Zoom – Children’s Checklist

Always be careful when using zoom. It can help you to keep in touch with your friends and help your education but it can also cause harm to you and others. Remember help is always available if you are having problems online. Don’t be afraid to talk to your teacher or your family. We are always here to help!

Here are some useful rules that you can follow to stay safe:



Only use zoom if your parent/carer says that it is okay



Ask an adult in your house to stay nearby to help you.



Wear sensible clothes.



Make sure that the people around you are being quiet.



Use nice polite words.



Take it in turns to speak and listen.



Remember not to take any videos or screen shots of the meeting. Even ones of your friends.



Ask the teacher if you are not sure of something.



If for any reason a stranger comes into the meeting or you see or hear something that upsets you then tell your adult straight away so that they can help to keep you safe.

If everyone remember these rules then we can all have a happy and safe zoom meeting!

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