

“Empowering a Safe and Resilient Online Community”

Safer Internet Pledge and Screen-Healthy Weekend

Safer Internet Day (SID) is an annual global initiative which aims to promote safer and more responsible use of online technology and mobile devices among children and young people. In Singapore, the Safer Internet Day 2025 theme for schools and students is “**Empowering a Safe and Resilient Online Community**”. Remember that technology will always be a part of our lives, but we can think critically about our online interactions and make informed decisions to protect ourselves and others in the digital space.

“Safer Internet Pledge and Screen-Healthy Weekend” Activity



Step 1: *Take a SIP!* (Safer Internet Pledge)

We invite you and your child to take an online pledge to commit to building a safe and resilient online community.

The “Take a S.I.P” pledge will be available from 17 January to 15 March 2025 and can be accessed via this [link](#).

Your child can either select from the list of suggested pledges or create his/her own pledge. You and your child can also access useful online resources that provide tips and advice on how to stay safe online.

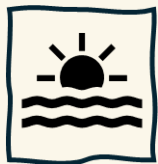


Step 2: Commit to a screen-healthy weekend!

Embrace the benefits of balanced screen time by making intentional choices to step away from devices and enjoy meaningful offline activities.

Please choose **one*** of the following screen-healthy options with your child to commit to for a weekend:

- Not using mobile devices;
- Not engaging in recreational screen time;
- Not playing video games;
- Not using social media (*only for Secondary and Pre-U institutions*)



Step 3: Replace screentime with another offline activity!

All of us have the same 24 hours in a day. Not being online allows us extra time to spend offline. Replace the time that would normally spend online with something that can be done offline. See the following activities for ideas that you and your child can do together:

- Playing a sport
- Outdoor activities such as hiking/cycling etc.
- Spending time with family and friends in a face-to-face setting.
- Encourage other family members to also engage in a screen-healthy weekend and take part in a family activity (e.g. board games)

Have an enjoyable screen-healthy weekend!



Online resources on raising children in the digital age

For more resources on raising children in the digital age, you may refer to the following IMDA's Digital for Life Portal: [Digital For Life Resources](#)

We look forward to your support to create a better internet for all as we empower the children to be proactive, supportive and responsible digital citizens.