

Primary School

Student Kit

for Cyber Wellness

and Learning with a Learning Device





Does any of these situations seem familiar to you?

Using a learning device to:

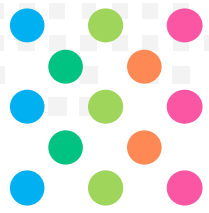
- Work on an activity with your classmates (e.g. using SLS).
- Create digital artefacts (e.g. slideshows, videos, musical tunes, etc.)



With a learning device, you can continue your learning and exploration even in the cyber world!

However, you need to be careful of the potential dangers too. Read on to learn how you can do this!





Contents

1

Be Safe

- Protect your Personal Information
- Protect against Cyber Threats
- Be Careful of Strangers

2

Be Smart

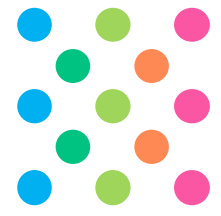
- Manage Time Well
- Practise Good Sleep Hygiene
- Practise Healthy Online Habits

3

Be Kind

- Be Respectful Online
- Be a Positive Influence
- Respect Works Created by Others





Be Safe

Being safe online means ensuring the learning device you are using is secure and you are taking steps to protect yourself from being an easy target for those who may harm you.

1

I will ...



- Keep my personal information private.
- Only chat online with people I know in real life.



Be Safe

Protect your Personal Information

Seek your parent's/guardian's permission before sharing personal information.

I should ask my parents first before providing my personal data online.



Keep your password secret.

Passwords should be kept confidential. Sharing passwords is unsafe as your information may be stolen and used for wrongful purposes.



Handle personal data with care.

I need to be wary of unexpected offers online, especially those that ask for my personal information.





Be Safe

Protect against Cyber Threats

I should create passwords that have:

- ✓ Upper case letters.
- ✓ Lower case letters.
- ✓ Numbers.
- ✓ Symbols.

Set strong passwords.

Strong passwords prevent others from getting into your accounts without you knowing. Create a strong password by having upper case letters, lower case letters, numbers or symbols.

You can create a strong password based on a memory that is unique to you, for example, learnttoRIDEabicycleat5.

Log out of your accounts and lock your devices when not using them.



Anyone can use your device and accounts if you do not log out.





Be Safe

Protect against Cyber Threats

Ignore or close suspicious pop-up messages.



Delete messages with suspicious attachments or links.



I should think carefully before opening any attachments, and click on the link only if it is for a website I recognise.

Cybercriminals often use links and attachments sent via email or instant message to install malicious software on your devices. Malicious software could infect your devices or allow cybercriminals to steal your personal information.



Be Safe

Be Careful of Strangers

What are the tips to stay safe?



- a. Only chat online with people you know in real life.
- b. Do not send personal information to strangers online.
- c. Ignore messages or friend requests from strangers.





Be Safe

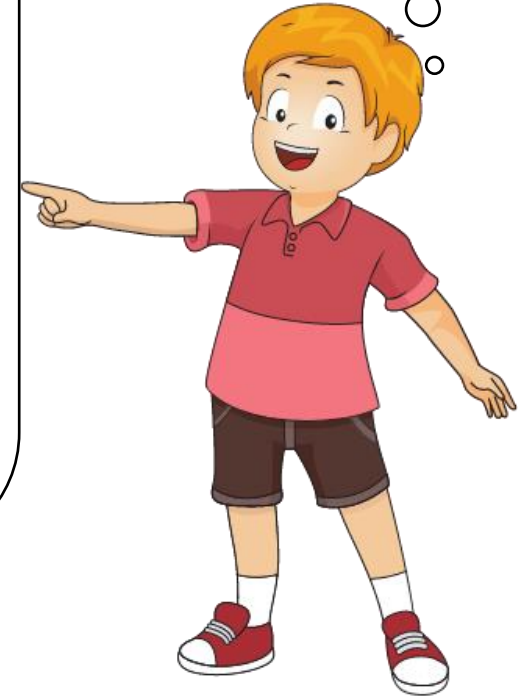
Be Careful of Strangers

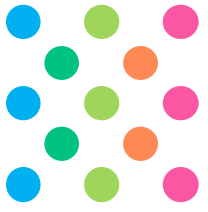
*There may be people who would lie about their identity or use fake profiles.



- d. Do not meet up with anyone you do not know in real life.
- e. Inform a trusted adult when someone you do not know contacts you. Why?*

I should be always be careful and seek help from a trusted adult whenever I am in doubt.





Be Safe

Be Careful of Strangers



STOP chatting with the person if he/she is someone you do not know asks you to meet up with them.

THINK and remember the tips to stay safe.

- a. Only chat online with people you know in real life.
- b. Do not send personal information to strangers online.
- c. Ignore messages or friend requests from strangers.
- d. Do not meet up with anyone you do not know in real life.
- e. Inform a trusted adult when someone you do not know contacts you.

DO ask a trusted adult for help.



Did You Know?



Cybercriminals can use personal information that you provide to find out more about you and your family members to cause harm!



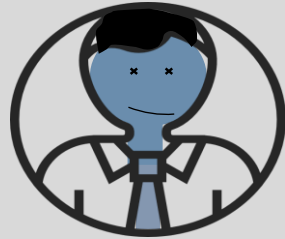


Quiz Time

1. Which of the following should not be shared online?



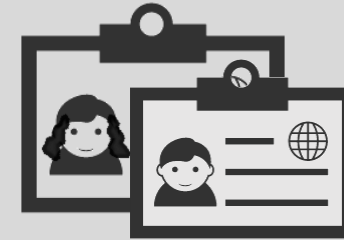
Your home address



Your photo in your school uniform



Your passwords



Your parents' names



Your pets' photos



Your phone number



Your artwork










Your school or class



Quiz Time

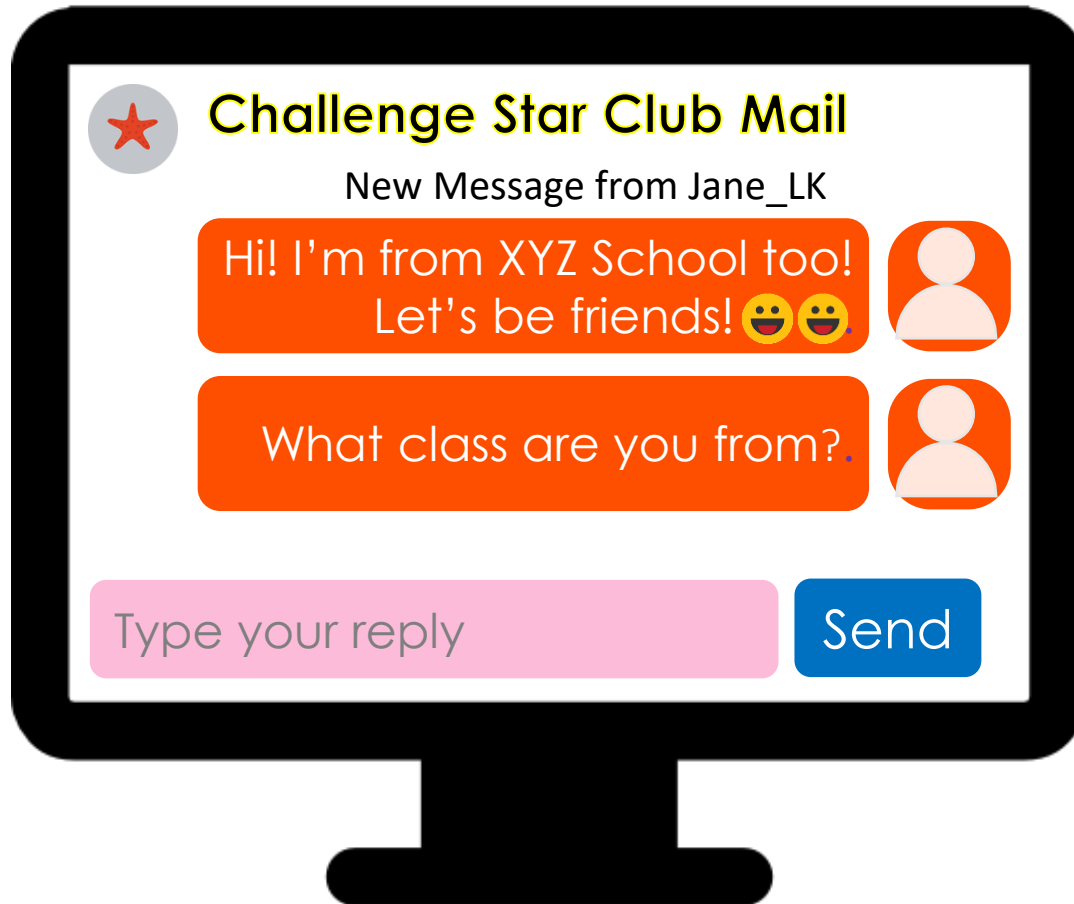
1. Which of the following should not be shared online?

 <p>Your home address</p>	 <p>Your photo in your school uniform</p>	 <p>Your passwords</p>	 <p>Your parents' names</p>
 <p>Your pets' photos</p>	 <p>Your phone number</p>	 <p>Your artwork</p>	 <p>Your school or class</p>



Quiz Time

2. You received a new message from someone you do not know. What should you do?



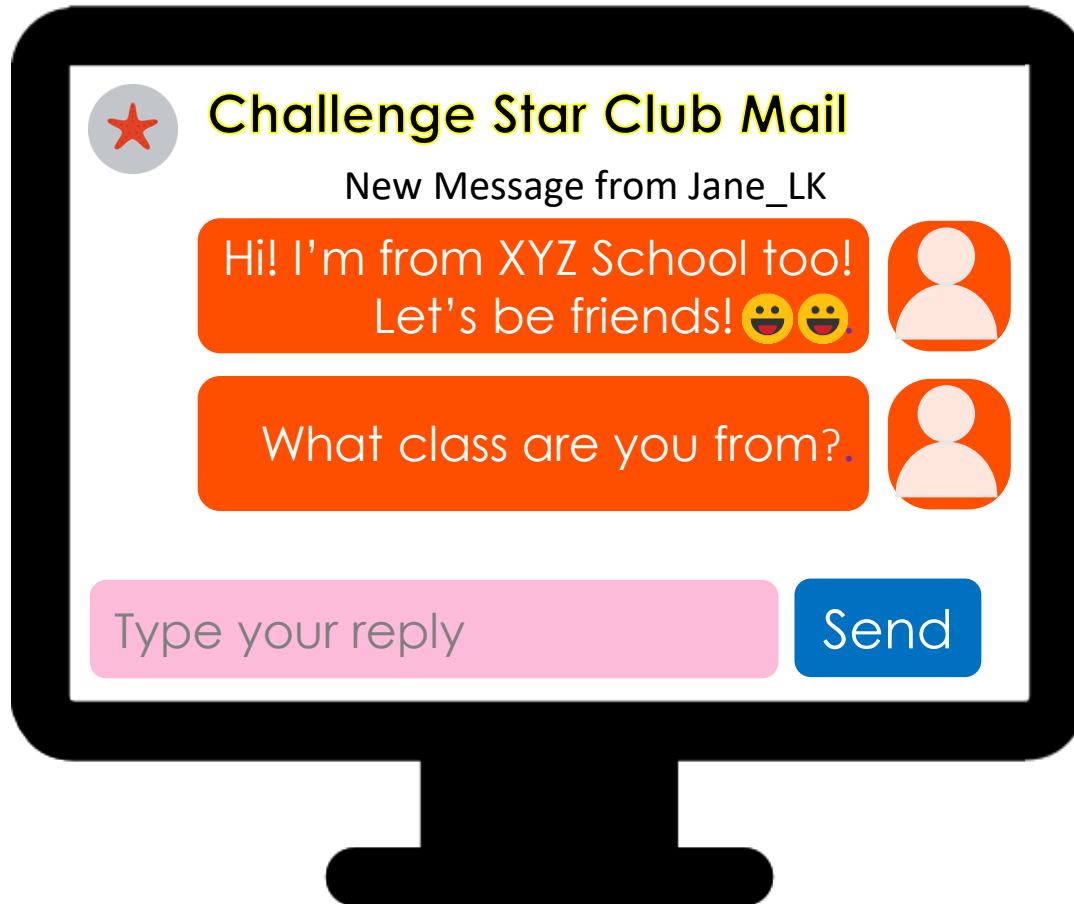
It is safe to reply because it is someone from your school.

Do not reply as it could be a stranger using a fake profile.



Quiz Time

2. You received a new message from someone you do not know. What should you do?



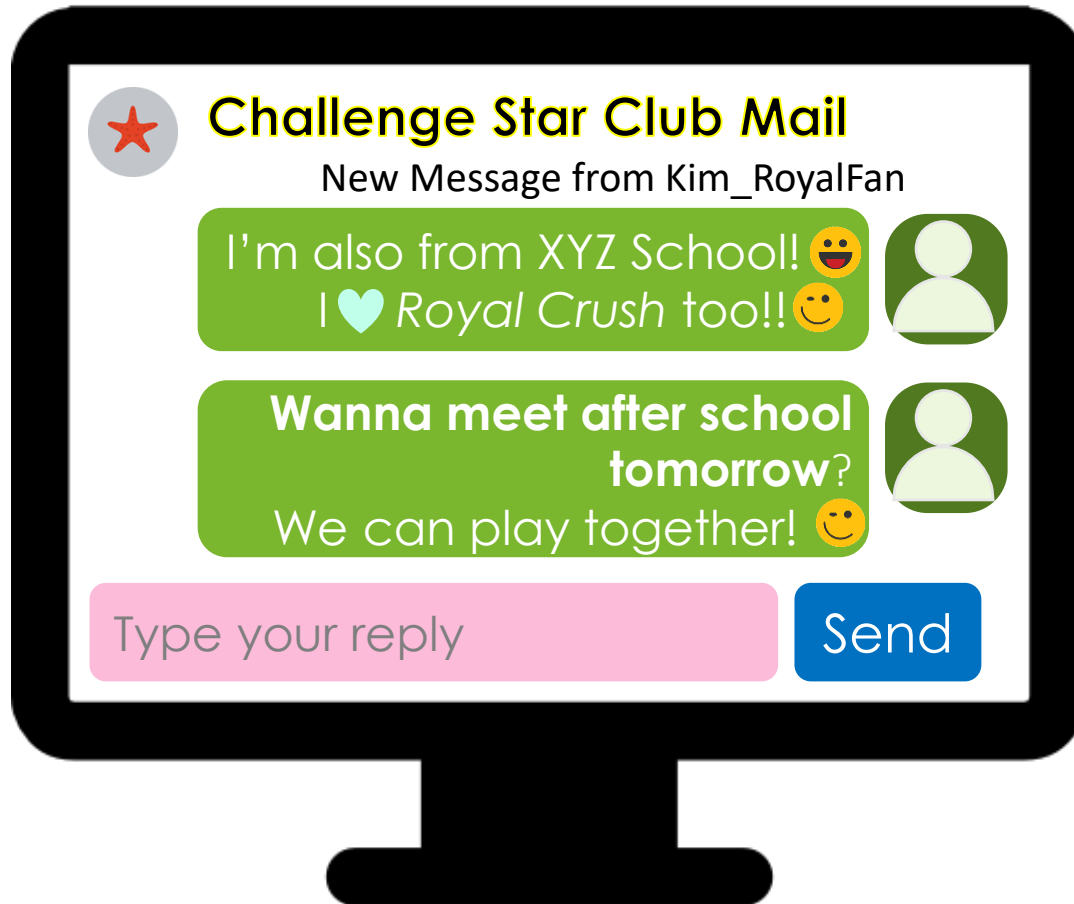
It is safe to reply because it is someone from your school.

Do not reply as it could be a stranger using a fake profile.



Quiz Time

3. Someone you just met online asks for a face-to-face meeting. What should you do?



Agree to meet up.

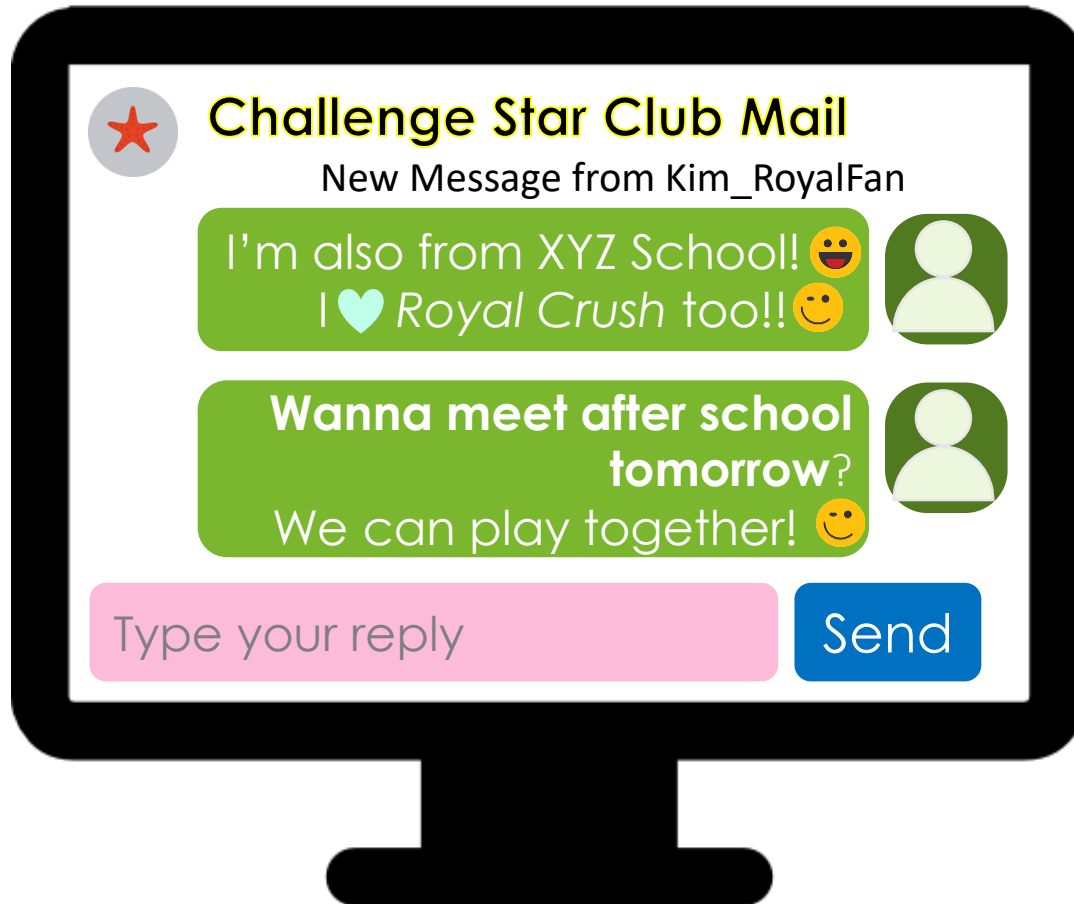
“Block” the person.

Tell a trusted adult.



Quiz Time

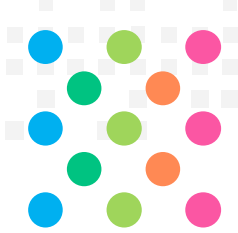
3. Someone you just met online asks for a face-to-face meeting. What should you do?



Agree to meet up.

“Block” the person.

Tell a trusted adult.



Be Smart

Being smart means managing the time you spend on your learning devices. It also means developing good sleeping and healthy online habits.

2

I will ...



- Make responsible decisions to balance the time I spend online and offline.
- Practise good sleeping habits and healthy online habits for my well-being.



Be Smart

Manage Time Well

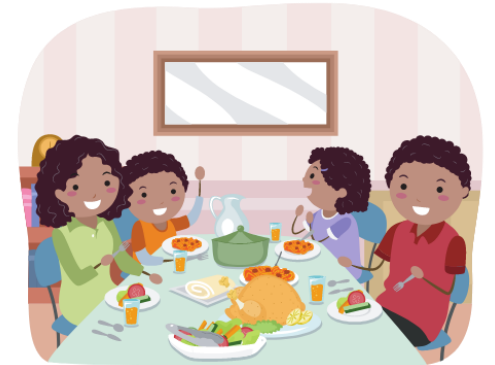
Managing the time you spend on your learning devices is important. Hence, you should balance time spent online and offline. You should also set some time you have to spend it with your family and friends.

You can:

- Take a walk with your loved ones.



- Talk with your loved ones when having meals with them.



- Learn a new skill together.



- Play board games and enjoy sports together.



Be Smart

Practise Good Sleep Hygiene



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

- Avoid using electronic devices at least 1 hour before sleep.



- Practise a relaxing bedtime routine. You can:
 - ✓ Read a storybook.
 - ✓ Take a warm bath.
 - ✓ Write a 'to do' list to clear your thoughts.
 - ✓ Do relaxation exercises such as light stretches.
 - ✓ Listen to soothing music.





Be Smart

Practise Healthy Online Habits

- Practise the 20-20-20 rule.

To protect your eyes, look at something 20 feet (approximately 6 metres) away for 20 seconds after having 20 minutes of screen time.



- Have a balance of online and offline activities.

To achieve a healthy and balanced lifestyle, take part in a combination of online and offline activities.



- Establish routines.

To help keep your device use in check, set up a routine for yourself. You can:

- ✓ Put your device away during mealtimes.
- ✓ Commit to cutting off screen time 1 hour before bedtime to help you to sleep better.





Quiz Time

1. Your friend shares with you that he has been playing online games till late into the night. What should you do?



Encourage him to play more during the day so that he can sleep early.

Advise him to balance the time spent online and offline and get sufficient sleep.



Quiz Time

1. Your friend shares with you that he has been playing online games till late into the night. What should you do?



Encourage him to play more during the day so that he can sleep early.

Advise him to balance the time spent online and offline and get sufficient sleep.



Quiz Time

2. What should you avoid doing before going to bed so that you can sleep well?

Do light stretches.

Listen to soothing music.

Use electronic devices 30 minutes before bedtime.

Take a warm bath.



Quiz Time

2. What should you avoid doing before going to bed so that you can sleep well?

Do light stretches.

Listen to soothing music.

Use electronic devices
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Take a warm bath.



Be Kind

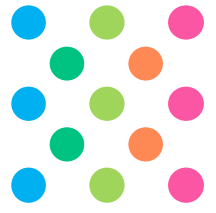
Being kind online means interacting with others in a respectful and responsible way.

3

I will ...



- Show respect when communicating online.
- Be a positive influence to others.
- Seek permission before using other people's work.



Be Kind

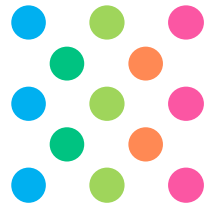
Be Respectful Online



I should use **T.H.I.N.K.** before I post anything online! I should reflect on these questions:

- ✓ Is it **T**True?
- ✓ Is it **H**elpful?
- ✓ Is it **I**nspiring?
- ✓ Is it **N**ecessary?
- ✓ Is it **K**ind?

Be mindful of what you post online. If you share something nasty or hurtful, even by accident, apologise sincerely and offer to delete the online post quickly.



Be Kind

Be Respectful Online

You should **be courteous online** just like in real life. Even if a text message made you unhappy, try clarifying with the person first. It might be a misunderstanding.

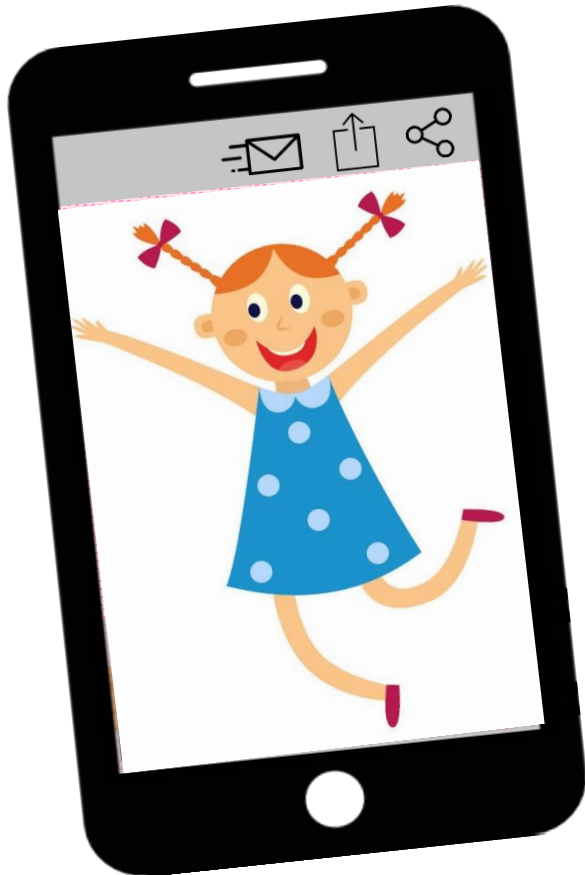
You can respect the privacy of others online by asking for their permission before posting any photos or videos of them.





Quiz Time

1. You took a photo of your friend and want to share it online. What should you do?



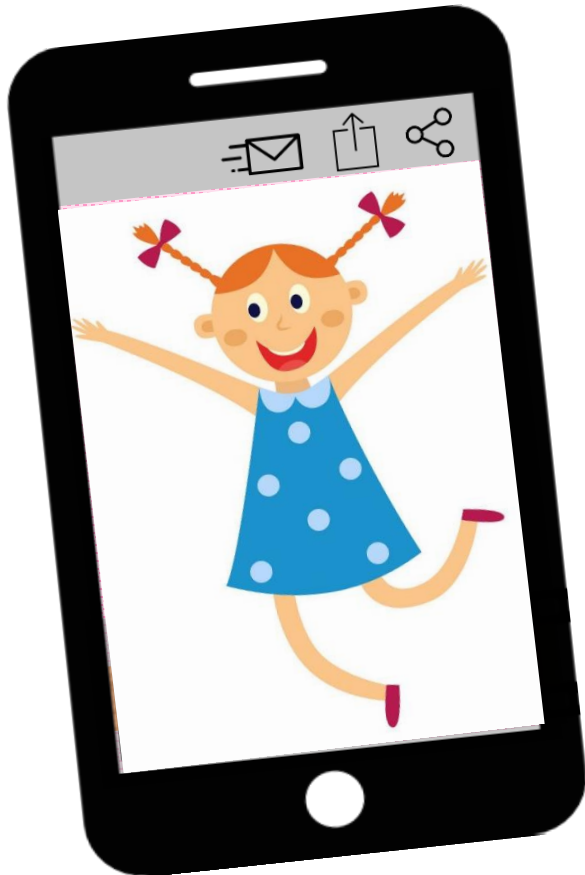
Ask my friend for permission to share the photo.

Share the photo immediately since I am the photographer and should have the right to do so.



Quiz Time

1. You took a photo of your friend and want to share it online. What should you do?



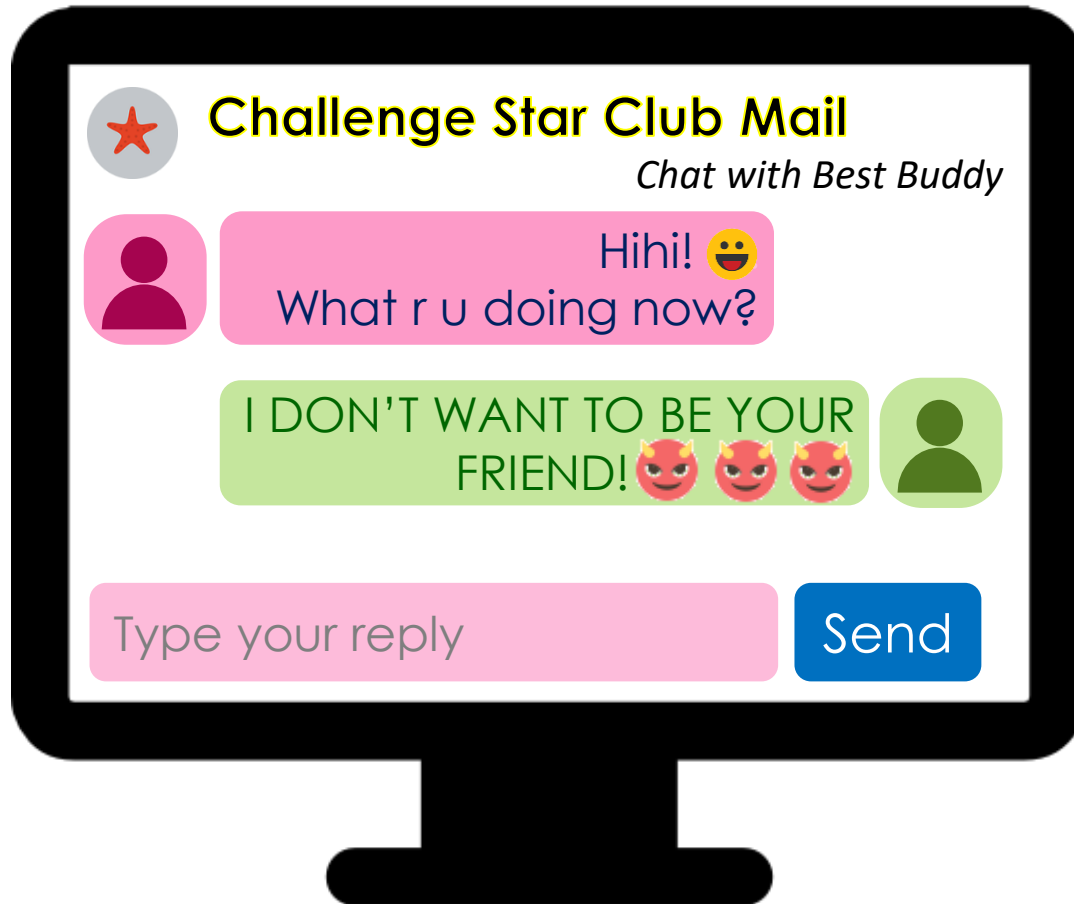
Ask my friend for permission to share the photo.

Share the photo immediately since I am the photographer and should have the right to do so.



Quiz Time

2. You received a text message from your best friend that upsets you. What should you do?



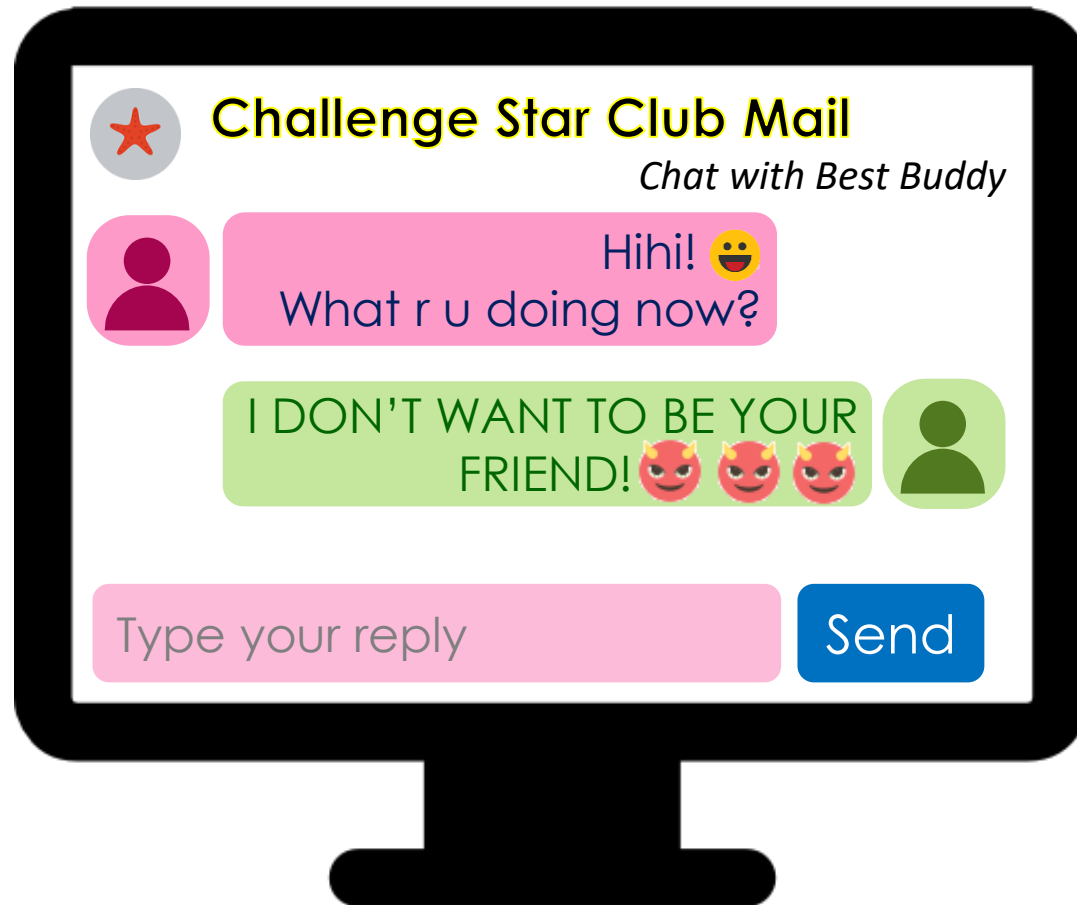
Type an angry reply immediately.

Check with your friend as it may be a misunderstanding.



Quiz Time

2. You received a text message from your best friend that upsets you. What should you do?



Type an angry reply immediately.

Check with your friend as it may be a misunderstanding.



Be Kind

Be a Positive Influence

Be an upstander.

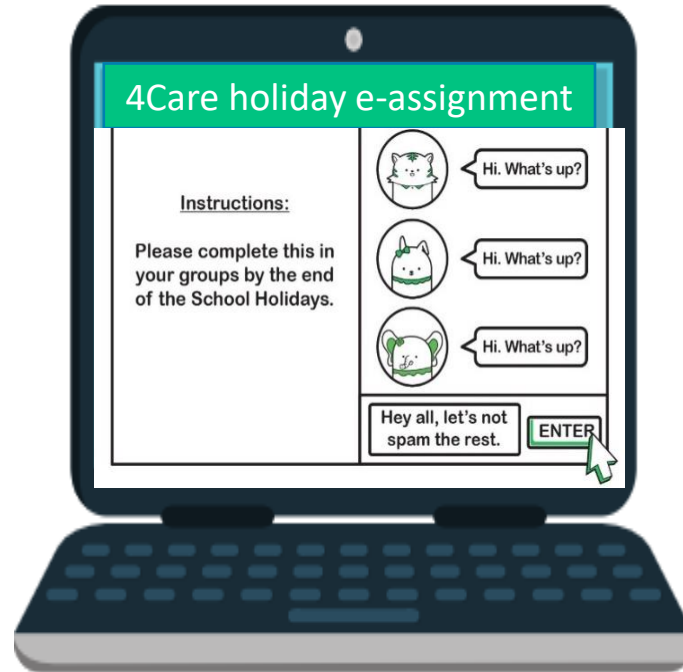
I need to report this incident to my teacher with the screenshot!



Create a meaningful and positive presence online.



I should contribute meaningfully.



Post caring and encouraging comments online.





Be Kind

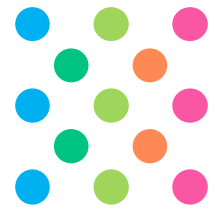
Be a Positive Influence

Your friend shared with you on why he was feeling down and upset.

My classmates have been posting insults about me online! I keep thinking of what they wrote and now I'm scared of going online.

How can you help your friend?





Be Kind

Be a Positive Influence



Here are some actions you can take to better support your friends who may have had negative online experiences:

- ✓ **Do not spread** the hurtful content or add unkind comments.
- ✓ **Show your friends you care** by spending time together, e.g. during recess, or partnering them for group/pair work.
- ✓ **Save any evidence** of hurtful comments and **tell a trusted adult immediately.**



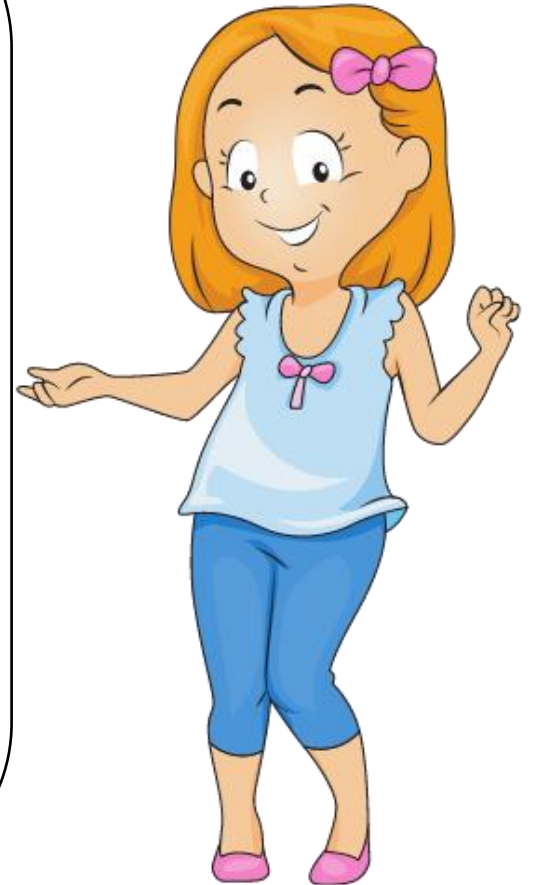
Be Kind

Be a Positive Influence

Play your part to stop hurtful behaviour online.

- **Speak up** – ask the person who has posted the hurtful content or comments to delete them.
- **Save any evidence** of hurtful content or comments and **tell a trusted adult** immediately.
- Be a good friend – **reach out** and **support peers** who may have been hurt online.

Be an ‘upstander’ by standing up for what is right!





Did You Know?



Online posts can spread easily and stay in the cyber world even when the original posts have been deleted.

Further sharing the hurtful posts and adding on to the negative comments only makes things worse.





Quiz Time

1. You saw an online video of a classmate with many hurtful comments. What should you do?



Add a comment and share the page with other friends.

Take a screenshot of the page and tell a trusted adult immediately.



Quiz Time

1. You saw an online video of a classmate with many hurtful comments. What should you do?



Add a comment and share the page with other friends.

Take a screenshot of the page and tell a trusted adult immediately.



Be Kind

Respect Works Created by Others

Just as you would like others to respect your work, you should also respect the work of others.



I should send an email, with the help of my parents, to the creator to ask for permission to use his/her work.

After which, I should credit the creator in my work too.

Always credit the source.

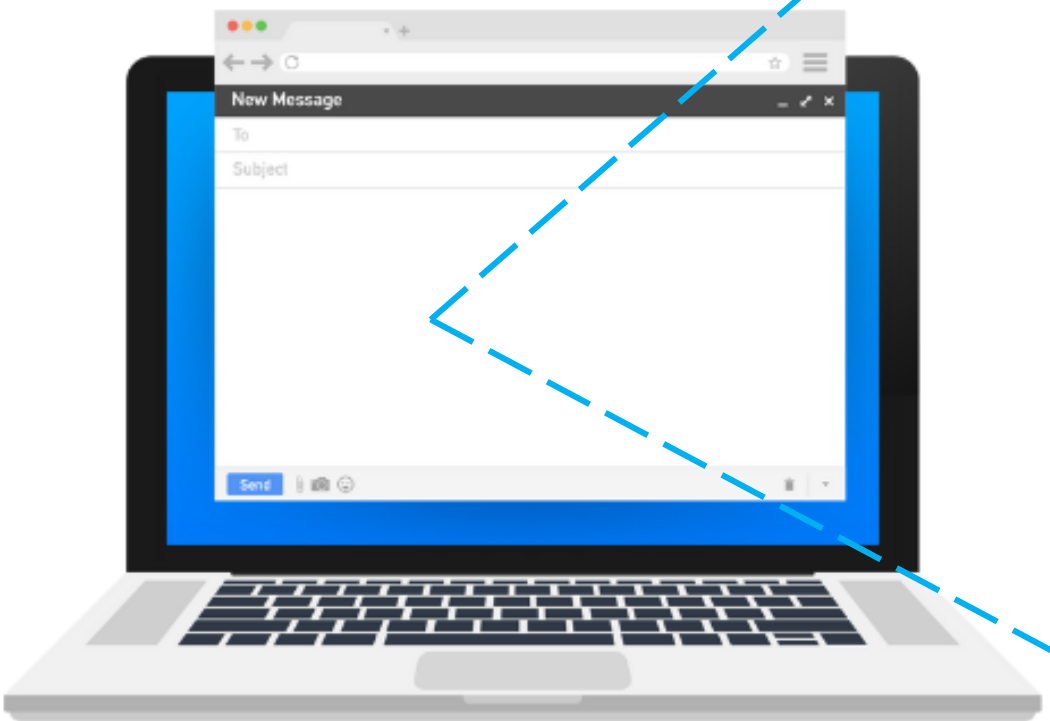
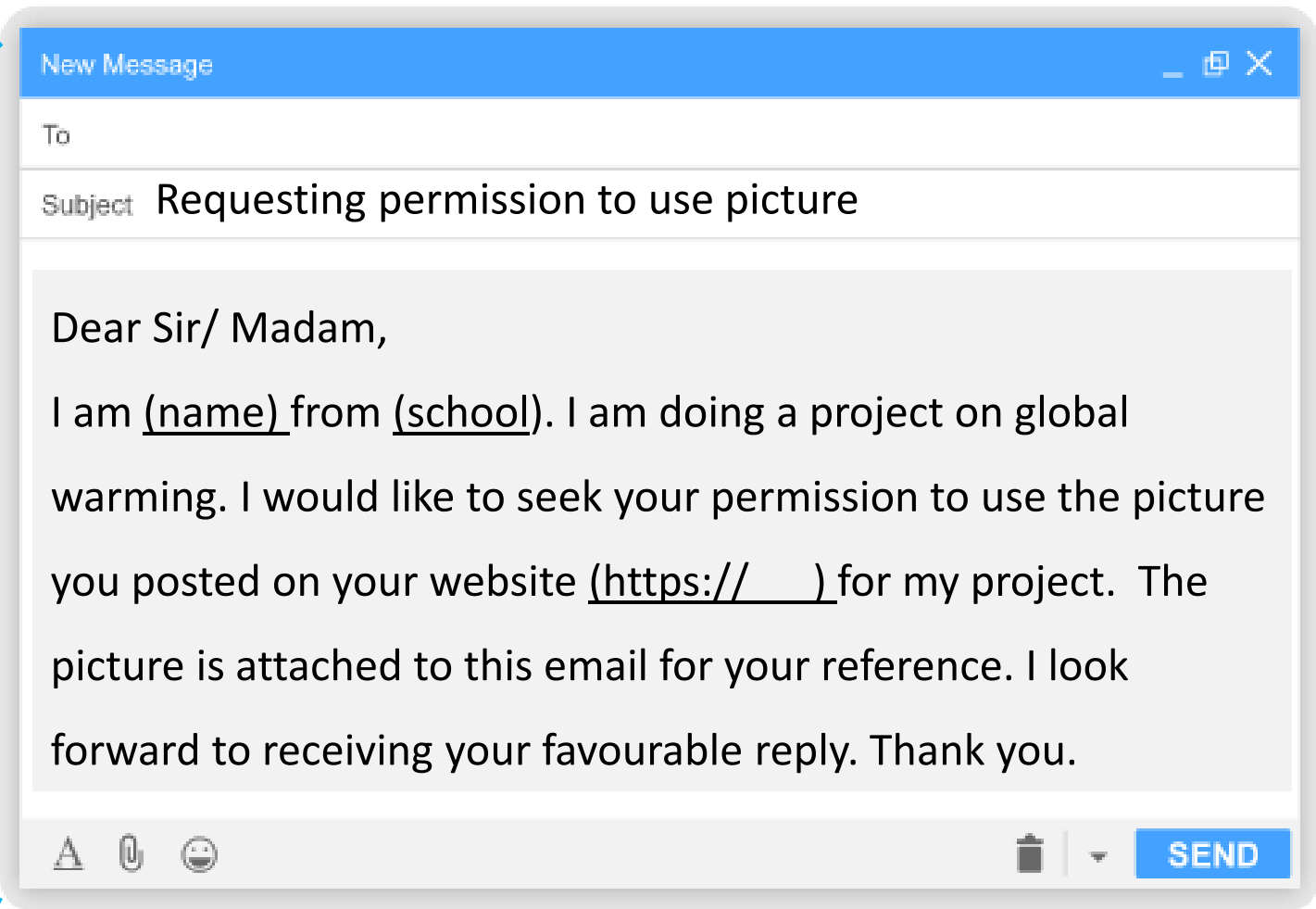




Be Kind

Respect Works Created by Others

Sample email you can write, together with a trusted adult, to ask for permission from the creator to use his/her work.





In Summary

The cyber world is where I can learn and play.

I pledge to have good and healthy online habits and make it safe for myself and everyone.



I will Be Safe.

I will Be Smart.

I will Be Kind.



Ministry of Education
SINGAPORE

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