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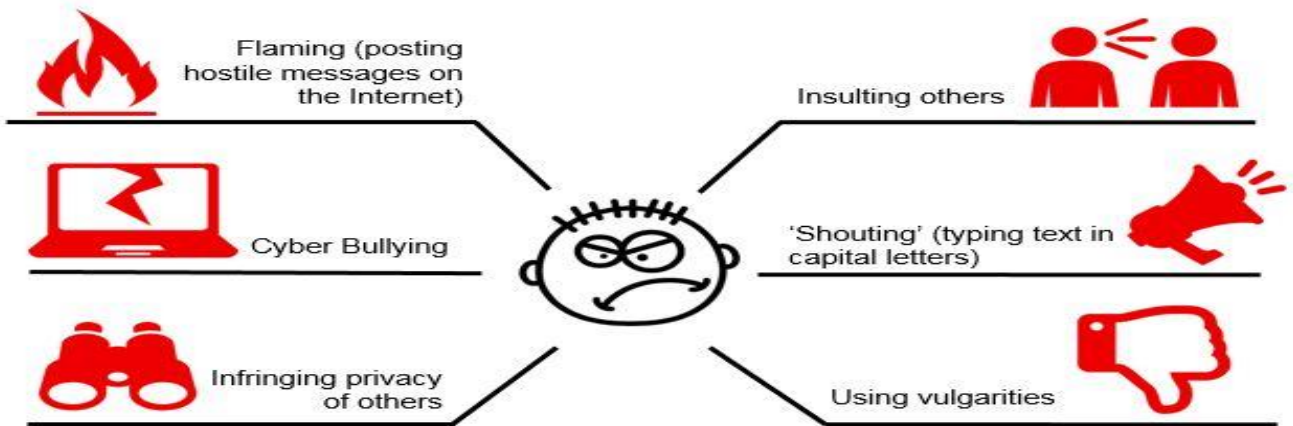
Netiquette – Online Courtesy

It is essential that our students learn to be safe and responsible digital citizens. The values of safety, responsibility and respect continue to apply in the online world. However, the mode of communication is different. For example, there is less face-to-face interaction, extended lag-time response, increased use of abbreviations and emoticons.

Observing and promoting good manners online helps us to create a positive online environment. On the other hand, disregarding it may result in misunderstandings, miscommunication and straining of relationships. In extreme instances, it may even result in legal action taken against the offender.

Examples of negative behaviour online:

- Flaming (posting hostile messages on the Internet)
- Insulting others
- Cyber Bullying
- 'Shouting' (typing text in capital letters)
- Infringing privacy of others
- Using vulgarities

Source: http://ictconnection.moe.edu.sg/cyber-wellness/cyber-wellness-101/netiquette

Teach your child to *SORT* before clicking:

*S*top - Stop, think about whether what is being posted is factual, accurate or would have any implications on yourself or others

*O*bserve - Observe what's happening around, do you really need to follow what everyone else is doing?

*R*espond - Respond responsibly, what goes online stays online

*T*ell - Tell and report any abuse or inappropriate content to the relevant parties

Source: http://www.medialiteracycouncil.sg/best-practices/Pages/values-and-social-norms.aspx

Balance Use of ICT

- Playing mobile games
- Playing massively multi-player online role-playing games
- Watching videos or movies
- Surfing social networking sites
- Chatting online

- Going out with family
- Meeting up with friends
- Sleeping
- Exercising
- Studying
- Eating

There are many things that your child can do online such as chatting with family and friends, learning new information, playing games and picking up new hobbies. However, when your child overindulge or engage excessively in online activities, it can affect other aspects of your child's daily lives. At times, your child may find it difficult to stop themselves from spending too much time online or may feel moody and anxious when he/she is unable to engage in online activities.

Signs your child may portray due to excessive use of internet:

Constantly listens out for the phone when away from it; feels distressed when it cannot be found

Wakes up in the middle of the night to use the phone; sleep deprivation

Feels irritable or anxious when not allowed to use the Internet

Experiences health issues such as obesity, muscle and joint ache

Goes online to escape from stress

Keeps spending more money on online activities

Lies about time spent online to family and friends

Gives up or replaces social events or hobbies for Internet use

Performs poorly in school due to inability to focus

Tips to help your child manage his/ her time online:

Losing Focus?

Keep out distractions. Create an internet-free zone. Disable unnecessary notifications. Teach your child to prioritise tasks and complete them.

Feeling bored or stressed?

Don't resort to online activities. Bring your child out with your family or his/her friends or introduce your child to a hobby he/she can pursue.

Losing sleep?

Let your child have a tech-free time of 15 to 30 minutes before sleeping. Turn off all gadgets or keep them out of your child's room for better sleep.

Losing track of time?

Set a time limit or schedule for your child's online usage. Use a timer or app to keep track and stick to it.