

智Sm@rt貼士好易做

網「樂」世界同創造

Be Sm@rt e-generation and
Play your part for a better internet!

保護個人私隱，避免在
網上發放過多個人資料
Protect our privacy and avoid
exposing too much personal
information

切勿跟網上認識的陌生人會面
Not to meet a "friend" only known online

使用過濾軟件限制接觸不良資訊及網站
Install software for cyber-safety to limit access to
inappropriate content and websites

要積極參與體能活動同戶外活動
Go outdoor and be physically active

保持禮貌，不要參與
欺凌行為及散播謠言
Be respectful and polite online.
Avoid gossiping, harassing or
flaming others

眼睛同電腦屏幕嘅距離最少
要保持 50 厘米，同手機屏
幕最少都要有 30 厘米
Keep at least 50 cm viewing distance
from computer screen and 30 cm from
smartphones

耳機音量唔好多於最高音量嘅
60%，兼且每日唔好使用耳機
超過 60 分鐘
Listen at no more than 60% of maximum
volume for less than cumulative 60
minutes a day

想知道更多智Sm@rt健康資訊，請即瀏覽
Scan and look for more Sm@rt health information



香港特別行政區
衛生署學生健康服務

