

**Cyber Wellness Articles for Parents**  
**January 2019**



**How to Stay Safe on Public Wi-Fi**

<https://www.csa.gov.sg/gosafeonline/go-safe-for-me/homeinternetusers/how-to-stay-safe-on-public-wi-fi>

Public Wi-Fi has brought a world of convenience to our lives by allowing us to access the Internet freely.

However, there are risks involved when connecting to public Wi-Fi.

Here are tips to protect yourself and your personal information:

- Do not access sensitive information
- Always use HTTPS (Look for the padlock icon in the address bar of your browser.)
- Disable File Sharing
- Do not connect to Wi-Fi networks automatically
- Use a Virtual Private Network



**Talking to Your Child About Internet Safety**

<https://www.csa.gov.sg/gosafeonline/go-safe-for-me/for-parents/talking-to-your-child-about-internet-safety>

With children increasingly exposed to digital media and online technology at an early age, parents play an important role in imparting the necessary knowledge and skills to keep them safe from online dangers.

Here are seven tips to help you get started:

- Understand internet safety
- Start conversations early
- Be open and honest
- Establish rules but exercise flexibility
- Use analogies
- Show, don't just tell
- Be a good role model



What children see online

<https://www.vodafone.com/content/digital-parenting/schools/what-children-see-online.html>

The internet is a fantastic place for children to learn, connect and have fun. However, some websites, apps, games and videos aren't suitable for young people.

Here are eight types of online content that every parent should be aware of:

- Pornography
- Violent content
- Illegal content
- Misleading and harmful information
- Music, games, films & TV
- Advertising
- Gambling
- Spam & scams

Tips to help your child to deal with the risks:

- Talk to your child regularly about the digital services they enjoy using
- Agree on boundaries about what's appropriate for their age
- Use parental controls
- Check age ratings on videos, apps and games

- Protect your digital devices with anti-virus software, firewalls and anti-spyware products