



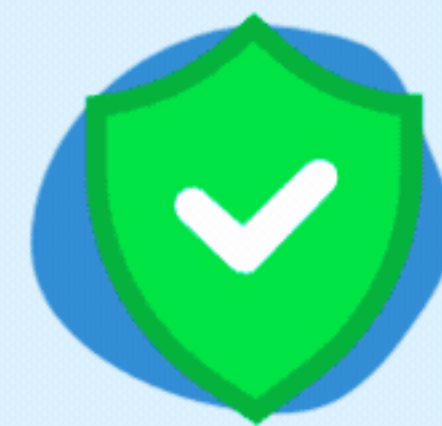
CYBERWELLNESS  
TIPS VIDEO

DSS DIGITAL SPARKS 1

# Cyber Wellness

## Be Safe Online

- Use strong, unique passwords
- Enable two-factor authentication
- Avoid sharing personal information



## Respect Others

- Be kind and respectful in all online interactions
- Avoid cyberbullying and harassment
- Report inappropriate content



## Think Before You Click

- Be cautious of phishing scams
- Verify sources before sharing information
- Don't click on suspicious links or download untrusted files



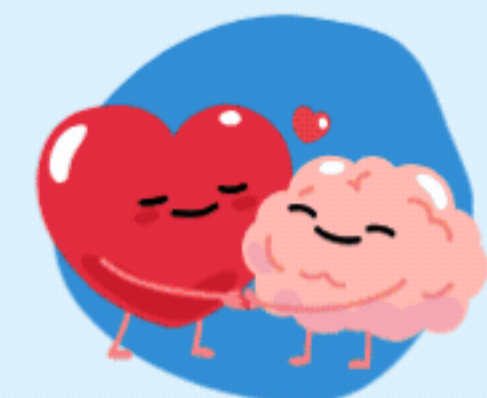
## Manage Screen Time

- Set limits on daily screen use
- Take regular breaks to avoid eye strain
- Balance online and offline activities

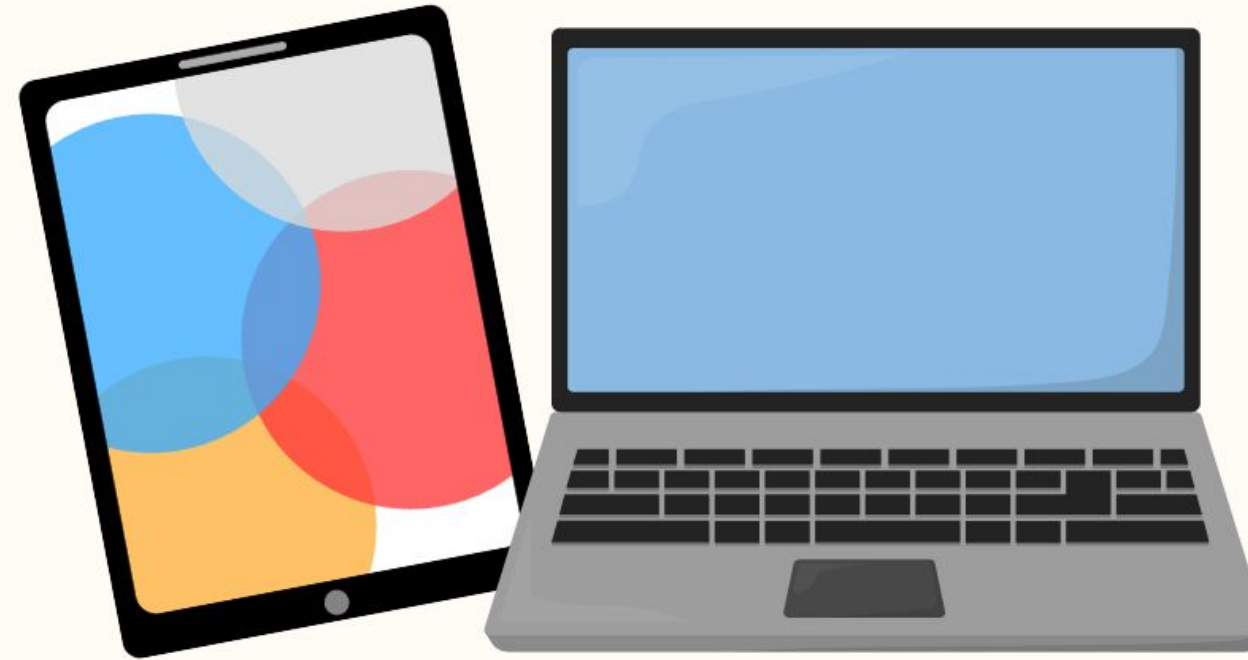


## Protect Mental Health

- Avoid comparing yourself to others online
- Seek support if you encounter cyberbullying
- Take time off from social media when needed



# PDLP TIPS



1

## Regular Backups

Ensure all important data and assignments are regularly backed up to the cloud or an external drive. (e.g. Google Drive)



2

## Battery Management

Charge your device to at least 60% before school and can bring a portable charger.



3

## Digital Note-Taking

Use apps like OneNote or Google Keep for organized and searchable notes.



4

## Monitor Usage

Parents should periodically review how the device is being used and set boundaries for screen time.



5

## Set Expectations

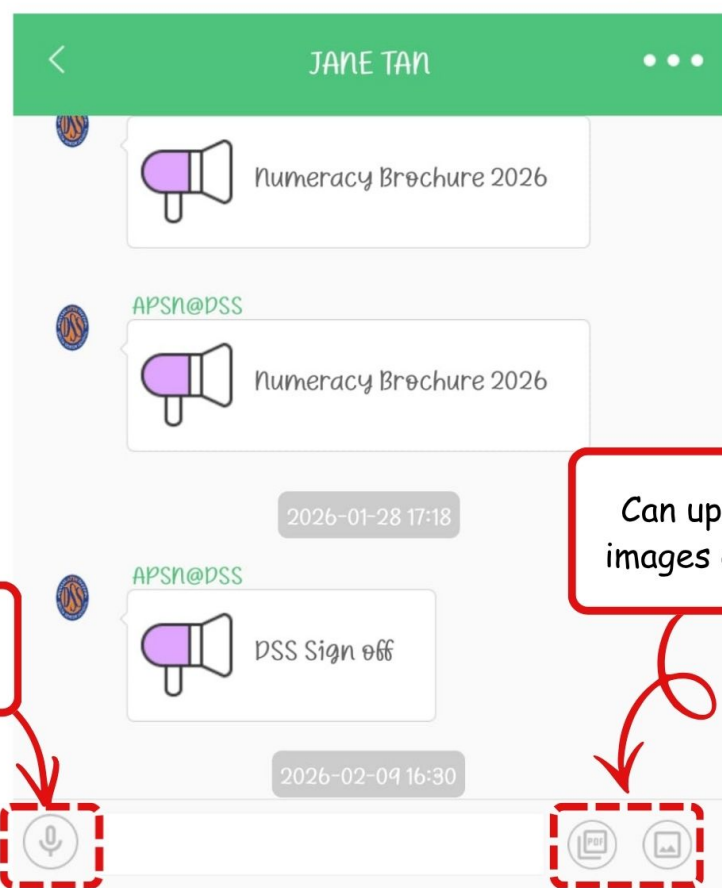
Establish clear guidelines for digital behavior and study times at home.

# WHAT IS DIIBEAR APP?

PARENT / GUARDIAN AND TEACHER COMMUNICATION APP

## WHY USE DIIBEAR?

- ▶ Strengthens parent-teacher partnership
- ▶ Send and receive messages



Can record your voice

Can upload PDF, images and videos



## DOWNLOAD APP HERE

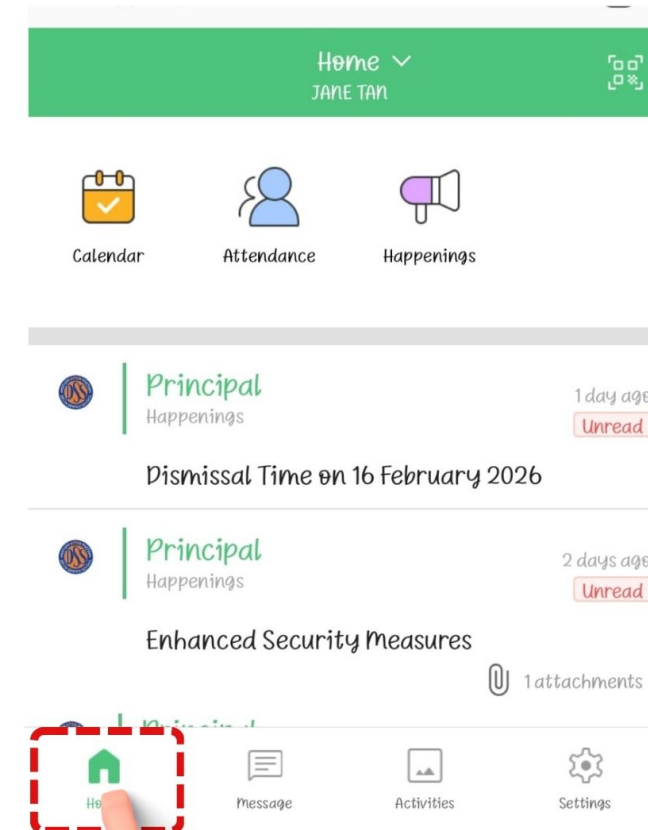
 [App Link](#)  
Click here!

 [App Link](#)  
Click here!



## WHY IS IT USEFUL?

- ▶ Receive announcements



Home page: You can see latest announcements