

SAFER INTERNET DAY 2024

An annual global initiative to promote safer and more responsible use of online technology and mobile devices among children and young people. The theme for Safer Internet Day 2024 is “**Nurturing Healthy Habits in the Digital Age**”.

Cultivate a Healthy and Balanced Relationship with Technology

Designating technology-free zones



Diversifying activities beyond screens to include offline activities



Prioritising one's mental health by being mindful of the impact of technology on one's mental health.

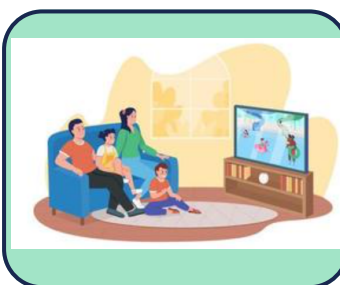


Active parents Tips



ENJOYING THE BENEFITS OF SPORT TOGETHER WITH OUR KIDS

Doing things together as a family makes us closer. When you share the same activity as them, watch them in action or be part of their action, you communicate even more and on a deeper level. By engaging in sport with our kids, there are more opportunities to find out what our kids think and feel.



SCREEN-TIME WITHOUT THE GUILT - EDUTAINMENT FOR THE WHOLE FAMILY

Identify media content that is educational and developmentally appropriate for children. Select programmes that are easy to understand, at the same time allow them to learn something.

Make time to watch TV or online content with your children. Take the opportunity to answer questions that your kids have, to bridge knowledge gaps, and highlight learning points for them. Also remember to **create visual break times** for them **every 30 minutes**.

Programmes suitable for kids

1. Disney TV

You can find plenty of wholesome programmes here. There are even crafts and recipes for parents to get busy with the kids together.



2. National Geographic Kids

This is one of our favourites as a one-stop source of EVERYTHING! Yes, literally everything, from animals, culture, history, nature, science, you name it. Check out their short and informative videos, and also games and activities that parents can get involved with the kids too!

3. Youtube Kids

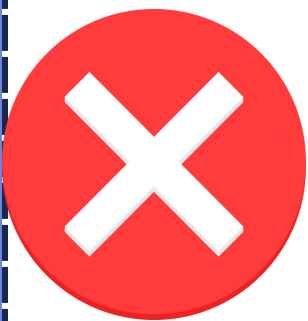
This platform allows parents to set up an account easily to curate content for the kids, and even select from different age ranges. Count on classics like [Sesame Street](#), find songs to sing along at [Super Simple Songs - Kids Songs](#), or explore interesting nuggets of info on [Free School](#).



SCREEN FREE WEEKEND

We would like to encourage students to understand that while technology can be useful for learning and socialisation, using technology excessively can also be harmful to their well-being. Having self-regulation in seeking **a balance use of technology** and taking the time to **remove themselves from technology periodically** can be a useful way of ensuring balance.

1. Encourage your child to commit to one of the following screen-free options for the weekend.



NOT using mobile devices.



NOT engaging in recreational screen time .



NOT playing video games.

2. Replace the time with an offline activity



Playing a sport.



Outdoor activities such as hiking/cycling etc.



Spending time with friends in a face-to-face setting.



Encourage family members to also engage in a screen-free weekend and take part in a family activity (e.g. board games)

TIPS ON Protecting yourself

SPAM AND SCAM: SAME OR DIFFERENT?

SPAM IS A PROMOTION

of a product or service to a large group of people through unsolicited marketing.

Organisations should include in their messages:

1. <adv> prefix in emails and texts
2. Unsubscribe option.

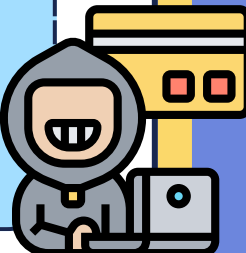


SCAM IS A CRIME

That aims to trick you into giving up your money or personal data.

Watch out for:

1. Suspicious URL links provided in emails and text messages.
2. Requests for personal or Internet banking details and OTP.
3. Calls from numbers starting with "+" prefix unless you are expecting an overseas call.

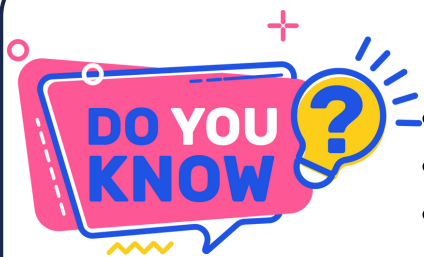


RECEIVED PROMOTIONS? CHECK FIRST!



From time to time, organisations may send you marketing messages about their new product or service, or upcoming sales.

IDENTIFYING SAFE MARKETING MESSAGES



- Verify the source of emails or texts.
- <ADV> Prefix in marketing messages.
- "unsubscribe" option should be present.
- Hover to check suspicious URLs before clicking.

REQUESTS FOR MONEY OR IDENTITY



Legitimate organisations will not ask you for money transfers or to verify your identity through email or mobile messages.

JOB OFFERS? THINK BEFORE YOU COMMIT

Not all job offers are what they seem



WHAT SHOULD YOU DO WHEN YOU RECEIVE SUCH MESSAGES

- **1. Ignore them**

Do not respond or you may receive even more messages. Do not provide any personal information.

- **2. Block/Report**

Block the number to stop receiving more spam messages. Report the number if the message was sent by a messaging app.

- **3. Use ScamShield**

The ScamShield app (iOS Only) filters potential scam messages to a junk SMS folder and also allows you to report the sender's number.

