



Cyber Wellness

Tips for Parents and Students during Home-Based Learning (HBL)

Cyber Wellness involves an understanding of online behaviour and awareness of how to protect oneself when using internet. During the period of HBL, the focus of cyber wellness is about helping students to become responsible and effective digital learners.

When navigating cyberspace, students should continue demonstrate respect for self and others and practise safe and responsible use as what they have learnt in school for cyber wellness. We are confident that even in this challenging time, our students can continue to be a positive peer influence while harnessing technology for collaboration, learning, as well as advocating positive use of technology within the family.

We hope that the below tips on cyber wellness will come in handy as our boys embarks in online learning during this period of time.

1. Limit screen-time to home-based learning and encourage tech-free activities and hobbies. E.g. Engage in indoor exercises to continue keeping fit.
2. Do not click on links or suspicious attachments. Always refer to teachers' instructions when assessing online academic content.
3. Continue to practice netiquette towards your classmates as you may get the chance to interact with them online during the HBL.
4. If you happen to encounter cyberbullying, stay calm, save the evidence, and report the case to your teacher or your parents as soon as possible.
5. In the event that you come across inappropriate content doing online assignment, close the web browser immediately and report the inappropriate website to your parents or teacher.
6. Never reveal personal information such as home address, phone number, birthdate over the internet.

Parents can refer to below link to set parental controls on your child's ICT device.

<https://ictconnection.moe.edu.sg/cyber-wellness/for-parents/guides-and-tips/parental-controls>

In addition to the cyber Wellness tips, parents can also refer to the official MOE attachment on how to do effective home-based learning with your child.

Source: <https://ictconnection.moe.edu.sg/>