



# PUNGGOL PRIMARY SCHOOL

## Punggol Cyber News (May-June)

Parenting in the digital age is becoming increasingly challenging when there exist many forms of distractions online. In this issue, we would like to share with you some resources available online to build better family bonding and understanding.

	Website	Introduction
1	<b>Better Internet</b> <a href="https://www.betterinternet.sg/">https://www.betterinternet.sg/</a>	The website is run by Media Literacy Council (MLC), managed by the Government of Singapore. It is made up of a group of members from the private and public sectors. There is a wealth of resources ranging from issues on Cyber Bullying, Gaming Addictions and so on for both the adults and the young. Parents may refer to the various online handbook and information for topic of interest. <a href="https://www.betterinternet.sg/Resources/Resources-Listing?topic=everything&amp;persona=parents">https://www.betterinternet.sg/Resources/Resources-Listing?topic=everything&amp;persona=parents</a>
2	<b>Go Safe Online</b> <a href="https://www.csa.gov.sg/gosafeonline/go-safe-for-me/for-parents">https://www.csa.gov.sg/gosafeonline/go-safe-for-me/for-parents</a>	Go Safe Online is run by Cyber Security Agency, a Singapore Government Agency website. There are some articles on keeping children safe online They publish Cyber Safety Activity Books which are distributed periodically to schools. You may download the pdf version at the link below. <a href="https://www.csa.gov.sg/gosafeonline/resources/cyber-safety-activity-books">https://www.csa.gov.sg/gosafeonline/resources/cyber-safety-activity-books</a>

3	<b>Bully Free</b> <a href="https://bullyfree.sg/cyber-bullying/">https://bullyfree.sg/cyber-bullying/</a>	Bully Free is a website run by the Children's Society, a Voluntary Welfare Organization. The website provides resources on understanding cyberbullying, how to identify it and how to deal with it.
4	<b>Be Internet Awesome</b> <a href="https://beinternetawesome.withgoogle.com/en_us">https://beinternetawesome.withgoogle.com/en_us</a>	Be Internet Awesome is an initiative by Google to teach children internet safety and digital literacy. The resources are free to download with content more geared towards the US classroom. The family guide consists of suggested activities and tools where you can discuss issues with your child. Parents can formulate your own Family Pledge and work with your child on setting ground rules for screen time. You may download the resources at the link here. <a href="https://beinternetawesome.withgoogle.com/en_us/families">https://beinternetawesome.withgoogle.com/en_us/families</a>
5	<b>Common Sense Media</b> <a href="https://www.commonsensemedia.org/">https://www.commonsensemedia.org/</a>	Common Sense Media is a non-profit organization with content geared towards the US classroom. Apart from issues with the digital media, it deals also with movies, tv and books available in the US market. Click on the link – Parents Need to Know and the content is subdivided into age groups, topics and guides to apps online. There is a wealth of information for discussion and parents will need to discern which is suitable for their own situation.

As the list is not exhaustive, parents are encouraged to keep an open communication channel to discuss issues with your child and to be aware of the challenges faced by your child. We hope the list will be useful in building bonds with your child.

Brought to you by the PPS Cyber Wellness Team