Cyberwellness
Key Messages to Parents

PROMOTE AND ROLE MODEL SAFE ONLINE HABITS

➢ Children's first role model when it comes to online behavior.

➢ Need to show your children how to be safe online.

➢ The values that guide everyday interactions are applicable online.

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SET HOUSE RULES ON INTERNET USE

➢ Check that email is from trusted source before opening attachments

➢ Close pop-up messages

➢ Create strong passwords which include both capital and small letters, numbers and symbols

➢ Do not click on suspicious links

➢ Download software and apps only from official websites and trusted sources

➢ Limit screen time so as to prevent addiction to computer games

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➢ Set up filters

➢ Install and update anti-virus software on your own and your child's devices

SET UP FILTERS AND ANTI-VIRUS SOFTWARE FOR ALL DEVICES

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TEACH YOUR CHILD TO PROTECT PERSONAL INFORMATION ONLINE

➢ Set appropriate privacy settings on social media accounts

➢ Not to reveal personal information on social media, such as address / location, phone number, full name, birthdate, school, etc.

➢ Not to interact with online strangers

Resources

Ministry of Education
Check out MOE's Cyber Wellness Portal for parents. You can also access it through "The ICT Connection" mobile app.
ictconnection.moe.edu.sg/cyber-wellness/for-parents

Cyber Security Awareness Alliance
Check out information and tips provided by Cyber Security Awareness Alliance on cyberthreats.
csa.gov.sg/gosafeonline/go-safe-for-me/for-parents

Government Technology Agency of Singapore
Check out tips provided by Govtech on cybersecurity.
tech.gov.sg/technews/innovation/2016/10/stay-cyber-ready-to-be-cyber-safe

Media Literacy Council
Check out tips provided by Media Literacy Council on cyber security.
medialiteracycouncil.sg/online-safety/Pages/cyber-security.aspx