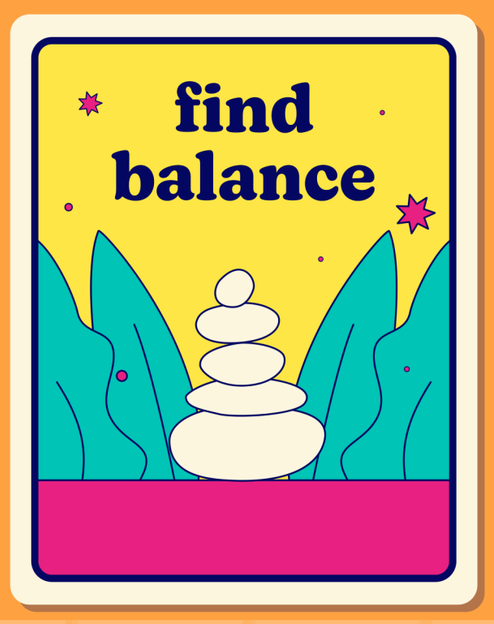
MARCH 2023

ICT DIGITAL DIGEST

EDITION #1

CYBER WELLNESS MATTERS



TIPS FOR BUILDING HEALTHY SCREEN TIME HABITS

1 CREATE A FAMILY TECHNOLOGY POLICY

- Have a family meeting to set clear rules on screen time e.g. only go online after finishing homework or chores.
- Agree as a family that parents will check online activity from time to time, like browser and chat history, to know that everyone is using the internet responsibly.

Scan here For

A Screen Time Contract Template

SCAN ME

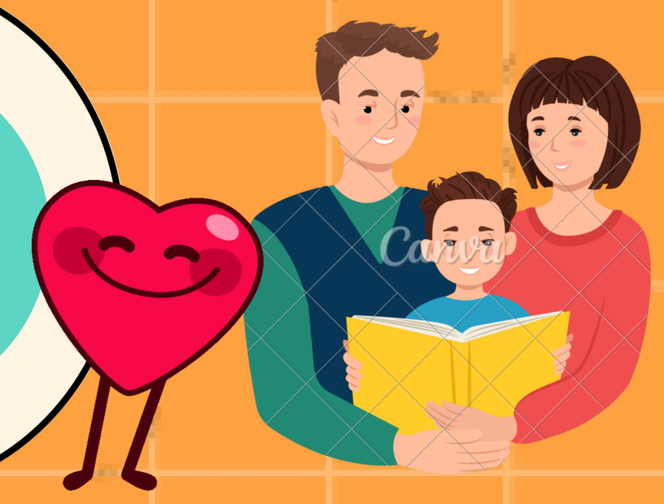
FOR GUIDES & VIDEO TUTORIALS

2 SET & MONITOR DIGITAL BOUNDARIES

- Activate safe search settings on devices, browsers and apps.
- Set up parental controls on devices to limit or block content, approve or disapprove purchases and downloads of apps, and set screen times and device bedtime.

3 MODEL HEALTHY TECHNOLOGY USE & HABITS

- Adults in the household to show themselves as role models and be mindful of device usage around the child/ youth.
- Lead by example when it comes to rules around screen time.



4 ENCOURAGE SCREEN-FREE ACTIVITIES

- Spend less time looking at screens and more time embracing the surroundings.
- Scan the QR code to see the list of screen-off activities.

WE WANT YOUR FEEDBACK

Click the image to provide feedback!

THE ICT DIGITAL DIGEST IS AVAILABLE ON THE SCHOOL WEBSITE.