



Cyberwellness

7 Tips for Living Well with ICT

What is Cyber Wellness?



- **Cyber Wellness is about our students being able to navigate the cyber space safely.**
 - **This is done through our curriculum which aims to equip students with the knowledge and skills to harness the power of Information and Communication Technology (ICT) for positive purposes, maintain a positive presence in cyberspace and be safe and responsible users of ICT.**
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What will our Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)* lessons, students will be taught:

- Basic online safety rules
 - Talking to only people you know
- Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being
- Protecting Personal Information
 - Understand the risks of disclosing personal information



E.g. Lower Primary Lesson on Staying Safe in the Cyberworld

*Character and Citizenship Education(Form Teacher Guidance Period)

What will our Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

- **Cyber Contacts**
 - Understand that the profiles of strangers that we see online may not be their real identities
 - Recognise the dangers of chatting with strangers online
- Parents are encouraged to try the “Family Time” activities in the CCE (FTGP) Journal with your children to emphasise the different cyber wellness messages at home



E.g. Family Time in the lesson on Staying Safe in the Cyberworld

Tip 1: Engage in Co-Viewing and Co-Playing

ICT provides opportunities for family bonding.

Spend quality time engaging with your child during screen activities to monitor content and bond.

Tip 2: Create a Screen Time Schedule

| | |
|---------------------|--|
| Less than 18 months | No screen time at all |
| 18 - 24 months | High quality content Watch with a parent |
| 2 - 5 years old | Up to 1 hour of screen time per day High quality content Watch with a parent |
| 6 - 9 years old | Parents to set suitable time, content, location and behaviour boundaries |
| 10 - 12 years old | Good to sit them down to discuss and work out the suitable boundaries. |

Use of parental control app

Tip 2: Create a Screen Time Schedule

screen time countdown

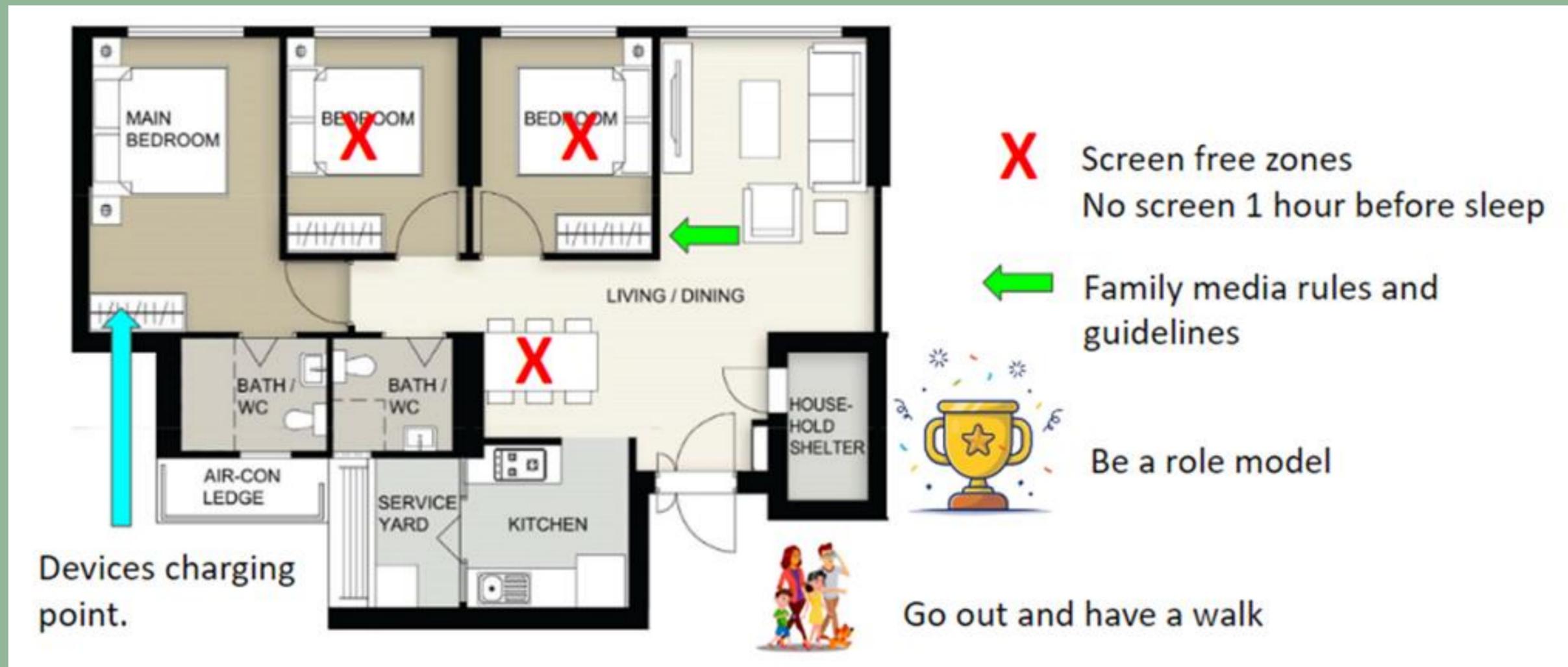
Work your way through all 10 tasks to earn daily screen time.

- 10 eat breakfast 
- 9 get dressed 
- 8 brush teeth 
- 7 brush hair 
- 6 make your bed 
- 5 do chores 
- 4 play outside for 30 minutes 
- 3 read for 30 minutes 
- 2 do something creative 
- 1 do something helpful 

Have a check mark next to every task?
You earned your daily screen time!

Tip 3: Designate Screen-Free Zones

Identify specific areas in your home where screens are not allowed to encourage family interaction.



Tip 4: Monitor Content Regularly

Regularly check the content your child engages with. Be aware of games, apps, and websites, ensuring they align with values and norms



Tip 5: Discuss Online Safety

Have open discussions about online safety. Teach your child about the importance of privacy and how to navigate the internet responsibly.



Tip 6: Create a Screen Time Contract

Involve your child in creating a family media agreement. This empowers them and ensures mutual understanding of screen time expectations.



SCREEN RULES



#1 Only _____ of screen time allowed a day.



#2 No using of devices during mealtimes and 1h before bedtime.



#3 Use of devices only after homework is completed.

Tip 7: Stay Informed about Tech Trends

Keep yourself informed about the latest tech trends and updates. This helps you stay involved and aware of your child's digital world.



Thank you