Guidelines for
Safe and Healthy Internet Usage

1. The "SMART" principles offer some tips for interacting with people safely online and securing personal privacy.
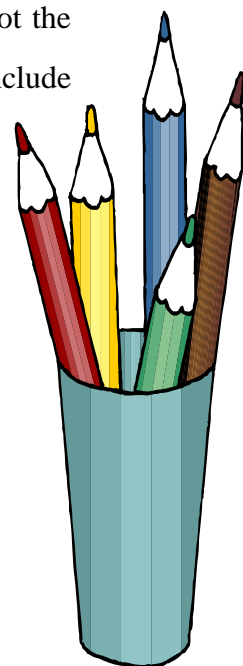
   + Protect personal information (Safe)
   + Refuse to meet in person (Meeting)
   + Only accept message from people you know (Accepting)
   + Do not completely trust what people say (Reliability)
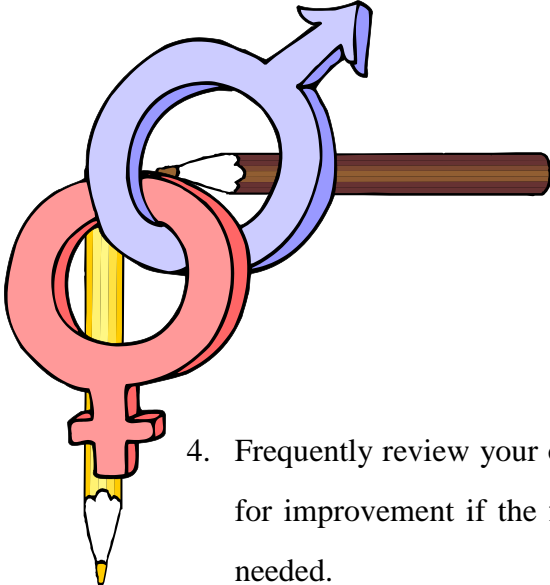   + Inform a trustworthy person when encountering problems (Tell)

2. The internet world is not a virtual world. Bullies are liable for their behaviours such as defamation and criminal intimidation. Cyberbullying can cause serious consequences for the victim. As it is difficult to authenticate the person's identity and background on the internet, one should always be alert and avoid meeting strangers online so as to avoid harm.

3. There are both advantages and disadvantages of using the internet. The problem is not the using of internet itself, but how it is used. The impacts of "internet addiction" include physical, emotional, academic, family and social aspects.
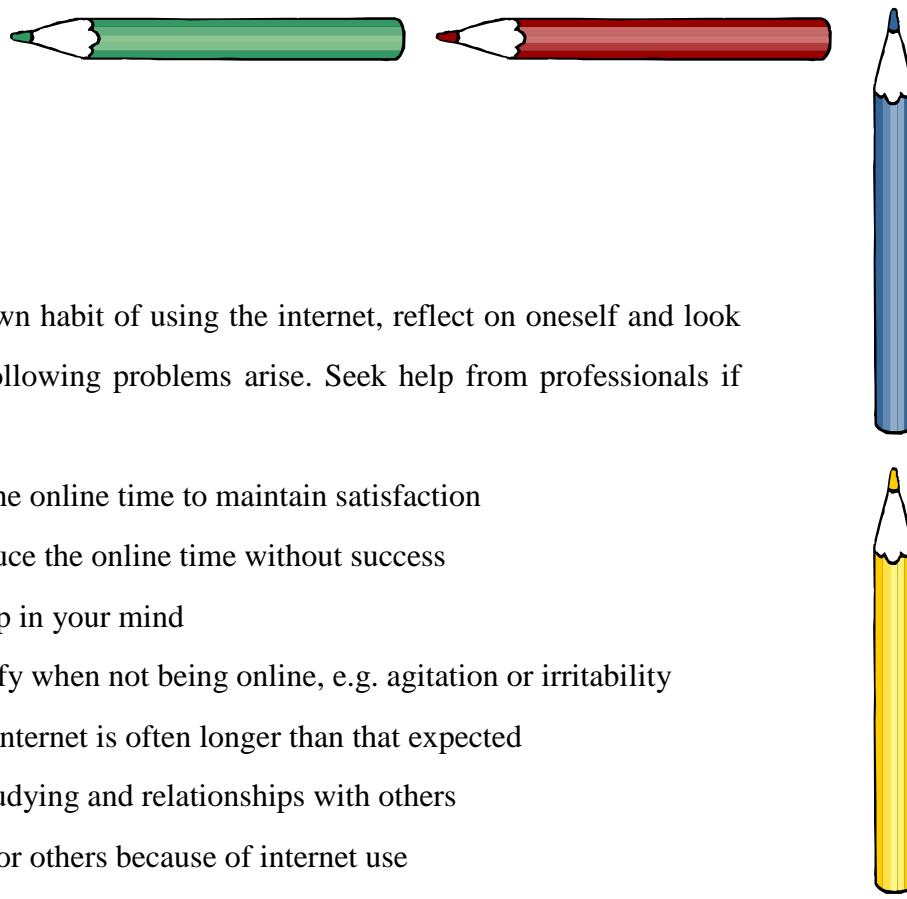
   Please refer to the "Healthy Online TIPS" for the healthy online principles:

   + Set personal goal (Target)
   + Develop interest (Interest)
   + Schedule daily activities (Plan)
   + Discipline oneself (Self-control)

4. Frequently review your own habit of using the internet, reflect on oneself and look for improvement if the following problems arise. Seek help from professionals if needed.

◆ Continuously increasing the online time to maintain satisfaction

◆ Repeatedly attempt to reduce the online time without success

◆ Online scenes often pop up in your mind

◆ Negative emotions intensify when not being online, e.g. agitation or irritability

◆ Actual time spend on the internet is often longer than that expected

◆ The internet use affects studying and relationships with others

◆ Lying to family members or others because of internet use

◆ Using the internet to evade life problems or alleviate negative emotions

Guidelines for Safe and Healthy Internet Usage – Assistance organisations and hotlines

Organisation	Telephone	WhatsApp
Hong Kong Family Welfare Society "Net" Education and Counselling Services Hotline	5592 7474	5592 7474
Hong Kong Christian Service Online New Page – Online Addiction Counselling Centre	2561 0363	-
Tung Wah Group of Hospitals Internet Addiction Prevention and Treatment Service	2827 1000	-
Hong Kong Federation of Youth Groups YouthLine	2777 8899	6277 8899