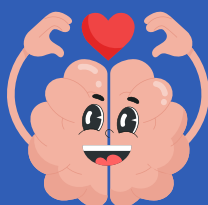


Tap the image to access ICT Digital Digest Edition 1, 2 & 3!



Cyber Wellness Matters



HOW PARENTS CAN SUPPORT THEIR CHILD:



SET SCREEN TIME BOUNDARIES TOGETHER

Why it matters: Collaboratively set clear rules for device and internet use to encourage balanced routines and avoid overuse.



Scan or Tap to get the Screen Time Contract Templates!

SET GROUND RULES FOR INTERNET USE

Do's	Don'ts
<ul style="list-style-type: none"> Seek permission before using computing devices Have a time limit for the use of electronic devices Practice netiquette on the internet Respect intellectual property right Follow rules and terms of use of different websites 	<ul style="list-style-type: none"> Access websites that have age restrictions (for e.g. many social media sites have age limit for setting up accounts to comply with international regulations on children accessing social media). Share password with others Share personal information online Meet strangers face to face without parents' knowledge Spread rumours and say mean things online



PLAN SCREEN-FREE OUTDOOR & FAMILY TIME

Why it matters: Create opportunities to disconnect from screens and reconnect with nature, hobbies, and family bonding.

CHECK OUT FUN SCREEN-OFF ACTIVITY IDEAS!



ENABLE PARENTAL CONTROLS AND PRIVACY SETTINGS

Why it matters: Use built-in tools to filter content, manage app access, and protect your child's online experience at home.

4 Essential Privacy & Safety Settings You Should Know!

<p>Block location access to all apps</p>	<p>Use reporting tools on gaming platforms & screenshots as evidence</p>
<p>Make accounts as private as possible</p>	<p>Disable website pop-ups & notifications</p>

SCAN ME



Tap or Scan for Parental Guides and Video Tutorials!



BACK UP FILES FOR A SAFE HOLIDAY

Why it matters: Encourage regular file backups to prevent data loss and ensure smooth use of learning device during the holidays.



Your child learnt about file backups in school. Tap or scan to view the lesson!

SCAN ME



TALK ABOUT DIGITAL WELL-BEING

Why it matters: Have open conversations about online safety, cyberbullying, and digital stress. Build trust so your child feels safe reaching out. Help your child spot danger signs and feel safe coming to you for help.

COMMON SIGNS ARE LISTED BELOW:

- GAME DEPENDENCY
- ONLINE SAFETY
- GAMBLING-LIKE ELEMENTS
- UNDUE INFLUENCE



Click or tap to provide valuable feedback!

THE ICT DIGITAL DIGEST IS AVAILABLE ON THE SCHOOL WEBSITE
ICT DEPT @APSN TANGLIN SCHOOL

