

# CYBER WELLNESS FRAMEWORK

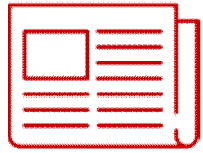




Stay **SAFE** online!



**CYBER WELLNESS**  
Responsible Digital Learners



## In the news...



### What happened?

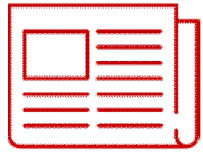
Students who met up with cyber contacts in real life had **unpleasant experiences** (for e.g. they were robbed, harmed physically)



Source: <http://www.straitstimes.com/singapore/meeting-strangers-after-web-chats-kids-need-guidance>

Source: <http://www.tnp.sg/news/singapore-news/young-vulnerable-and-online>

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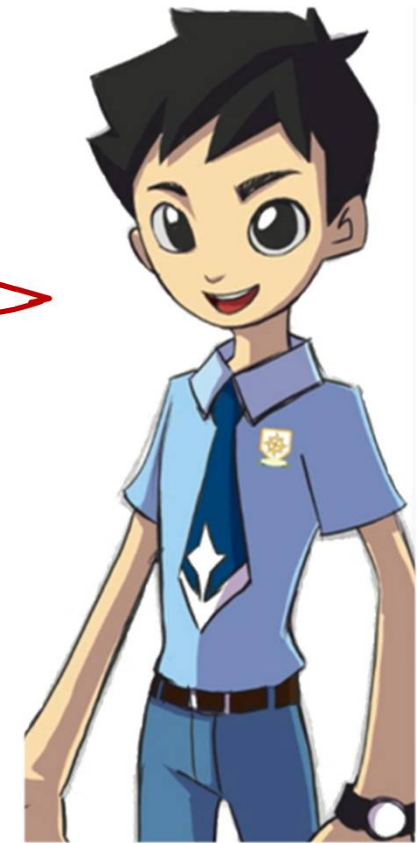


# In the news...



## How did it happen?

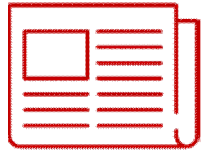
Cyber contacts might **spend a lot of time chatting** with the victims to gain their trust.



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# In the news...



## How did it happen?



The cyber contacts **lied about themselves** to seem more trustworthy  
*(some pretended that they knew friends of the victims, and others lied about their age).*



Source: <http://www.straitstimes.com/singapore/meeting-strangers-after-web-chats-kids-need-guidance>

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# How can I protect myself?

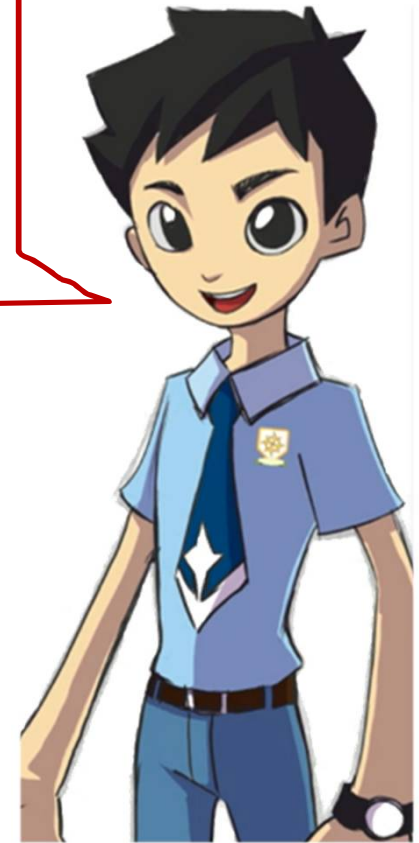
## Tips to stay SAFE



Only chat online with people you know in real life. **Do not send personal information** to strangers online.



**Ignore** messages or friend requests from strangers.





# How can I protect myself?

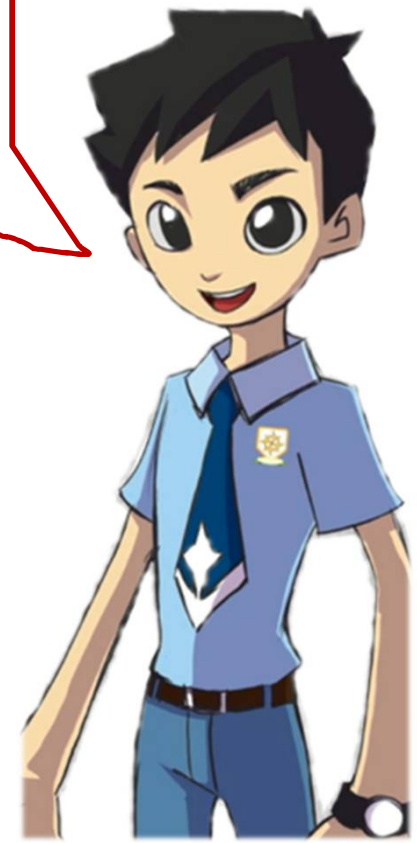
## Tips to stay SAFE



Do **not** meet up with anyone you do not know in real life



Cyber contacts may be lying or using fake profiles. We should be careful and **check any information** provided.







# How can I protect myself?

## Tips to stay SAFE



Remember "**STOP, THINK, DO**"  
if you are unsure!



**STOP** chatting if someone you don't know asks you to meet them face-to-face

**THINK** and remember the rules



**DO** ask your parents or teacher for help

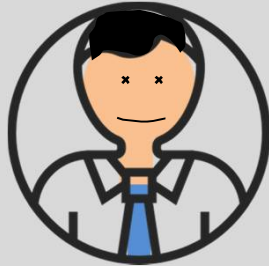


# Are you Cyber Smart?

1. Which of the following is **SAFE** to share online?



Your home address



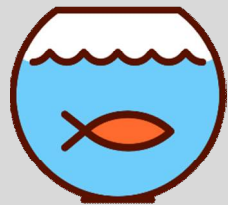
Your photo



Your passwords



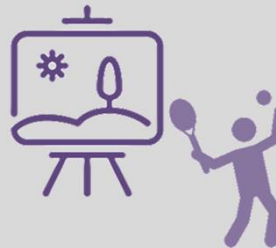
Your parents' names



Your pets' photos



Your phone number




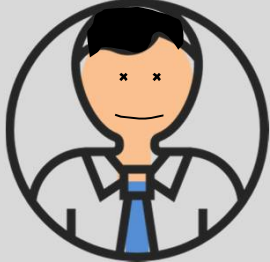




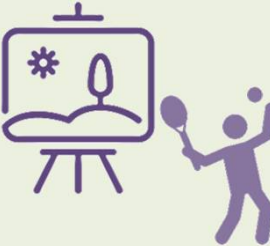

Your hobbies



Your school or class

# Are you Cyber Smart?

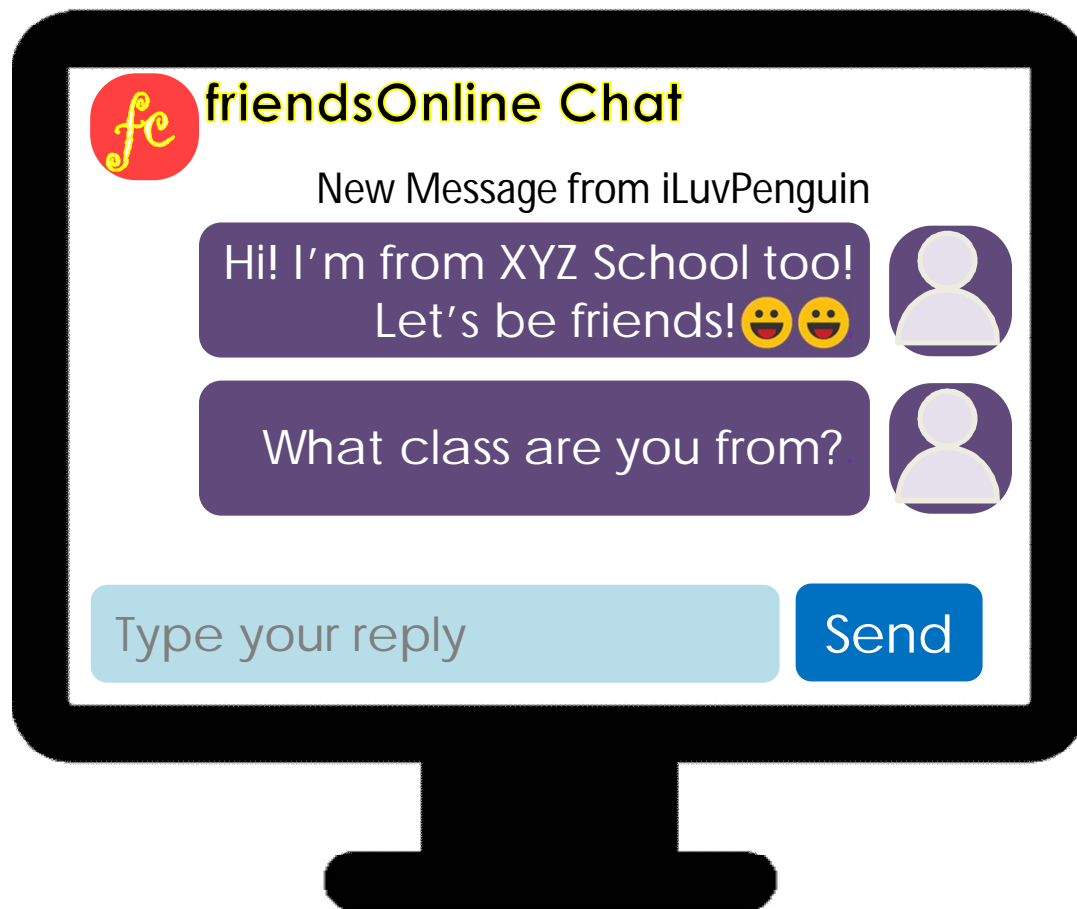
1. Which of the following is **SAFE** to share online?

 Your home address	 Your photo	 Your passwords	 Your parents' names
 Your pets' photos	 Your phone number	 Your hobbies	 Your school or class



# Are you Cyber Smart?

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



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

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



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# Are you Cyber Smart?

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 your parents  
or a teacher



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# Do you know?



Cyber criminals can use *personal information* that you provide to find out more about you and family members to **cause harm!**







# Do you know?



You need to be at least **13 years old or older** to use social media platforms such as Facebook, Instagram and Snapchat.

Other platforms have even higher age requirements such as **16 or 18 years old**.



# ① Need more info?

Visit [ictconnection.moe.edu.sg/cyber-wellness](https://ictconnection.moe.edu.sg/cyber-wellness)



ICT Connection > Cyber Wellness > Cyber Wellness 101

## Cyber Wellness 101

