

# CYBER WELLNESS@ WGPSBeing DiscerningAbout OnlineInformation



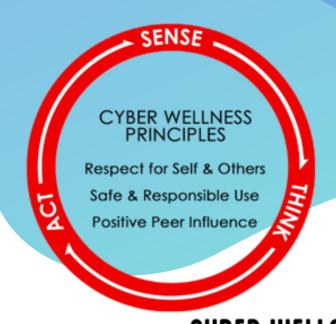
I = Is it True?

II = Is it Helpful?

I= Is it Inspiring?

N= Is it Necessary?

= Is it Kind?



### Let's read this *Case Study*



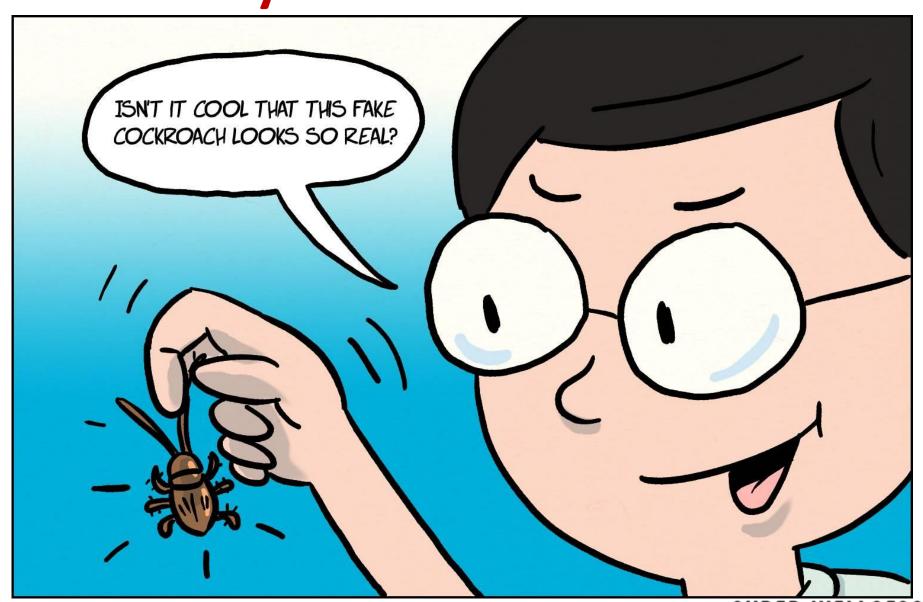
Can you guess what might happen?



### THINK

- T = Is it True?
- II = Is it Helpful?
- I= Is it Inspiring?
- N= Is it Necessary?
- K = Is it Kind?





Have you come across pranks like this?



Look out



Is that true?

Is that right?



T.H.I.N.K.



What can happen if we post this?

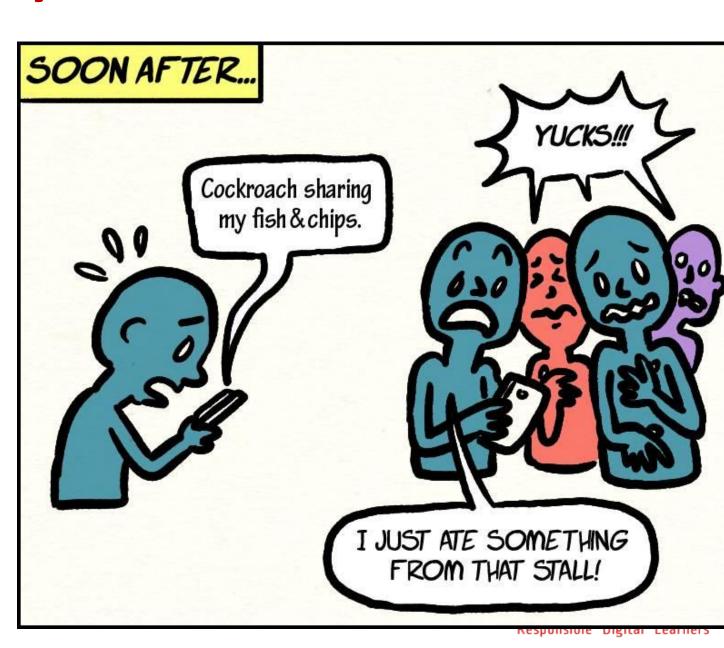


CYBER WELLNESS
Responsible Digital Learners

Always check whether information is true!



Verify



Real consequences from false information...



It was only a joke...

Oh No!



#### **CYBER WELLNESS @ WGPS**

Although it was a joke, a stall was suspended because people thought it was real...



### How Can You Be Discerning Online?



- Using the T.H.I.N.K. framework to guide your online actions
  - Is it True, Helpful, Inspiring, Necessary, and Kind?
  - If it isn't, do not post.



T = Is it True?

= Is it Helpful?

I = Is it Inspiring?

N= Is it Necessary?

= Is it Kind?



### How Can You Be Discerning Online



### Look out for tell-tale signs of false information:

- Sensational titles
- Offers that are too good to be true or suspicious requests for help
- Ungrammatical language or spelling errors
- Unknown senders or URLs



### How Can You Be Discerning Online?

### Be responsible and verify online information:

- Depending on the type of information received, check against a few authoritative sources like the school, the government or mainstream news sites.
- Check with a trusted adult.
- Use fact-checking websites, e.g. (<u>www.gov.sg/factually</u>)
- Do a reverse image search.





### How Can You Be Discerning Online?

## Role-model

#### Be a good role-model:

- By adopting the practices outlined, and
- Encouraging your friends to do likewise



#### **Summary**



T.H.I.N.K.



Look out



Verify



Role-model





### CYBER WELLNESS @ WGPS







Look out



Verify



Role-model



I = Is it True?

**I**= Is it Helpful?

I= Is it Inspiring?

N= Is it Necessary?

K= Is it Kind?

