

CYBER WELLNESS HEARTBEAT

SEMESTER ONE, 2023



Student Ambassadors leading the school in the Cyber Wellness dance!

Keeping Our Students Cyber Safe!



Dear Parents/Guardians,

As our students navigate the cyber space, let's guide them by keeping up with their online activities and role-modelling healthy usage of digital devices.

In Semester 1, our Cyber Wellness focus themes are: Cyber Safety and Anti Cyberbullying. In this newsletter, we see how our students are actively engaged in learning the cyber safety and anti-cyberbullying tips!



Ambassadors engaging the audience to check for understanding.

Left and below: Recess activities which help to reinforce learning, supported by our PSG members.



Cyber Safety Tips for Parents

Guided by MOE Cyber Wellness Principles, here are some tips our students have learnt in Semester One.



Term 1 Cyber Safety Internet Safety Tips

1. Don't give out personal information
2. Never respond or send messages and pictures to strangers
3. Keep passwords private
4. Don't download anything from the Internet without permission

Tips for parents:

- Guide your child on time spent online and remind them about online etiquette.
- Remind your child to stay safe online with these 5 Internet Safety Tips!

Term 2 Cyber Bullying What To Do About Cyber Bullying

1. Be firm and tell the bully to stop.
2. Block the sender and report the incident to the platform and a trusted adult.
3. Take screenshots and save the evidence.
4. Practice being a good netizen by being respectful and responsible even online.



Tips for parents:

- Guide your child on time spent online and online etiquette.
- Create guidelines for posting and consuming information online with your child using THINK framework:
is it T rue, H elpful, I nspiring, N ecessary, K ind?



<https://go.gov.sg/cyber-wellness-for-your-child>

Scan the QR Code for more information about helping your child stay safe online!