Tips for Using Electronic Products

Dear Parents,

The use of the internet and electronic screen products has become an integral part of our daily lives. The following 10 health tips are aimed to encourage safe and healthy technology use.

1. <u>Be physically active and do outdoor activities</u>

Avoid spending more than an hour consecutively on the internet or other electronic screen products. 6 to 18 years-old children and adolescents should do at least one hour exercise of a day.

2. <u>Engage in interactive activities in real life</u>

Participate in group activities that facilitate the development of social and communication skills as well as emotional wellbeing.

3. <u>Limit screen time and choose online activities wisely</u>

6-12 years old:

Limit the recreational screen time to no more than two hours a day.

12-18 years old:

Avoid prolonged screen time.

4. <u>Blink and rest</u>

Eye rest for 20 to 30 seconds after every 20-30 minutes of screen use. Change positions, blink your eyes and do muscle relaxation exercises while using the electronic devices.

5. <u>Adopt proper settings</u>

Adjust screen brightness and font size as well as workstation height.

Reading distance is kept no less than:

50 cm for a computer;

40 cm for a tablet personal computer;

30 cm for a smartphone.

6. <u>Protect hearing, prevent accidents and pay attention to personal hygiene</u>

60-60 Rule: Listen to no more than 60% of the mobile's maximum volume and no more than a cumulative 60 minutes a day.

Avoid using mobile products while doing tasks that demand concentration.

Clean the glass screen regularly and avoid sharing electronic screen products with others.

7. <u>Get enough sleep and maintain an appropriate sleep environment</u>

Turn off the computer and keep other electronic screen products out of reach during sleep.

8. <u>Be aware of cyber-safety</u>

Protect your privacy, do not meet online 'friends' or respond to inappropriate messages.

9. <u>Behave oneself when using the internet and social networking sites</u>

Do not bully, harass or slander to others or spread rumours.

10. <u>Restrict access to inappropriate websites</u>

Install software for cyber-safety (e.g. filter software) to prevent inappropriate contents, websites or other activities.

Source: Sm@rt e-Team

Yours faithfully,
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