PARENTING

IN CYBER SPACE

MODEL **PARENT**ING AT HOME

Use this guidelines to play an active role in guiding our children to navigate in cyberspace.

- **P** rovide opportunities for a variety of offline activities
- **A** ctivate parental controls in all computing devices
- **R** ole - model good digital habits
- **E** stablish the ground rules for internet use
- **N** avigate the internet with your child to understand his/her use
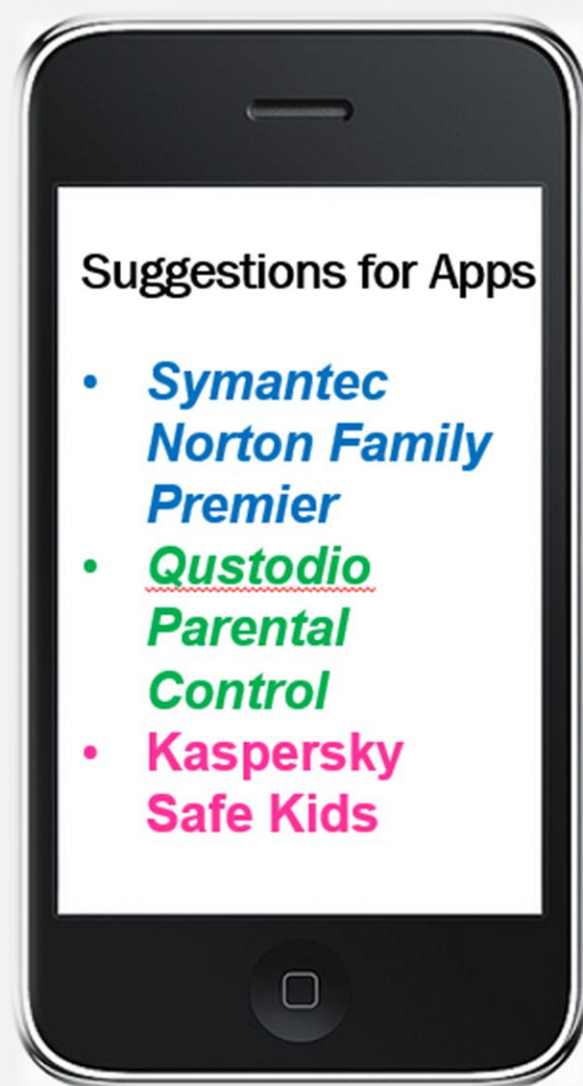- **T** alk with your child about his/her internet use

- Spend Time with your Child by carrying out activities such as sports and outdoor activities so that your child has a healthy and balanced lifestyle

- Parental control apps deters kid from doing anything too dangerous and reporting back to you what your child has done online over the day.

- **A good Parental control app should be able to do the following**
    - **Content filtering**
    - **App Blocking**
    - **Location Tracking**
    - **Setting Time Limits**
    - **Remote Locking**
    - **Social Media Text Monitoring**

Suggestions for Apps

- **Symantec Norton Family Premier**
- **Qustodio Parental Control**
- **Kaspersky Safe Kids**

For More information please visit:
https://www.betterinternet.sg/Resources/Resources-Listing/Parents---Parental-control-apps

- 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.

Dos	Don'ts
• seek permission before using computing devices • have a time limit for the use of computing 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
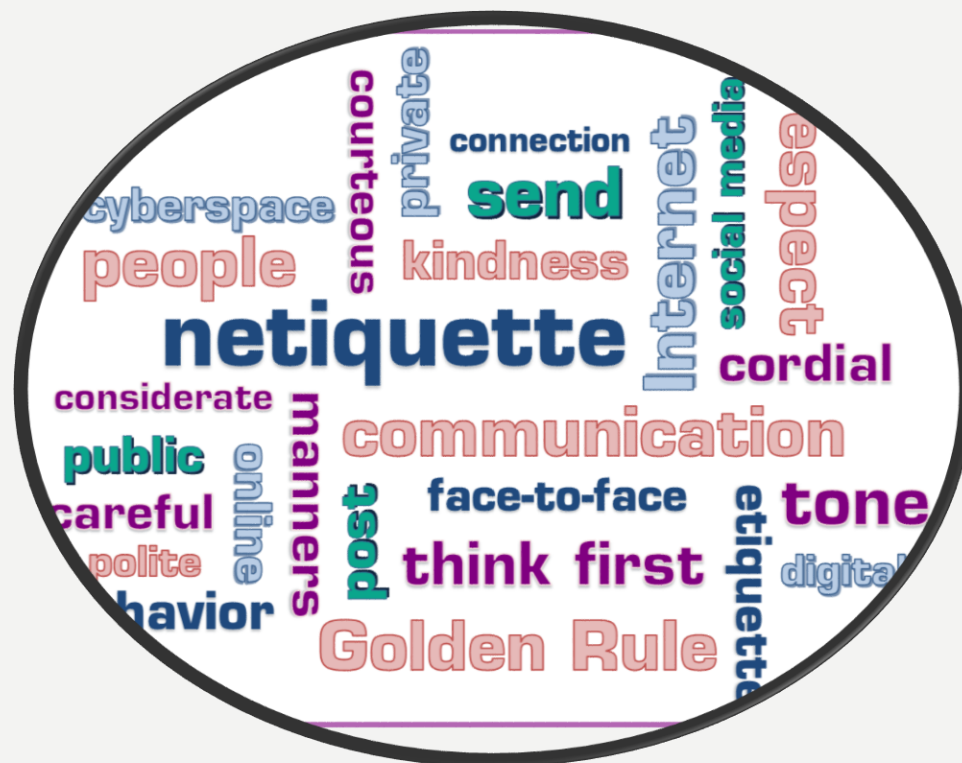
- **Surf the Internet with your child** so that you know what he/she does online and whether he/she is involved in age-appropriate activities.
  - This will help to hone your child's skills to translate his/her understanding into actions which he/she can later apply should he/she face similar situations.

- **Highlight to your child** not to respond to anyone who says something inappropriate and he/she should immediately leave any site if he/she feel uncomfortable.
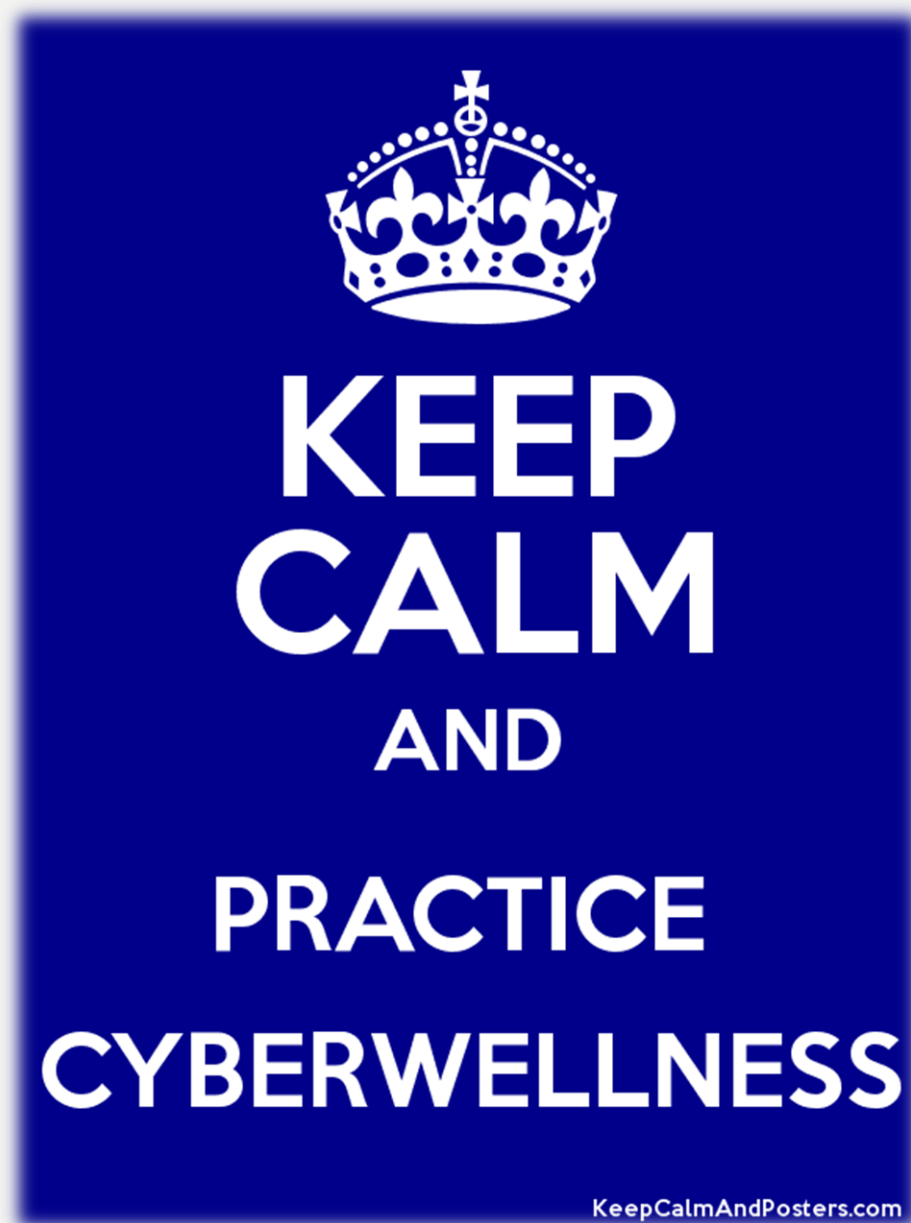
- **Get your child to share with you** his/her favourite online websites, things he/she do online and what is cool amongst his/her friends.

- **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 question**s 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.

C-QUEST

A **mobile app game** to promote conversations about cyber wellness between parents and children

KEEP CALM AND PRACTICE CYBERWELLNESS

KeepCalmAndPosters.com

- **Some useful websites**

https://ictconnection.moe.edu.sg/cyber-wellness/for-parents

https://www.betterinternet.sg/

https://www.ncss.gov.sg/GatewayPages/Social-Services/Children-and-Youth/Cyber-Wellness