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http://www.sutd.edu.sg/Campus-Life/Well-being-Services

KEEP CALM AND STAY SAFE ONLINE

We won't sit idly by if a crime is committed in the real world. So why should we when it happens in cyberspace? *Max Baucus*

Tips on managing cyber issues more effectively:

❖ **Whether it is for fun or work, monitor and limit the time you spend online so as to prevent dependence behaviour.**

❖ **Almost every major online portal offers safety tips on matters such as data protection for users. Observe these safety measures as they are necessary to safeguard your wellbeing in cyberspace.**

❖ **Adopt responsible behaviour online. Avoid posting or circulating objectionable or untrue message, image or material that may be used against you or any person.**

❖ **Refrain from accessing websites or platforms that promote unhealthy behaviour, lifestyle or treatment of self or others.**

❖ **Report or share with someone you trust if you encounter any online experience that carries harm or risk to oneself and/ or others.**

The Internet offers a treasure trove of information, entertainment and opportunities in cyberspace. In this time and age, it will be hard to find anyone who does not use the Internet for work or pleasure.

However, just like every coin has a flip side, danger also lurks in cyber world for the unaware. Reports of users developing online addiction, being bullied or scammed, personal data being stolen, etc. are not unheard of.

It is thus crucial for users to observe 'cyber hygiene' when engaging in online activities so as to ensure their wellbeing and that of others is not compromised.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.

Internet Safety