



23rd February, 2015

Dear Principal,

Healthy Use of the Internet
“Let’s Create a Better Internet Together” Campaign

Since 2011, the Education Bureau (EDB) has commissioned the Hong Kong Family Welfare Society (HKFWS) to provide support services to parents, teachers and students on promoting e-safety in Hong Kong. This year, aligning with the theme of Safer Internet Day 2015 (www.saferinternetday.org), the HKFWS will launch a series of promotional and supportive services to stakeholders under the “Let’s Create a Better Internet Together” Campaign. It includes

- a) On-site parent seminars for schools;
- b) On-site booths for parents and students;
- c) Professional development programmes for teachers;
- d) Students’ activities on creating a better Internet;
- e) On-going telephone and online support services for parents, teachers and students;
- f) Regular e-newsletters, videos and practical tips at <http://www.healthynet.hk>.

Understanding that students’ online behaviors have been a major concern for schools and great effort has been dedicated to promote healthy use of the Internet, we hereby appeal for your support in the above activities and distribute relevant materials to parents. We look forward to collaborate with you in the Campaign.

For details, please refer to the attached documents. For further information, please contact our social workers Miss Jane HUNG or Miss Mei-kit CHAN at 2549 5106.

Best regards,

Mr. NG Ho-hei
Manager (Youth Service)
Hong Kong Family Welfare Society

c.c. Guidance and Counselling Master/Mistress, IT Subject Panel, teacher-in-charge of parent-teacher association and school social worker.



香港家庭福利會
Hong Kong Family Welfare Society

Healthy Use of the Internet Details of the “Let’s Create a Better Internet Together” Campaign

a) On-site parent seminars for schools

Target: parents

Duration: 1-1.5 hours

The aim of the parent seminars is to enhance parents’ information literacy, including their understanding on the use of Internet by youth. This will also improve their parenting skills and narrowing the digital generation gap with their kids.

The content will include youth culture, possible risks on the Internet and parenting skills. There is **limited quota**. Request will be served on **first-come-first-served** basis.

b) On-site booths for parents and students

Target: parents and students

Duration: 2-4 hours

The aim of the booths is to increase the awareness on healthy use of the Internet and provide possible prevention and follow-ups for students with behavioral problems. Consultation service for parents and games for students will be provided at the booths. There is **limited quota**. Request will be served on **first-come-first-served** basis.

c) Professional development programmes for teachers

Target: teachers in primary and secondary schools

Duration: 2-3 hours

The aim of the professional development programmes is to enhance the awareness of teachers on helping students with Net Addiction problem, cyber bullying and online at-risk behaviours and to share teachers’ experiences in schools. The programmes will be delivered through the Training Calendar System of the Education Bureau.

d) Students' activities on creating a better Internet

Target: students of primary and secondary schools

A series of activities will be arranged to encourage students to develop a healthy habit in using the Internet. HKFWS will inform schools of the events through letters and webpage (<http://www.healthynet.hk>). The first activity is to let students share their good (Angel Doggy) and bad (Devil Kitty) experiences regarding the use of the Internet. The Angel Doggy / Devil Kitty card is attached for schools' information (Annex 1).

e) On-going telephone and online support services for parents, teachers and students

Target: Parents, teachers and students of primary and secondary schools

The EDB has commissioned HKFWS to provide the support service since 2011. For parents, teachers and students encountering problems arisen from the use of the Internet, they may contact the social workers through this telephone and online support service. The service schedule is as follows:

Date: Mondays to Saturdays (except public holidays)
Time: 9:30 am to 9:30 pm
Hotline: 2922 9222
WhatsApp: 5592 7474
Website: <http://www.healthynet.hk>

A promotion poster, cards and a referral form are prepared to reach out to parents. Schools may distribute the form to parents if they would like HKFWS to make a contact for follow up (Annex 2).

f) Regular e-newsletters, videos and practical tips at <http://www.healthynet.hk>.

The above information and relevant updates are available at the above named website. Please feel free to browse the above website for further information.

Activity card:

教育局
Education Bureau



香港家庭福利會
Hong Kong Family Welfare Society

Healthy Use
of the Internet

Any **GOOD** or **BAD** experiences
you had while surfing on the Internet?

Write down on  and  to share with us!



Angel Doggy



Devil Kitty

Please WhatsApp us your experiences
before 30/4/2015 for souvenir!

Gifts are
available while
stocks last.



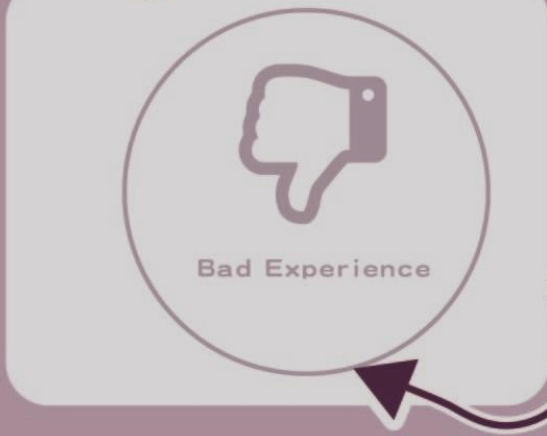
5592 7474



2922 9222

Your experiences would be used by
HKFWS for promoting e-safety

Healthy Use of the Internet
Student Activity Card



(A) Promotion poster:

Healthy Use of the Internet

Multiple Interests

Internet-addiction Prevention

Time Management

Enhance Relationship

Cyber-bullying Prevention

Smart-phone Addiction Prevention

Let's Create a Better Internet Together

共创更好的网络世界

Hotline: **2922@9222** Whatsapp: **55927474**

Service hours: 09:30am-09:30pm (Mon-Sat)

Service targets: Parents, students and teachers of primary and secondary schools

Student activity

Parent seminar/workshop

Teacher training

教育局
Education Bureau

香港家庭福利會
Hong Kong Family Welfare Society

Healthy Net: [http:// www.healthynet.hk](http://www.healthynet.hk)

Internet Safety: <http://internetsafety.edb.hkedcity.net>

(B) Promotion card:

Let's Create a Better Internet Together
共同更好的網絡世界

Please contact us for problems arisen from the use of the Internet.

Education Bureau
教育局

Hong Kong Family Welfare Society
香港家庭福利會

Healthy Use of the Internet

Hotline: 2922 9222

WhatsApp: 5592 7474

HKFWS Healthy Net [http:// www.healthynet.hk](http://www.healthynet.hk)
EDB Internet Safety <http://internetsafety.edb.hkedcity.net>

(C) Referral form:

To: Hong Kong Family Welfare Society (Hong Kong Western Centre) Tel: 2549 5106 Fax: 2858 4794
Address: Western Garden, 80A, First Street, Sai Ying Pun, Hong Kong E-mail: hkwest@hkfws.org.hk

Hong Kong Family Welfare Society
Healthy Use of the Internet: Referral form

The EDB has commissioned HKFWS to provide the support service since 2011. For parents, teachers and students encountering problems arisen from the use of the Internet, they may contact the social workers through the telephone (Tel: 2922 9222), WhatsApp (Tel: 5592 7474) and webpage (<http://www.healthynet.hk>) for support services. If you would like our social worker to contact you, please leave your contact information and areas of enquiries. Thank you!

Please “✓” to indicate your choice	Areas of enquiries
<input type="checkbox"/>	Understanding the Internet culture: habits, online games, apps etc.
<input type="checkbox"/>	Contracting on Internet use: communication skills, making contracts etc.
<input type="checkbox"/>	Avoiding risks: handling cyber-bullying, net friends, obscene materials etc.
<input type="checkbox"/>	Healthy Internet resources: learning resources, protection software, eye care
<input type="checkbox"/>	Others:

School: _____ Student's name and class: _____

Parent's name: _____ Contact No.: _____ Date: _____

Preferred contact time (Please “✓”): Anytime 09:30–13:00 13:00–18:00 18:00–21:30

The personal information collected in this form serves only for the purpose of providing service by HKFWS.
The information will be handled in accordance with Personal Data (Privacy) Ordinance.