

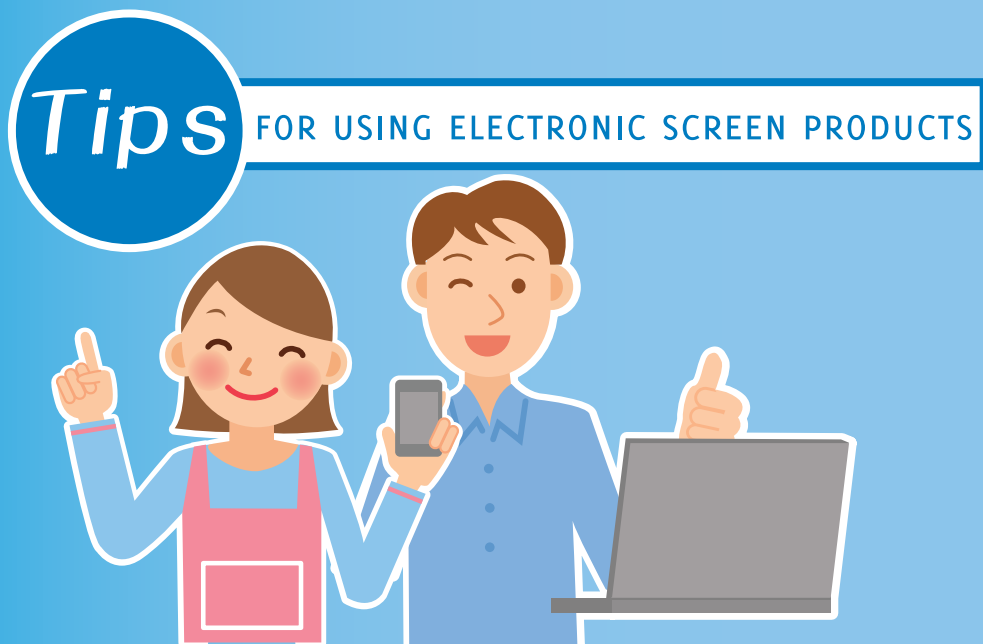


The illustration shows a hand holding a white smartphone. The screen displays a blue geometric pattern of triangles. At the top of the screen, there is a status bar with four dots, the text 'Healthy Net', and a battery icon showing 100%. The text 'e-Learning Parents' Tips' is overlaid on the screen in a large, bold, blue font. The background is a light blue gradient.

e-Learning Parents' Tips



With the advancement in technology, electronic screen products such as smart phones and tablets are getting popular. Technology may bring forth convenience to our daily lives but may also have some challenges to our next generation. It really depends on how we are going to use it. Are there any effective strategies for parents, in collaboration with schools, to provide guidance to their children?





Curious about the environment and like to explore.

Children's needs:

- They are curious about their environment and like to explore.
- They require quality parent-child interaction and play time.
- Sensory activities are crucial for children. They have to learn through contact and manipulation of things and objects in their everyday life. (Electronic screen products may enrich children's learning experiences. However, over-dependence on technological products will deprive children of the opportunities to learn from reality.)

Parent's role:

- Parents should develop a close parent-child relationship with their kids.
- Parents should provide motor sensory learning experiences to children.
- If using electronic screen products is needed, parents should accompany children and provide timely guidance.

What could parents do if electronic screen products are to be used by their kids?



Proper use of electronic screen products

- Avoid children under 2 years old use electronic screen products.
 - Only allow children to use electronic screen products with adults' company.
 - Help young children to develop good habits in using electronic screen products, including proper sitting posture and operation skill, as well as maintaining appropriate
 - Place the electronic screen products like computer at a conspicuous area, e.g. living room, to provide timely guidance.
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Use age-appropriate software

- If it is decided to let children use electronic screen products, in choosing the software, children's age, interests, abilities and needs in social and affective development have to be considered.
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Establish rules

- Set up clear rules for using electronic screen products, such as not to use more than 15 minutes a time and maximum 2 hours a day.
- Long duration of usage is forbidden so as to ensure sufficient rest time for eyes.



Have a balanced life

- Try to have more time for quality parent-child activities like chatting, reading, playing games and doing physical activities, etc. to build up a better relationship between parents and children.
 - Encourage children to develop in various ways. Take part in group activities and outdoor events, as well as learning about social norms and exploring the environment.
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Master their learning and develop their social circle in schools.

Children's needs:

- They start to master their learning and develop their social circle in schools.
- They need to develop their learning habits and start to use the electronic screen products as their learning tools.

Parent's role:

- Parents should provide proper guidance to their children to assist them to develop their social circle and learning habits.
- Parents should facilitate their children to develop a healthy habit in the use of electronic screen products.
- Parents should have some knowledge on e-learning.
- Parents should be role models to their children.

What could parents do if electronic screen products are to be used by their kids?



Limit the usage

- Avoid children possess electronic screen products.
 - Set password to limit access of devices by children.
 - Place the computer at open area accessible by parents to provide timely guidance.
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Ensure safety

- Install filtering software with children's consent to avoid them getting access to indecent materials.
 - Equip children to protect their own personal data and privacy of oneself and the other.
 - Equip children to avoid making friends only known online.
 - Develop children's information literacy and enhance their ability in distinguishing if information is reliable and accurate.
 - Have some understanding on the applications and webpages used by children and provide other guidance when necessary.
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Establish rules through contract

- Establish rules through contract with mutual understanding.
- The contract will include usage limit, access content, usage allowance in school holidays, rest time, condition for review and consequences of breaching the contract.



Have a balanced life with proper attitude

- Encourage children to develop interests beyond the virtual world.
- Encourage children to have direct communication with families and friends.
- Be a role model for children in showing respect to individuals and abiding to the laws in the community and in the virtual world.



Gain freedom, privacy, recognition and respect from others.

Children's needs:

- They need to gain freedom, privacy and recognition and respect from peers.

Parent's role:

- Parents should be role models to their children.
- Building on mutual trust, it would be desirable for parents to have an open mind when interacting with their children so as to achieve effective communication.

What could parents do if electronic screen products are to be used by their kids?



» Develop positive personalities

- Equip children to be responsible, respectful, disciplined and empathetic.
 - Equip children with positive attitude and critical mind. Report when they come across online cheating or cyberbullying.
 - Strengthen the awareness to protect personal privacy as well as the understanding on laws and regulations related to computer crimes.
 - Offer an environment to develop mutual trust and sharing culture in family.
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» Understand youth culture

- Understand youth culture and their use of electronic screen products.
 - Involve in youth's Internet activity only with consent.
 - Understand online risks (e.g. online friendship, pornographic information, cyberbullying).
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» Offer timely assistance

- Develop a sense of empathy for the victims of cyberbullying and avoid being the bully / observer of cyberbullying.
- Seek assistance from schools or professionals in the community.

To strengthen children to face possible challenges in future, parents are encouraged to gradually equip their children with positive personalities, such as responsibility, respect, discipline and empathy, since their early childhood, while parents should be the role models in cultivating such qualities. Besides, parents should be informed and updated on where and how to seek help when encountering adverse circumstances.



e-Learning

WiFi

and

Health



It's getting popular in using WiFi worldwide. Concerns have been raised on the use of radio frequency signals on human health. The signals produced by WiFi network are categorized as the "non-ionising" type, which is distinctly different from the "ionising" type as adopted in X-ray. According to recent research studies in the industry, the radiation levels released from WiFi networks are far lower than those from ordinary mobile phones. With reference to a research report from World Health Organization, there is no evidence to prove that the use of WiFi facilities will adversely affect human health. Besides, all wireless products sold and used in Hong Kong must comply with the international safety standards, the "International Commission of Non-Ionising Radiation Protection Guidelines" (ICNIRP).



10 Healthy Tips

Extracted from “Sm@rt e-Team (Parents) (2018)” produced by the Student Health Service of Department of Health at “https://www.studenthealth.gov.hk/english/internet/recommendations/files/recommendations_parents.pdf”

The following suggestions are for helping children to use Internet and electronic screen products safely and healthily.

1. Be physically active, go outdoor

- ◆ Consecutive use for more than one hour of Internet and other electronic screen products including smartphones, tablet personal computers, video games, or televisions is discouraged.



- ◆ Physical activities, including outdoor activities, are encouraged:

Pre-schoolers

Accumulate at least 3 hours physical activities daily.

Under 2 years old	Parents can give more opportunities for motor activities by allowing toddlers to run and walk instead of being carried or riding in a baby stroller.
2 to 6 years old	Parents and teachers should encourage play (preferably outdoor), stretching, aerobic, muscle strengthening and group activities daily. At home, light intensity activities (e.g. playing with toys, dressing up, packing school bags, etc.) on top of more vigorous ones (e.g. brisk walking, riding tricycle, playing hide-and-seek, etc.) are the range of activities good for young children’s health and growth.

Primary and secondary school students

Accumulate at least 1 hour of moderate- to vigorous- intensity physical activity daily.

6 to 18 years old	Moderate-intensity physical activity	e.g. swimming, cycling or playing volleyball.
	Vigorous-intensity physical activity	e.g. playing basketball, football or rope skipping.

2. Engage in interactive activities in real life

- ◆ Play time and talking between children and parents, especially for younger children, are encouraged for emotional bonding and social development.
- ◆ Group activities are encouraged for the development of social and communication skills as well as emotional management.
- ◆ Parents and teachers are encouraged to appreciate and acknowledge the importance of non-academic achievements in the holistic development of children and adolescents.



3. Limit screen time and choose screen activities wisely



The following suggestions on screen time for children and adolescents are recommended.

Pre-schoolers:

Under
2 years old

Your child needs a large amount of parent-child interaction before two years old. Avoid letting him in contact with any electronic screen products unless to do interactive video-chat with family members under parents' guidance. If you think the use of certain screen activity may benefit his learning and development, always accompany and guide him and set limits for him.

2 to 5 years old

The daily accumulated time for your child to watch TV or use computer, tablet computer or smartphone should be restricted to within one hour. The screen activities should be interactive and educative, and to be carried out under your guidance.

Primary school students:

6 to 12 years old

Limit recreational screen time to no more than two hours a day. Set rules to help children build up time management skills.

Secondary school students:

12 to 18
years old

Adolescents should be trained to develop good time management skills and self-discipline to work independently and prepare themselves to be responsible adults. Regular breaks should be adopted if prolonged screen time, e.g. for academic purpose, is unavoidable.

- ◆ Interactive games and apps, chosen or approved by a parent, and playing together with parents is preferable to passive watching of TV and video programmes.
- ◆ When watching TV and video programmes, parents are advised to watch and discuss the content together with children to offer guidance.

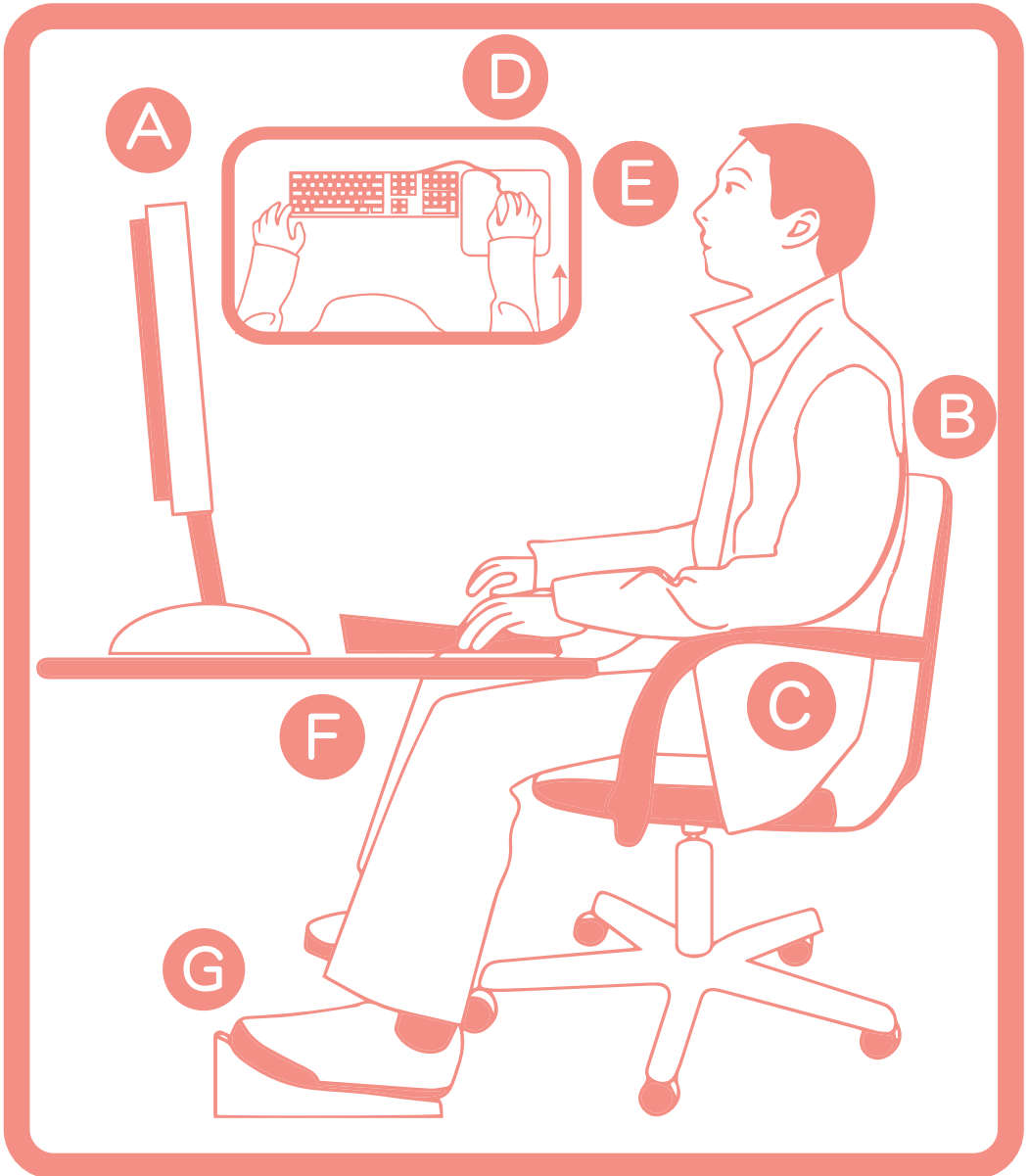
4. Blink, break and rest

- ◆ Rest for 20-30 seconds after 20-30 minutes when using electronic screen products.
- ◆ Change position, blink eyes and do muscle relaxation exercise regularly.



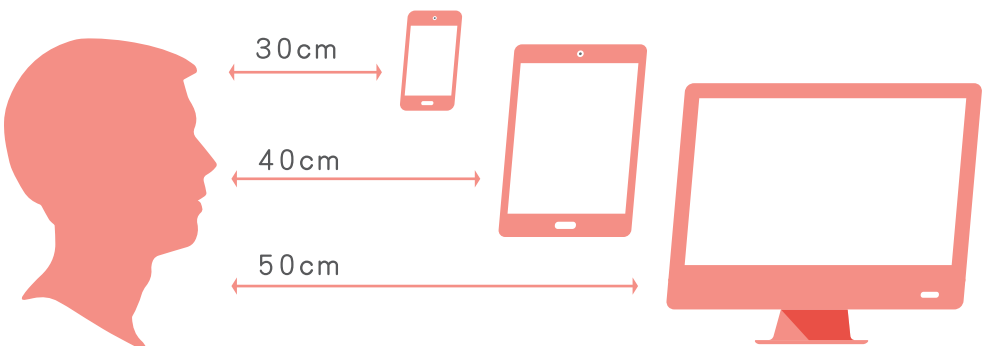
5. Adopt proper setting

- ◆ Adjust brightness, font size and workstation.



- A** Eyes should be slightly above the top of the screen and no less than 50 cm from the screen.
- B** Sit upright and close to the desk.
- C** Forearms should be approximately horizontal and supported by the desk. A space in front of the keyboard to allow hands and wrists to rest when not typing.
- D** Keep wrists straight when keying.
- E** Position a mouse within easy reach so it can be used with a straight wrist.
- F** Legs should have room to move under the desk.
- G** Choosing a chair with round edge or curved cushion seat can avoid excess pressure from the edge of seat on the backs of legs and knees. A footrest may be helpful especially for children.

- ◆ Keep reading distance no less than 50 cm for a computer, 40 cm for a tablet personal computer or 30 cm for a smartphone.



6. Protect hearing, prevent accident and pay attention to hygiene

- ◆ Adopt the 60 – 60 Rule: Listen at no more than 60% of the mobile product's maximum volume for less than cumulative 60 minutes a day. Prolonged use of earphones should be avoided to prevent accumulative noise induced damage.
 - Sound with sudden rise and fall of noise level, e.g. shooting, hammer, and firecracker in video games (impulse sound) and sound of noise level change drastically over time, e.g. road traffic noise, rock music (fluctuating sound) are more damaging than continuous noise with the same sound level. Adjust the output to a lower volume setting for music / game / film that include impulse and fluctuating sound.
 - Use the built-in “smart volume” feature which help to regulate the volume and cap the possible maximum output in the products, if available.
- ◆ Avoid using mobile electronic screen products while doing other tasks requiring attention e.g. crossing the roads, etc.
- ◆ Pay attention to personal hygiene, clean the surface of the screen regularly and avoid sharing the electronic screen products with others.

7. Ensure adequate sleep time and appropriate environment

- ◆ Adequate sleep time is essential for health. Babies and toddlers need two to three short naps in daytime while 3-5 years old may need at most one daytime nap. Total amount of sleep in a day is different for different age groups:

Newborns (up to 2 months)	12 - 18 hours
Infants (2 – 12 months)	13 - 15 hours
Toddlers 1-3 years old	12 - 13 hours
3-5 years old	11 - 13 hours
5-12 years old	9 - 11 hours
12-18 years old	8.5 - 9.5 hours

- ◆ Encourage a quiet, dim and comfortable sleeping place. Turn off the computer and keep other electronic screen products out of reach during sleep.
- ◆ Establish a soothing pre-sleep routine with a period of relaxing activities an hour or so before bed, e.g. take a bath, read a book, avoid stressful and stimulating activities such as video game playing as well as vigorous exercises.



8. Be aware of cyber-safety

- ◆ Once starting to use the Internet, children should be taught to protect their privacy and avoid exposing too much personal information.
- ◆ Children should be shown and learn how to set password and not to share with others, except parents, if it is found necessary.
- ◆ Children and adolescents should not meet a “friend” only known online.
- ◆ Children and adolescents should not respond to messages or photos that make them feel uncomfortable or scared, and they should report the incidents to parents or teachers and seek their help.

9. Behave oneself when using Internet and social networking sites

- ◆ Children and adolescents should avoid gossiping, harassing or flaming others with mean or scornful messages that would harm other’s reputation or relationship with friends or family. They should be respectful and polite online and avoid sending mean messages or making someone look bad, which may remain in the Internet for a very long time with damages out of imaginations.

10. Restrict access to inappropriate content

- ◆ Parents should frequently monitor the content, websites and activities that their children engage, as well as make use of Internet safety tools to restrict access to any inappropriate content.
- ◆ Parents should choose age-appropriate video games for their children.



Healthy e-Generation Network: One-Stop Telephone / Online and On-Site Support and Counselling Services

Please check :

https://www.edb.gov.hk/tc/edu-system/primary-secondary/applicable-to-primary-secondary/it-in-edu/Information-Literacy/il-hotline_service.html