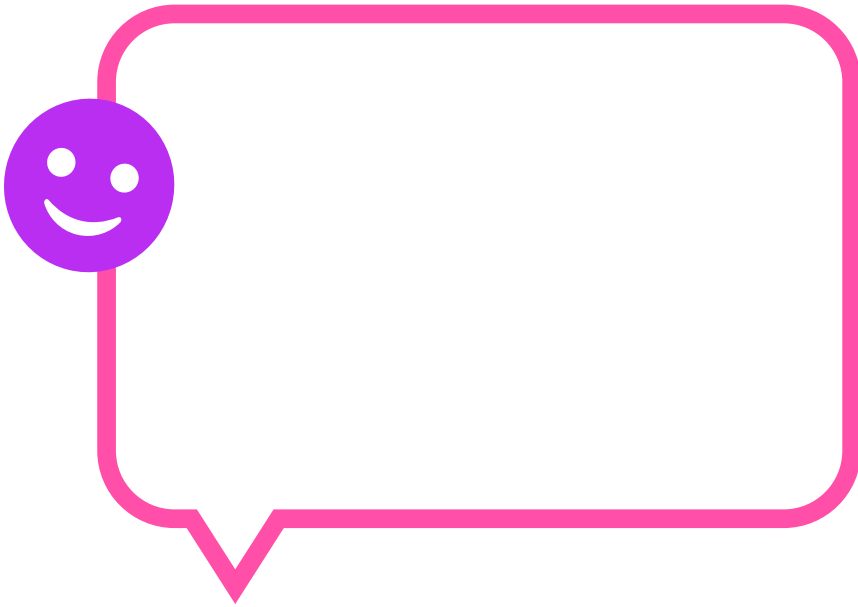
Who can see my Digital Passport:



Who should not see my Digital Passport:



1. What do you enjoy doing online?

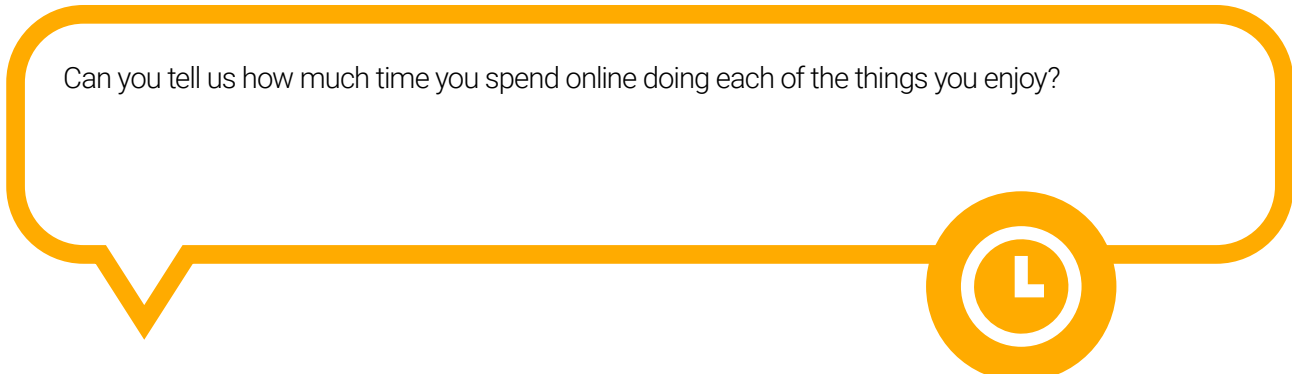


This is your chance to say what you most enjoy doing online - your favourite games, websites, or activities. These may change, so you may want to change the list from time to time.



Can you tell us why they are important to you?

Can you tell us how much time you spend online doing each of the things you enjoy?



2. Which devices are you bringing with you?

Do you have any of these:

Maybe you don't have any with you, that's OK, but if you do, could you tick them here?



Other:

A large, rounded rectangular box with a purple border, intended for writing down other devices not listed in the icons above.

Your carer will need to know who pays for a phone or whether a device like a laptop has been given to you by your school.



If you don't know, tick here

If you do know, write it here:

A large, rounded rectangular box with a blue border, intended for writing down who pays for a device or if it was given by school.



I don't have any devices

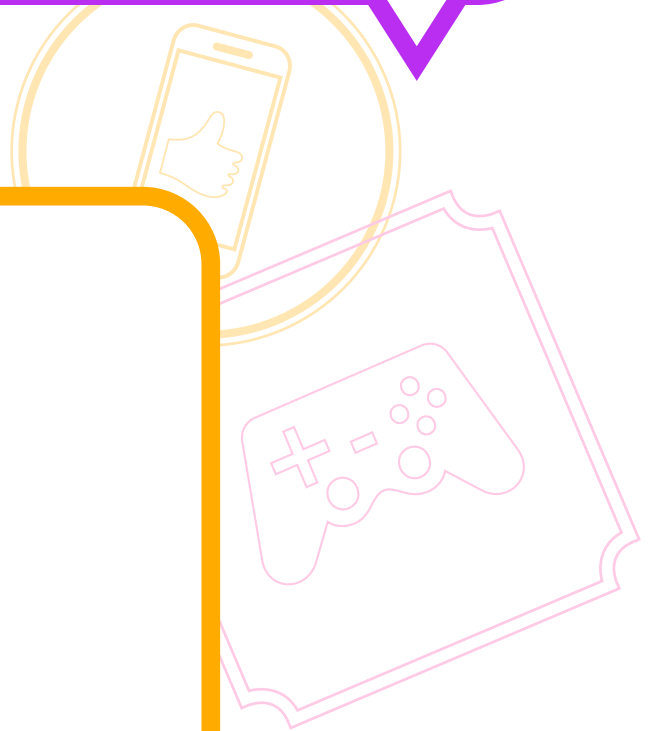


3. Any special requests or questions?

This Digital Passport will help you and your carer agree on how you can use the internet or a mobile phone. Is there something you would like to learn to do online or something you need help with?

I want to ask about:

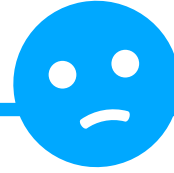
I'd love to be able to:



4. Thinking about your digital life, what's happening at the moment?



What's going well?



What's not going so well?

Is there anything you wish your carer or another trusted adult knew about?

You can change this from time to time.



5. How comfortable are you about staying safe online?

Please pick one of these below:



I manage OK most of the time



I have had a few problems

I might need help with:

I understand that anyone can find they have a problem online or be in a hard situation and it is OK for me to ask for help if I am worried by anything online.

6. Are there any useful things you have learned about staying safe online?

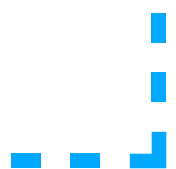
Yes. Please give details:



No. Please add any comments that might be useful



Not sure. Please add any comments that might be useful



7. Have you ever had a scary or upsetting experience online?



Yes



No



Not sure



Yes



No

What support would be useful?



Face to face help



Learning how to report it online



Helplines to ring



Online chat services



Websites where I can browse for advice

8. Do you have any worries about anything happening online or on your phone?



Yes



No

If ever you feel this way, are there any adults you trust that you could talk to?
You can remind yourself who they are here.

Who can I tell?

If you would prefer to talk to someone by phone or online, there are some helplines and websites you can use at this end of this document.

Our agreement about my digital life

When I can go online:

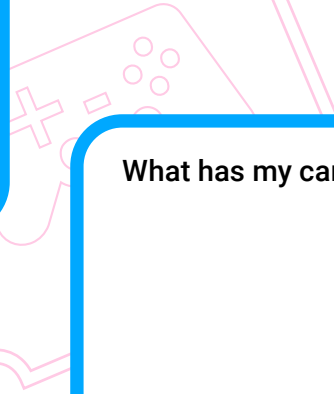
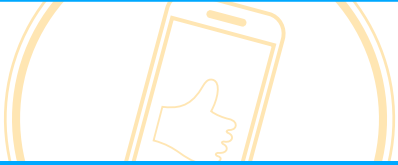


Devices I can use at home:

Devices I can use out of home:

What I have asked for:

What has my carer asked me to do:



There might be rules about who can contact me:



I know about these rules



I am not sure about the rules



This has not been discussed yet



There are no rules

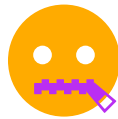
What can I do if I am worried about something, or someone makes me feel uncomfortable or upset?



I might want to talk about it to someone



I would like to talk to someone now



I don't want to talk about it, but I have had a bad experience online



Nothing like this has happened to me



What support can I get?



I will try to follow advice on how to stay safe online. This might be from my school or from my carer. If something makes me feel worried, I understand that I have a right to ask for help without being blamed or frightened of having my phone or device taken away.

Version number:

Date when I changed it:

Support services

Childline

A free, private and confidential service where you can talk about anything

☎ 0800 1111

📧 childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/

Coram Voice

Support and information for children and young people in care, on the edge of care and care leavers

T: 0808 800 5792

📧 coramvoice.org.uk/get-help

Kooth

Online mental wellbeing community

📧 www.kooth.com

Muslim Youth Helpline

A faith and culturally sensitive helpline service

☎ 0808 808 2008

📧 help@myh.org.uk

📧 myh.org.uk/how-we-can-help

Samaritans

Listening and support to people and communities in times of need

☎ 116 123

📧 jo@samaritans.org

📧 samaritans.org/how-we-can-help

Shout 85258

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope

☎ Text SHOUT to 85258

📧 giveusashout.org/get-help

The Mix

Free and confidential support for under 25s

☎ 0808 808 4994

☎ Text THEMIX to 85258

📧 themix.org.uk/get-support

Youth Access


Youth information, advice and counselling services finder

📧 youthaccess.org.uk/services/find-your-local-service

Information and advice

Become

A charity for children in care and young care leavers

 [becomecharity.org.uk/
for-young-people](https://becomecharity.org.uk/for-young-people)


Childnet

Information, help and advice about the internet

 childnet.com/young-people

Internet Matters

Connecting Safely Online Hub - empowering all young people to have a positive time online

 [internetmatters.org/connecting-
safely-online/advice-for-young-people](https://internetmatters.org/connecting-safely-online/advice-for-young-people)

Kidscape

Help with bullying

 [kidscape.org.uk/advice/advice-for-
young-people](https://kidscape.org.uk/advice/advice-for-young-people)

Mind

Mental health and wellbeing information

 0300 123 3393

 [mind.org.uk/information-support/for-
children-and-young-people/](https://mind.org.uk/information-support/for-children-and-young-people/)

Parent Zone

A digital friend to support the emotional wellbeing of children aged 8-11

 app.ollee.org.uk/#/welcome


Reporting harmful content

A national centre designed to assist everyone in reporting harmful content online

 reportharmfulcontent.com/child

School of Sexuality Education

Guidance on online sexual harassment and other online harms

 [schoolofsexed.org/s/School-of-Sex-
Ed-OSH-Guidance-for-Students.pdf](https://schoolofsexed.org/s/School-of-Sex-Ed-OSH-Guidance-for-Students.pdf)

Thinkuknow

Advice about staying safe when you're on a phone, tablet or computer

 thinkuknow.co.uk