

CYBERWELLNESS NEWSLETTER #3

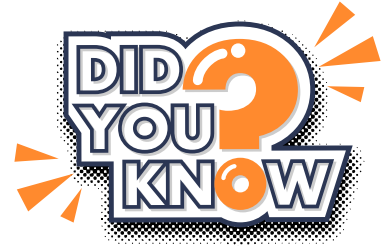
TERM 3/2025 EDITION



IS YOUR CHILD SAFE ONLINE?

If you're unsure about your child's online safety, it may be time to set up parental controls to manage their device use and protect them from online risks.

1 in 3 children has
chatted with
strangers
online



1 in 4 children has
overshared
their personal
information

1 in 3 children has
been exposed
to pornographic
materials

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023

WHAT ARE PARENTAL CONTROLS?

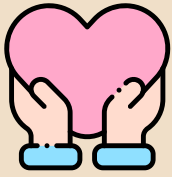
- Parental controls refer to a group of settings that put you in control of what your child can see and do on a device or online.
- Such controls can allow you to supervise and monitor your child's online activities and protect them from inappropriate content, online sexual grooming, cyberbullying and other online risks.
- Parental control settings can be used to monitor and limit screen time as agreed with your child.



Parental controls should not be used as the only way to restrict your child's online activity.

BEFORE SETTING UP PARENTAL CONTROLS

It is important to have conversations with your child, to let them know:



1. You care for them and want them to be safe online.



2. Why there is a need to put these parental controls in place.



3. How parental controls keep them safe.

SAFETY FEATURES TO PROTECT YOUR CHILD ONLINE

Set Up Internet & Broadband Controls

💡 Telecommunication operators offer **paid add-ons** for better control:

- Singtel Surf School - Includes Qustodio parental control software.
- StarHub JuniorProtect - Blocks unsafe websites and limits usage.
- M1 Cyber Guardian - Customizes content filters and screen time limits.

Configure Device Safety Settings

💡 Use free parental controls like Google Family Link (Android) and Apple Screen Time (iOS) to set screen time limits, block inappropriate content, and monitor app usage.

💡 Restrict app downloads to allow only age-appropriate apps and games.

💡 Disable location services to prevent your child from unintentionally sharing their whereabouts.

Monitor & Guide Online Activity

💡 Regularly review privacy settings on social media and gaming platforms.

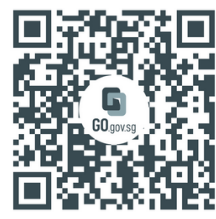
💡 Use in-app safety features to manage who your child interacts with online.

💡 Encourage open conversations about online safety to build trust and responsible habits.

OTHER RESOURCES

You may also refer to this link for step-by-step guides on setting up parental controls across various devices, including gaming consoles, search engines, and social media platforms.

<https://go.gov.sg/parental-controls>



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