



TEMASEK JUNIOR COLLEGE

IP1 (2023 Intake) Online Registration Exercise

6b. TIPS FOR PARENTS ON MANAGING USE OF ELECTRONIC DEVICES

A. Setting Boundaries

1. Set restrictions on the time span of usage, after which your child leaves the laptop and hand phone in your care.
2. Note the College's guidelines: Communication from teachers to your children should end by 7 pm. Communication between students concerning schoolwork should end by 8 pm.
3. Position the laptop in an open area (e.g. living room) instead of your child's room.
4. In line with the College's hand phone policy, you may want to get your child to switch off and put aside his/her hand phone when doing school work.

B. Technical Solutions

1. Configure router and restrict internet access to stipulated timings.
2. Install software into the laptop to limit installation of software (e.g. games) and to monitor your child's activity on the laptop:

Free Basic Parental Control Software				
	Device	Platform	Cost	Description
1	Laptop	Mac OS	Free	OS Catalina Built-in Parental Controls https://support.apple.com/en-sg/guide/mac-help/mchl4a732a3b/10.15/mac/10.15 OS Mojave Built-in Parental Controls https://support.apple.com/en-sg/guide/mac-help/mchl4a732a3b/10.14/mac/10.14
2		Windows 10 or Windows 11*	Free	Microsoft Family Features https://account.microsoft.com/family/about http://www.howtogeek.com/225323/how-to-add-and-monitor-a-childs-account-in-windows-10/ https://www.thewindowsclub.com/how-to-set-up-and-use-parental-controls-in-windows-11
3		Windows Mac OS X	Free (1 device)	Qustodio https://www.qustodio.com/en/
4		Windows Mac OS X	Free	OpenDNS FamilyShield https://www.opendns.com/setupguide/?url=familyshield
5		Windows	Free for 30 days	Norton Family https://family.norton.com/familysafety/features.fs

* Note that if you are buying the Personal Learning Device through the College, it will be installed with a Device Management Application which has a set of built-in controls

3. Subscribe to additional security features from Internet Service Provider for home Internet use:

SingTel: Family Protection

<https://www.singtel.com/personal/products-services/broadband/add-ons>

StarHub: SafeSurf

<https://www.starhub.com/personal/mobile/mobile-phones-plans/value-added-services/junior-protect.html>

M1: Security Suite

<https://www.m1.com.sg/Personal/home-broadband/internetsecurity>

MyRepublic: Internet Security

<https://myrepublic.net/sg/add-ons/internet-security/>

C. Cyberwellness

1. As part of the school's Cyber Wellness education, students learn how to take responsibility for their online well-being, and how to be positive role models to others in creating safe and kind online communities. The revised Character and Citizenship Education (CCE) 2021 curriculum has rolled out since 2021, and features cyber wellness education more strongly, with updated authentic scenarios used, to better equip students to navigate online spaces safely and help develop a more supportive cyber environment. Devices purchased via the National Digital Literacy Programme will be provisioned with Device Management Applications (DMA) which restrict the type of applications and websites accessible by students.
2. For MOE guidelines to Cyberwellness, you may visit <https://www.moe.gov.sg/education-in-sg/our-programmes/cyber-wellness>
3. For Media Literacy Council's resources for parents on pressing media and digital literacy issues, you may visit <https://www.betterinternet.sg/Resources/Resources-Listing?topic=everything&persona=parents>
4. Alternative useful resources from the UK can be found at <https://www.internetmatters.org/>
5. If you need further advice from cyberwellness experts, you may wish to contact the following organisations listed under National Council of Social Service (NCCS):
 - Touch Cyber Wellness (<https://www.touch.org.sg/about-touch/our-services/touch-cyber-wellness-homepage/>)

Tel: 6709 8400
TOUCHline (Counselling): 1800 377 2252
Email: cyberwellness@touch.org.sg
 - eGEN Cyber-Counselling Service (<https://www.fycs.org/our-work/youth/project-180-simei/>)

Tel: 6422 1599 ext 599 Fax: 6787 9943
Email: project180@fycs.org