CYBERWELLNESS

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WHAT IS CYBER WELLNESS @ SCHOOL

- Cyber Wellness (CW) in Character and Citizenship Education (CCE) focuses on the well-being of our students as they navigate cyberspace.

- Our curriculum aims to equip students with the knowledge and skills to harness the power of ICT for positive purposes, maintain a positive presence in cyberspace and be safe and responsible users of ICT.

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3 PRINCIPLES OF CYBER WELLNESS

These 3 main principles will guide your child's decision-making and anchor their well-being:

- Respect for self and others.

- Safe and responsible use.

- Positive peer influence.

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CW CURRICULUM @ SCHOOL

TOPICS	WHAT YOUR CHILD WILL LEARN ABOUT
Cyber use	• Maintaining a healthy balance of online and offline activities
Cyber identity	• Developing a healthy online identity • Appropriate online expression
Cyber relationships	• Netiquette • Cyber bullying • Developing safe, respectful and meaningful online relationships

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CW CURRICULUM @ SCHOOL

TOPICS	WHAT YOUR CHILD WILL LEARN ABOUT
Cyber Citizenship	•Understanding the cyber world •Handling online content and behaviour •Having a positive presence in the cyber community
Cyber Ethics	•Creating and sharing of online content in a responsible manner •Respecting copyright

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HOW CAN PARENTS SUPPORT THEIR CHILD @ HOME

To help your child stay safe and have positive experiences online, you can:

- Organise more outdoor activities together.

- Activate parental controls on your home devices.

- Model good digital habits for your child.

- Set ground rules for internet use.

- Navigate the internet together to understand their usage.

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ORGANISE MORE OUTDOOR ACTIVITIES TOGETHER

- Spend time with your child by carrying out family activities such as

-Sports

-Outdoor activities such as going for walks (Heritage Walks),

picnics etc.

-Visiting places of interest such as museums, art galleries etc.

so that your child can lead a healthy and balanced lifestyle

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ACTIVATE PARENTAL CONTROLS ON YOUR HOME DEVICES

- Set up parental controls on your children's most used operating systems, internet browsers and devices

- Set up filters provided by major internet service providers or software companies

- Internet Browsers

- Operating Systems

- Mobile Video games Devices payTV

- ISP

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MODEL GOOD DIGITAL HABITS FOR YOUR CHILD

- Manage your own digital habits such as avoiding extensive use of technology and avoiding use of technology during meal times.

- Show your child safe, responsible and respectful behaviour when sharing, collaborating and creating online.

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SET GROUND RULES FOR INTERNET USE

- Limit the time spent on devices

- Protect the laptop, iPad and any other digital devices with passwords

- Ensure the presence of an adult whenever a child is using the Internet.

- Engage and share on the possible dangers lurking on the Internet.

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SET GROUND RULES FOR INTERNET USE

Dos	Don'ts
• 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	• 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

SET BOUNDARIES FOR CHILDREN IN THE CYBER WORLD

The 3Cs of good media use for children: the **Content**, the **Context**, and the **Child**:

- Be "choosy" about the **Content** that your children are looking at.

- Be aware of the **Context** and ensure that it is balanced with activities like outdoor play.

- Be alert to the needs of the **Child**; Some need more limitations, while others need more face time with their parents to talk through what they see on screen.

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HOW TO BE SAFE ONLINE

- Take the 'Online Safer Internet Day Primary Quiz' to find out!

  (URL: https://bit.ly/2Y3Y2UW)

- Join at **www.kahoot.it** or with the '**Kahoot!**' app

- Enter the **Game Pin** shown on the screen

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NAVIGATE THE INTERNET TOGETHER TO UNDERSTAND THEIR USAGE

- Surf the Internet with your child so that you know what he/she does online and whether he/she is involved in age-appropriate activities. This will help to hone your child's skills to translate his/her understanding into actions which he/she can later apply should he/she face similar situations.

- Highlight to your child not to respond to anyone who says something inappropriate and he/she should immediately leave any site if he/she feels uncomfortable.

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TALK WITH YOUR CHILD ABOUT HIS/HER INTERNET USE

- Get your child to share with you his/her favourite online websites, things he/she do online and what is cool amongst his/her friends.

- Talk to him/her about his/her online experiences. (For example, discuss about the benefits and risks of the Internet, share how people connect and communicate with one another through the Internet).

- Let your child know that it is alright to ask you questions or talk to you if he/she run into problems with someone online.

- Download the C-Quest game app, which facilitates conversation between parents and children on cyber wellness, from the iTunes Store / Google Play.

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DANGERS OF CYBER SPACE

- Internet Addiction through Online Gaming

Symptoms :

- Restless

- Withdraw from family and friends when they are not getting their online 'fix'.

- Tardy behaviour in school

- Isolating themselves or even neglecting their health

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DANGERS OF CYBER SPACE

- Cyber bullying

- the use of electronic media - especially mobile phones and the internet - to intimidate, threaten or upset someone

Symptoms :

- Fall in self-esteem and feelings of insecurity

- Withdrawn interaction with family and friends

- Changes in Internet usage habits

- Decrease in academic performance

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WHAT HAPPENS ONLINE HURTS FOR REAL.

IT'S UP TO EACH OF US TO DO WHAT'S RIGHT ONLINE AND MAKE THE INTERNET A BETTER PLACE.

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HOW TO MANAGE CYBER BULLYING

- Help your child to handle or avoid cyber bullying. For example, you can prepare your child to take the following steps if they are being cyber bullied:

- Approach an adult whom they trust, such as a parent, a teacher or counsellor;

- Stop all forms of communication and interactions with the cyber bully; and

- Save evidence of the cyber bullying incident and report it to the school staff.

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WE ALL NEED TO PLAY OUR PART

To help your child our students, we all need to work together:

- Organise outdoor activities together.

- Activate controls on devices.

- Model good digital habits.

- Set ground rules for internet use.

- Listen and Talk to them

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