Cyber Wellness in School
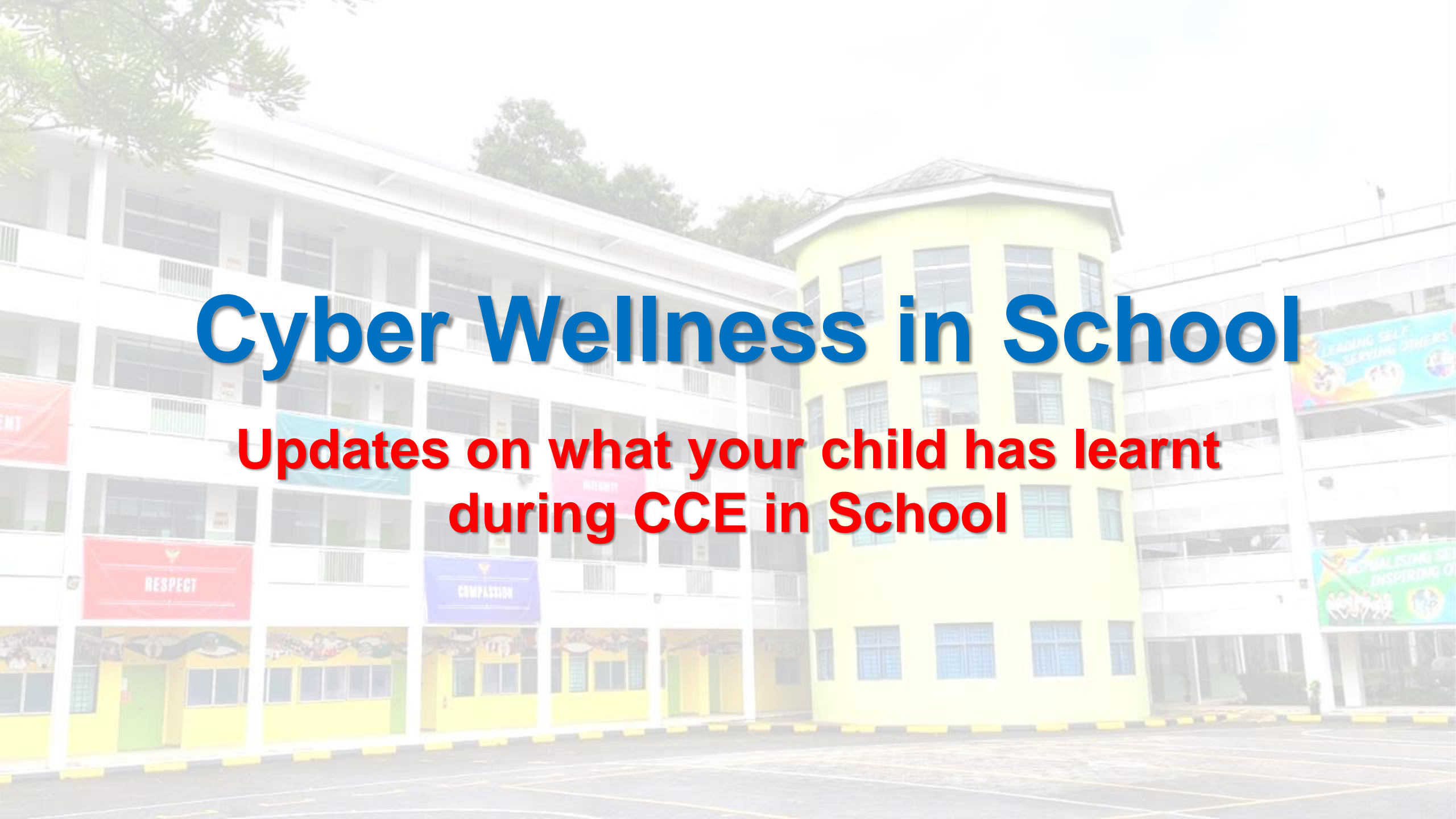
Updates on what your child has learnt during CCE in School

What your child has learnt during Cyber wellness lesson
(CCE Lesson conducted in class)

Key Messages	Discussion
1. **Be Smart** • Developing good cyber habits	• Balancing online and offline timing. • Sufficient rest/sleep time.

2. **Be Safe**
   • Ensure Cyber Security
   • Online Disclosure
	• How to avoid being an easy target?
	• How much should you share about yourself online?

3. **Be Kind**
   • Being Positive Online
	• **THINK** before posting
	   • **T** – True?
	   • **H**elpful?
	   • **I**nspiring?
	   • **N**ecessary?
	   • **K**ind?
	
	• What can you do if you are a victim of cyber bullying
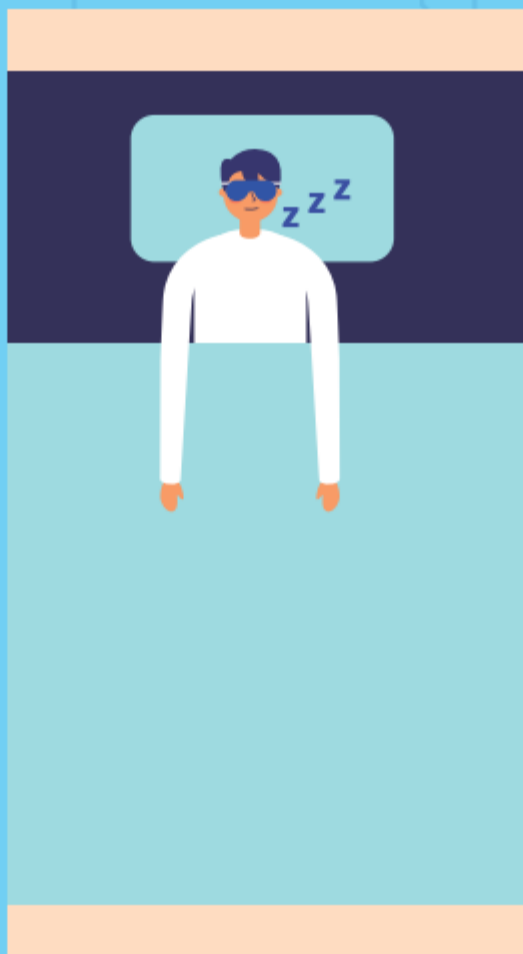
Be Smart: Develop Good Cyber Habits

Practise good sleep hygiene.

This includes:

1. Sleeping and waking up at the same time every day.

2. Practising a relaxing bedtime routine, e.g.
   - Taking a warm bath.
   - Writing a 'to do' list to clear your thoughts.
   - Doing relaxation exercises such as light stretches.
   - Listening to music that relaxes you.

3. Avoiding the use of electronic devices at least 1 hour before sleep.
   - Keep them out of your room and off your bed.

Be Smart: Develop Good Cyber Habits

20-20-20 Rule
To protect your eyes, look at something 20 feet (6 metres) away for 20 seconds after 20 minutes of looking at the screen.

Online & Offline Balance
Taking part in a combination of online and offline activities will help you to remain healthy. Plan for tech-free time (like going for a run), and put your devices away during family bonding time.

Establish Routines & Keep At It
Set up a routine to help keep your device use in check. Put your device away during mealtimes, and commit to cutting off screen time 1 hour before bedtime to help you to sleep better.

Be Kind: Being Positive Online

THINK before you post online:

Based on your own experience, what kinds of comments on social media made you feel upset/angry?

If you disagree with another person using negative comments, e.g. by calling that person names, does that invite more or less negative comments?

Hurtful Behaviours Online

Here's what you can do if you are a victim of cyber bullying.

1. **Stop and stay calm**
   Something made you feel fearful or hurt? Stop and do not reply. Your responses may trigger more bullying.

2. **Save the evidence**
   Take screenshots and save all messages that show evidence of cyber bullying.

3. **Block the bully**
   Prevent bullies from further communicating with you online.

4. **Report the bully**
   Flag online bullies to the online platforms they are using.

5. **Tell a trusted adult**
   Seek advice from your parents, teachers, or even close friends. You do not need to suffer alone!

Hurtful Behaviours Online

Here's what you can do if you see cyber bullying happening.

1. Play an active role

Take an active role in not sharing messages, posts, photos, or videos that are hurtful or humiliating.

2. Record the evidence

Take screenshots as proof. Save comments, photos, or videos that show online bullying.

3. Report the bully

Alert platform administrators to online bullies by flagging them reporting inappropriate content.

4. Take a stand

If you feel safe or confident enough, call out the bully for their behaviour and ask them to remove their post.

5. Tell someone you trust

Bring it up to someone who might be able to help, like a parent or teacher.

6. Show support

Be a friend to the victim when they need someone to talk to and remind them not to blame themselves.