

# Safer INTERNET DAY

2025

Cyberbullying

Pop-ups

Malware

Spam

Ads

Empowering a Safe and Resilient  
Online Community

# Screen-Healthy Weekend Activity @ AIPS

We would like to encourage students to think critically about their online interactions and make informed decisions to protect themselves and others in the digital space. While technology can be useful for learning and socialisation, using technology excessively can also be harmful to their well-being. Having self-regulation in seeking a balanced use of technology and taking part in offline activities can be a useful way of ensuring balance.

## 1 Guidance on Screen Use in Children by MOH 2025

Children between **7 and 12 years** old should limit screen use to **less than 2 hours a day** unless it is related to schoolwork, so that there is sufficient time for other important activities that your child needs to be healthy, such as sleep, exercise and face-to-face interaction with friends and family.



### When using screens

- **Use parental control settings** and check **content ratings** to ensure content is age appropriate.
- **Talk to your child often** on what they are viewing online. **Offer advice** regularly.
- You should **not give your child access to social media** services.
- Do **not** give your child mobile devices **with unrestricted access to internet and applications**.

Seek help from the school, community partners or professionals if you have concerns that your child has problems with screen use.

## 2 Connecting with your child about screen time



### 1 Hear your child and discover their interests

E.g. I noticed you've been having a lot of screen time lately and wanted to see **how you are doing**. What's your **favorite activity** when you are on your device?

### 2 Understand that device usage is not all bad

E.g. You know...screen time has **both its benefits and risks**. Do you know what are some of them?

### 3 Be a role-model

E.g. How do you see me using my devices? Is there a balance between my **screen time use** and **offline activities**?

### 4 Commit to change together

E.g. Shall we come up with set rules to guide the amount of screen time we spend on our devices every day, **together as a family**?



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**3** Encourage your child to have intentional periods of disconnecting from devices by committing to one of the following screen-healthy options for a weekend

**1** Not using mobile devices



**2** Not playing online games



**3** Not engaging in recreational screen time



**4** Encourage your child to replace the time they would have spent on digital devices with an offline activity

**1**



Play sports

**2**



Do outdoor activities  
(hiking/cycling etc)

**3**



Participate in face-to-face  
interactions with family & friends

**4**



Engage in screen-free family activity  
(e.g. board games, outing)