



ICT CONNECT @ Cove

November 2019

Cyber Contacts – Who are they?

Cyber Contacts

/ˈsaɪbə ˈkɒntakts/

noun

We interact with them online but we are unsure who they really are in real life. They may not reveal their true identities and may pretend to be someone they are not.



Technology is an essential part of our children's lives but we still have to support them in utilising it meaningfully.



TIPS FOR PARENTS

My daughter is always on her phone. I'm worried! 😞

Why don't you have regular conversations with her about the importance of safe, healthy and balanced use of technology? 🗨️ 👧 👦

I do! But I may not be by her side every time she's surfing the Internet.

You have to be around! If you really can't, then you'll have to consider using parental controls and Internet filters to help her navigate around the digital world safely.



That's a good idea!

You can limit her screen time, block certain content, check her whereabouts, limit the choice of apps to be downloaded to her device and even check how the device is being used! Please check this site out! 💪

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



I'm going to do that NOW!