Frequently Asked Questions:

Primary school student:

'I am only allowed to be online for half an hour every day but I want more. I have asked my mum to give me extra time but she refused. What can I do?'

Secondary school student:

'If I express my resentment toward certain issues or say something negative about someone while remaining anonymous online, shouldn't it be fine since I am appearing "invisible" and no one shall be able to identify me?'

Mother:

'What is "digital footprint"? What should I be aware of?'

Father:

'How can I better manage the time my children spend on computers, smartphones or other mobile electronic screen products?'

Teacher:

'What should I be aware of when I use email or smartphone to contact students or parents?'

For the answers and further information,
please visit our website:
http://www.studenthealth.gov.hk

Sm@rt e-Team
Primary School Students

Sm@rt e-Team
Parents

Sm@rt e-Team
Secondary School Students

Sm@rt e-Team
Teachers

Department of Health
The Government of the
Hong Kong Special Administrative Region

Videos on Health Tips

Student Health Service website: www.studenthealth.gov.hk

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Healthy Use of...

Student Health Service
Department of Health
2022

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

HEALTH TIPS

1. Be physically active, do outdoor activities

- Avoid spending more than one hour consecutively on the Internet or other electronic screen products.
- 6 to 18 year-old children and adolescents should do at least an hour of exercise a day.
- Develop other interests, e.g. outing, enjoying exhibition, watching movies, etc.

2. Engage in interactive activities in real life

- Participation in group activities are encouraged for development of social and communication skills as well as emotional management.

**3. Limit screen time and choose online activities wisely**

- 6-12 years old: Limit recreational screen time to no more than two hours a day.
- 12-18 years old: Avoid prolonged screen time.
- Create your own schedule, list out and monitor time that spent on internet, schoolwork, and outdoor activities
- Set alarm, or ask family members to remind you to stop using the computer, if it reaches a certain amount of time.

4. Blink and rest

- Rest for 20 to 30 seconds after every 20 to 30 minutes of screen use.
- Change posture, blink eyes and do muscle relaxation exercise.

5. Adopt proper setting

- Adjust screen brightness and font size as well as workstation height.
- Reading distance is kept no less than:
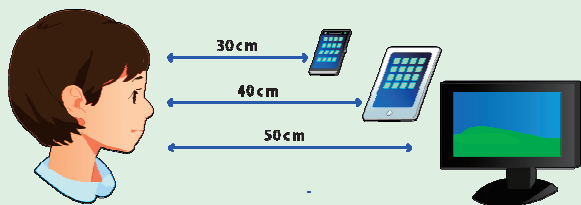
6. Protect hearing, prevent accident and pay attention to personal hygiene

- 60-60 Rule: Listen to at no more than 60% of the mobile product's maximum volume and for no more than a cumulative 60 minutes a day.
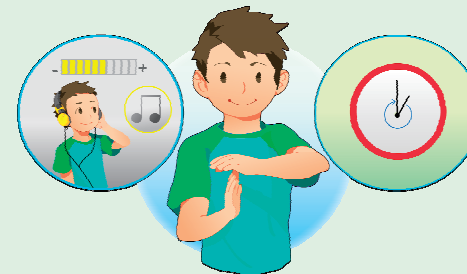
- Avoid using mobile products while doing tasks that demand concentration.
- Clean the glass screen regularly and avoid sharing electronic screen products with others.

7. Get enough sleep and maintain appropriate sleep environment

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

8. Be aware of cyber-safety

- Protect privacy, do not meet online "friend" or respond to inappropriate messages.

9. Behave oneself when using Internet and social networking sites

- Do not bully, harass or slander others or spread rumours.
- Set up rules of using computers with parents, so as to foster self-discipline

10. Restrict access to inappropriate websites

- Install software for cyber-safety (e.g. filter software) to limit access to inappropriate content, websites or other activities.
- Move the computer to public space, e.g. the living room