



PARENT HANDBOOK (II) ON LEARNING WITH A PERSONAL LEARNING DEVICE

LEARNING DIFFERENTLY WITH A PERSONAL LEARNING DEVICE

HOW WILL LEARNING BE
DIFFERENT WITH THE
PERSONAL LEARNING
DEVICE?

STARTING IT RIGHT

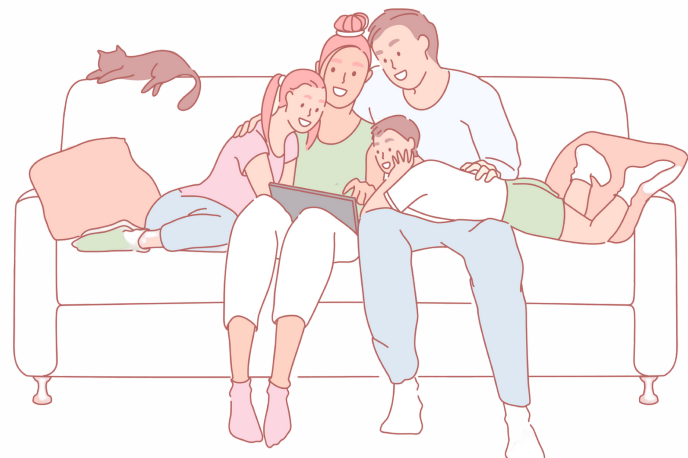
HOW CAN I HELP
EASE MY CHILD INTO
LEARNING WITH A
PERSONAL LEARNING
DEVICE?

PARTNERING SCHOOLS

HOW CAN I ACTIVELY
PARTNER MY CHILD'S
SCHOOL TO REINFORCE
GOOD DIGITAL HABITS
AT HOME?

SUPPORT YOU MAY NEED

HOW SHOULD I ACCESS
RESOURCES TO SUPPORT
MY CHILD IN THIS
DIGITAL LEARNING
JOURNEY?



From a Teenager's Point of View: Trust & Privacy

Privacy is important to many teenagers. Respect your child's privacy and balance this with the need to keep in touch with what they are doing online. A good way to do this is to have regular conversations about what they do online, risks they may encounter, and who they can approach for advice.

TRUST MATTERS



Balance the need to respect your child's privacy while helping them to develop their ability to use their device responsibly.



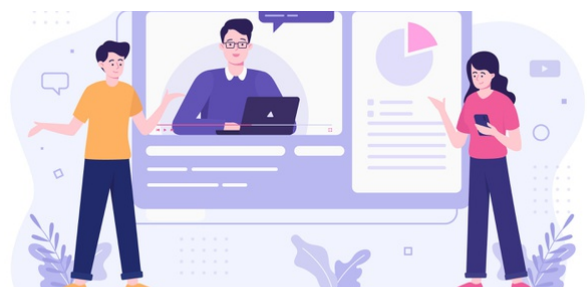
- ➔ **Explain** to your child why there is a need for you to help them to monitor their device use
- ➔ **Agree** with your child on the conditions they need to meet before you can stop closely monitoring their device use. e.g. when they stick to agreed time limits without being reminded
- ➔ **When your child is ready**, you can monitor their device use less often. Have regular chats with your child to find out how they are spending time on their device. e.g. about their screen time, and how they are spending their time online

TALK WITH YOUR CHILD

Converse with your child about real-life issues to help them to recognise, and identify with the opportunities and risks of digital use.



- ➔ I heard about... (a new app or game) Do you use it? What does it do?
- ➔ (Share article or video about a recent social media craze) Have you seen or tried this? Why is it so popular?
- ➔ (Share your screen time on the device) Look at this! I didn't know that I spent so much time on this app. Which app do you use most?



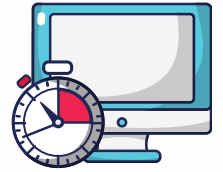
Click [here](#) to hear more strategies from parents like you!

The video is also available at: <https://go.gov.sg/parent-voxpath-2>

Frequently Asked Questions

Is there a recommended limit to my child's screen time?

While there is no one-size-fits-all approach to the right amount of screen time for your teenager, you can help your child to balance online and offline activities, e.g. by introducing board games or regular exercise done as a family. Schools will ensure that the use of PLDs is balanced with other kinds of learning, e.g., through textbooks or hands-on activities.



How is the school teaching my child to manage possible cyber risks?



As part of Cyber Wellness education in school, your child will learn how to take responsibility for their online well-being, and be positive role models for others in creating safe and kind online communities.

The Cyber Wellness curriculum will also equip your child with the skills to recognise risks in the digital space, identify and discern negative influences and inappropriate websites, and manage excessive use of social media.

Where can my child read up on Cyber Wellness and Digital skills?

Your child can refer to the 'Student Kit for Cyber Wellness and Learning with a Personal Learning Device', which has relevant resources to help them develop these skills. They can also access the Digital Literacy self-paced lessons found in SLS under the MOE Library.



Here are some useful resources to help your child make use of the PLD safely and effectively.



| Item | Contacts / Resources |
|--|--|
| Student Kit for Cyber Wellness and Learning with a PLD | go.gov.sg/cwstudentkit |
| SLS User Guide | go.gov.sg/slsstudentguide |
| SLS Login Troubleshooting Page | go.gov.sg/slsloginhelp |
| SLS Helpdesk | 6702 6513 or helpdesk@sls.infinity.com Monday- Friday: 4:00pm- 9:00pm (School Days), 9:00am- 9:00pm (School Holidays) Saturdays: 9:00am-3:00pm |
| SLS School-based Helpline | go.gov.sg/schoolhelpline During working hours only |
| MOE Cyber Wellness Programme | https://beta.moe.gov.sg/programmes/cyber-wellness/ |
| Media Literacy Council | https://www.betterinternet.sg |
| On Verifying Online Information: | https://sure.nlb.gov.sg/ |
| | https://go.gov.sg/factually |