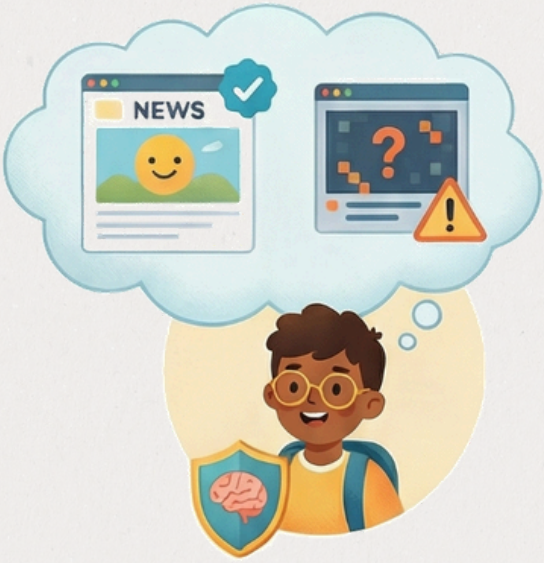
PRACTISE HEALTHY DIGITAL HABITS

KEEP YOUR CHILD SAFE ONLINE



SET CLEAR DIGITAL BOUNDARIES

Use parental controls and privacy settings to manage screen time, filter content, and protect your child online.



REMIND CHILDREN TO EVALUATE WHAT THEY READ AND VIEW CRITICALLY

Remind your child to check the source and verify the accuracy of what they read.





REPORT AND BLOCK HARMS

Block inappropriate behaviors and report risks to the relevant platforms or authorities.

SCAN ME!

Family Time: Scan the QR code for the Fact or Myth Quiz. Bust the myths, learn the facts and stay safe online with your child!



ENGAGE AND SUPPORT THROUGH ACTIVE LISTENING

Be there for your child by listening without judgment and seeking professional help if needed.

The information in this infographic is adapted from Digital for Life (Singapore).