

CYBERWELLNESS TIPS

Ensuring the Well-being of your child online

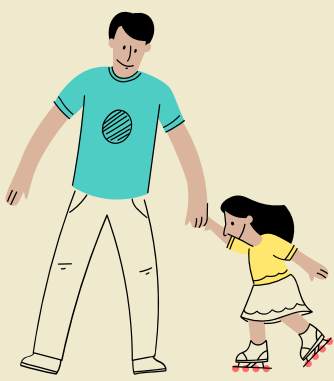
HERE'S WHAT YOU NEED TO DO:

1. ENGAGE

Talk to your child about what they do online and websites they visit often. Encourage them to air their views and set expectations for internet usage



2. GUIDE



Instruct your child on basic privacy tips, such as not sharing personal details like addresses or names of family members. Remind them to set their online accounts to "private" and not accept requests from strangers

3. MONITOR

Ensure your child balances between work and screen time by setting time limits for computer usage.



4. SECURE



Set strong passwords and install antiviruses to prevent your digital devices from being infected, and teach your child the importance of keeping devices secure

VISIT THESE WEBSITES FOR MORE RESOURCES!

<https://www.betterinternet.sg/>

<https://www.healthhub.sg/live-healthy/1964/my-child-is-glued-to-the-screen>

<https://www.moe.gov.sg/programmes/cyber-wellness>