Mr Lock Wai Han
Chairman of the Media,
Literacy Council

The impact of technology on Singapore's landscape is impossible to ignore: our roads have the world's first driverless taxis, our homes are getting smarter with connected appliances, and our children have the latest gadgets in hand. If we consider increasing Internet penetration, global smartphone usage, and the growth of new technologies - such as the Internet of Things and Artificial Intelligence - an increasingly digitised world is inevitable.

In Singapore, we have found that 12-year-olds spend over 6 hours on their electronic devices every day. Given this high rate of exposure, it is necessary to encourage our children to hone their skills in navigating the digital world whilst also teaching them to sidestep the many dangers that fill this world. As Singapore continues to leverage on the advantages of a digital world to improve our daily lives, parents are facing ever-growing parenting challenges in the face of digital transformation.

The DQ Parent Resource aims to empower parents with information packaged as easy tips to raise children to be safe, smart, and kind digital citizens. The Media Literacy Council has successfully worked with the DQ Institute on this resource guide to fulfil our mutual goal of equipping every parent, no matter their background, with the skills to raise digital natives.

I hope that you will find this parent guide a useful tool in teaching your children to be their best digital selves, and a relevant resource in your family's digital journey.

Dr Yuhyun Park
Founder & CEO,
DQ Institute

As a mother, I have worried about the effects of digital technology and digital media on my two children. That is why DQ was developed, for both my children and for yours. I strongly believe that every child can unlock their full potential in this digital world, if they are equipped with the right skills. I hope this guidebook will empower your family to minimise the risks and to maxmise the opportunities of our digital future.

IQ, EQ, DQ

Digital Intelligence (DQ) is the set of must-have digital skills needed to use **digital devices and media** safely, responsibly, and effectively.

DIGITAL DEVICES

include smartphones, tablet PCs, computers, and similar tools.
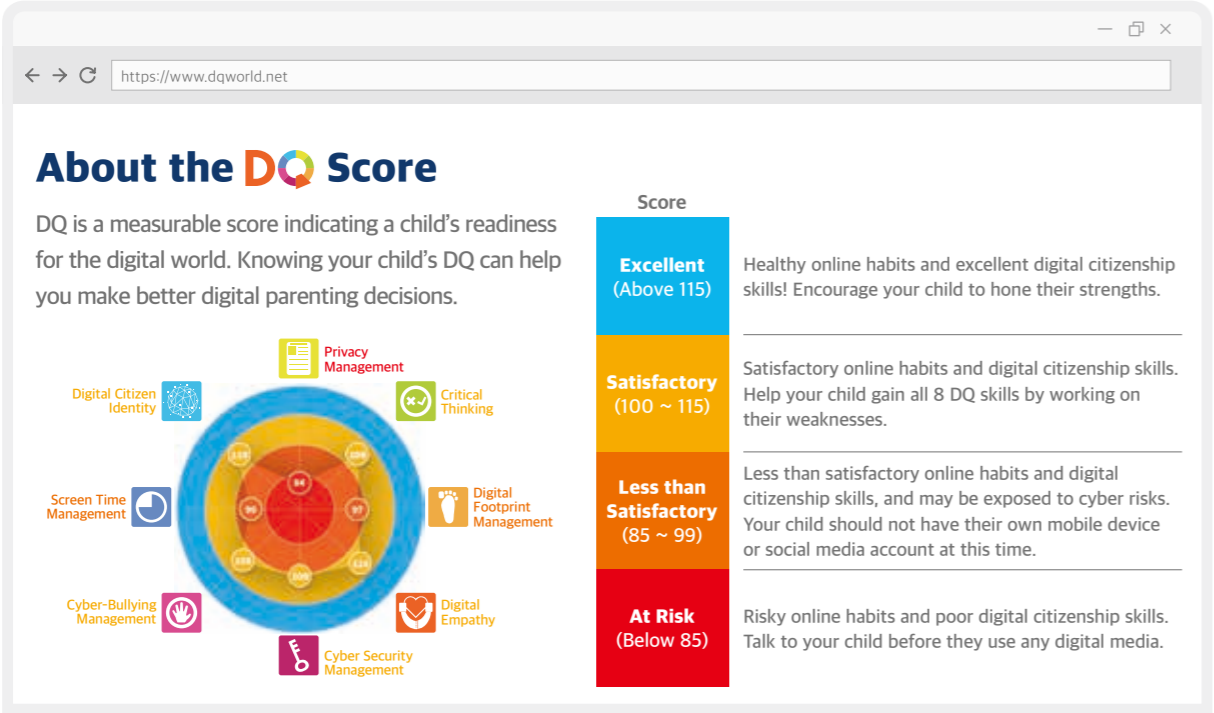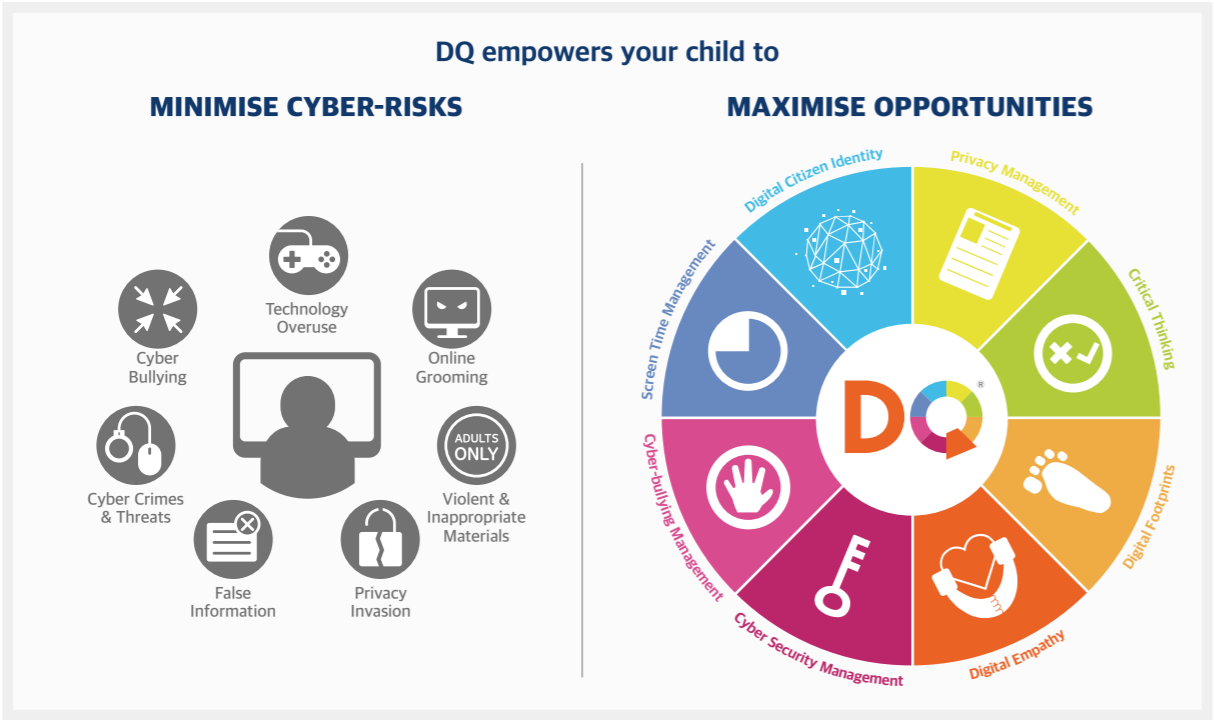
DIGITAL MEDIA

includes the Internet, social media, videos, music, games, and everything else that is found using digital devices.

A High DQ Child is
Smart, Responsible, and Future-Ready.

High DQ is associated with safer digital use, higher academic achievement, and greater global awareness and empathy.

DQ empowers your child to

MINIMISE CYBER-RISKS

Technology Overuse

Cyber Bullying

Online Grooming

Cyber Crimes & Threats

ADULTS ONLY

Violent & Inappropriate Materials

False Information

Privacy Invasion

MAXIMISE OPPORTUNITIES

Digital Citizen Identity

Privacy Management

Screen Time Management

Critical Thinking

Cyber-bullying Management

Digital Footprints

Cyber Security Management

Digital Empathy

About the DQ Score

DQ is a measurable score indicating a child's readiness for the digital world. Knowing your child's DQ can help you make better digital parenting decisions.

Privacy Management

Digital Citizen Identity

Critical Thinking

Screen Time Management

Digital Footprint Management

Cyber-Bullying Management

Digital Empathy

Cyber Security Management

Score

Excellent (Above 115)	Healthy online habits and excellent digital citizenship skills! Encourage your child to hone their strengths.
Satisfactory (100 ~ 115)	Satisfactory online habits and digital citizenship skills. Help your child gain all 8 DQ skills by working on their weaknesses.
Less than Satisfactory (85 ~ 99)	Less than satisfactory online habits and digital citizenship skills, and may be exposed to cyber risks. Your child should not have their own mobile device or social media account at this time.
At Risk (Below 85)	Risky online habits and poor digital citizenship skills. Talk to your child before they use any digital media.

https://www.dqworld.net

How to use this Parent's Guidebook

"What's Your DQ" aims to help parents empower their children with digital intelligence (DQ). This guidebook will help you learn alongside your children as they progress through the DQWorld.net online program. For most effective results:

1 Help your child register on DQWorld.net and begin completing the 8 DQ Skill Zones. When registering, be sure to enter your email address so that you receive parent updates.

2 When your child completes a DQ Skill Zone, you'll get an email. Conduct the DQ TOP Up activities with your child after they complete each Zone to help them reinforce their new digital skills!

3 The best way to improve your child's DQ is to help improve your community's DQ together. Teach other families about #DQEveryChild through social media. Show your family media rule to your friends. Share your ideas for empowering children with DQ with the hashtag #DQEveryChild

DQWorld.net is a world-leading online education platform to teach 8-12 year old children 8 must-have digital skills. It empowers them to become informed and discerning citizens.

- **Internationally recognized:** By UNESCO, World Economic Forum, OECD and more

- **Holistic:** High quality and comprehensive digital citizenship education

- **Proven:** Educational efficacy was proven effective by scientific research

- **Easy-to-use:** Student-directed learning with minimal supervision of parents and teachers

- **Play & Learn:** Fun gamified learning for any child to self-learn DQ
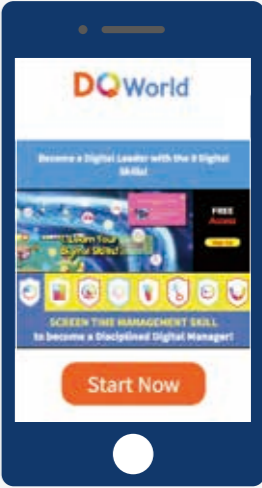
What kind of DIGITAL PARENT are you?

Role Model **Practical** **Military** **Buddy** **Hands-Off**

		Never	Rarely	Sometimes	Frequently	Always
1	I talk with my child about what they do and/or whom they meet via the Internet.					
2	I talk with my child when they are surprised or shocked about things they see on the Internet.					
3	I talk to my child about how to decide if online information can be trusted or not.					
4	I talk to my child about what personal info should or should not be posted online.					
5	I talk with my child about the dangers related to the Internet (cyber-bullying, game addiction, privacy violations).					
6	I sit together with my child at the computer to surf on the Internet.					
7	I limit the times and days in which my child is allowed to spend online, play games, and watch videos (e.g., only 2 hours a day on the weekends and half an hour on the weekdays).					
8	I limit what my child is allowed to do on the Internet (e.g., no chatting allowed, limiting the sites they can visit).					
9	I ensure that the adults in my household agree and enforce the rules for my child's Internet use.					
10	I get my child to do activities that do not include electronic media (e.g. sports, music, clubs)					
11	During meals, my family is using smartphones, or using the Internet or social media.					
12	I allow my child to have a digital device (including a computer, mobile phone, or TV) in their bedroom.					

Answer these questions and find out your digital parenting style at

www.WhatsYourDQ.org

It's easy to TOP up your DQ

Parents are the most important people when it comes to empowering children with DQ. But many parents aren't sure how to help because they don't think they know enough about technology. No worries! You don't need to be a technology expert to help your children stay safe and responsible online.

The core DQ principle is 'Treat others as you wish to be treated'. Apply this principle to your children and treat them as a fellow digital citizen, building **trust** and showing **respect.**

3 Steps to TOP Up Your DQ

Talk

Talk regularly with your child about what they do and who they meet online, just as you would about their offline lives with school and friends.

Obey

Set clear and fair family media rules that apply to both you and your child about appropriate online behaviour, device usage, and family values. Whatever you agree on, be precise, practical, and, most importantly, persevere!

Play

Families that play together, stay together! It takes effort, but help your child balance their online activities by providing healthy and wholesome offline activities.

Screen Time Management
Ability to balance on-/off-line realities

↓ Minimise
Excessive screen time and game addiction

↑ Maximise
Self-control, ability to focus and time management

Talk

Why manage screen time?
Screen time is the amount of time spent on digital devices and media for fun, and too much of it can cause problems like difficulty concentrating, sleep disorders, and lower grades. Talk to your child about these problems, but also the alternative fun activities they can enjoy instead. Check out Mission 11 on DQWorld.net together!

Obey

Set screen time rules.
Discuss with your child what they think is fair, and set out clear rules about screen time use. Specify which days, how many hours, and what type of media they can use. Then, agree on the consequences of breaking these rules. Most importantly, stick to the rules. Don't worry, it gets easier over time. Check out Mission 15 on DQWorld.net together!

Play

Find offline activities.
When it comes to the rules, remember the core DQ principle of, 'Treat others as you wish to be treated'. Positively encouraging your kids to follow the screen time rules requires respect and perseverance! Provide them with healthy offline alternatives. Have such an activity on hand (e.g., outdoor activities that benefit family bonding and your child's health, or even a round of Monopoly) to make it easier for everyone to stick to the rules.

Ensure your child finishes DQWorld.net Zone 1
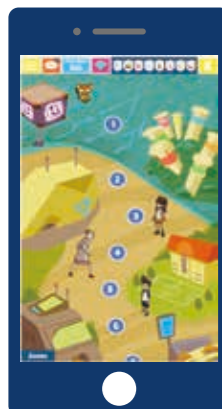
Mission	Subject
6	Controlling Multi-Tasking
8	Preventing Game Addiction
11	Harmful Effects of Excessive Screen Time
12	Self-Control in Digital Use
13	Balancing Screen Time
15	Family Media Rule
16	Managing Time and Priorities
18	Screen Time Quiz

Use these DQ TOP Tips!
- Limit screen time to less than 2 hours each day.
- Encourage your child to shut off devices with an early warning (e.g. 5 minute reminder and eye contact acknowledgement).
- Don't forcefully remove devices when time is up; allow your child to put away devices voluntarily and exercise self-control.
- Make specific all-day rules (e.g., no phones during meals, no screens for an hour before bedtime).

Screen Time Management

Talk

Talk about screen time habits. How much time do you think you spend online? How about we both track how much time we spend online this week and then compare? What sort of stuff do you do online?

If we want honest answers from our children, it is important to let them know that they will not be penalised. If their answers shock or anger us, it is important to stay calm and focus on finding solutions.

Obey

Make your Screen Time Pledge!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Screen Time Pledge

We will have screen time only on [Sun, Mon, Tue, Wed, Thu, Fri, Sat].
We will limit our screen time to less than   hour(s) per day.

Parent Initials   Child Initials

We will finish our top priority before our screen time starts.
Parent's Priority:

Child's Priority:

Parent Initials   Child Initials

We will not use any digital devices during important family times (e.g., family meal time, reading time, bed time). Our important family times are:

Parent Initials   Child Initials

Play

Agree on a fun offline activity as a reward for everyone following the new screen time rules. For example, 'one-for-one'. If the entire family follows the rules for one month, then the family enjoys itself for one day at an amusement park. What activity would you choose, and why?

DQ Skill
Privacy Management
Ability to protect your own and others' personal information

Minimise
Over shared personal info and invasion of privacy

Maximise
Discretion to protect privacy of self and others

Talk

What is personal information?

Personal information is anything that can be used to identify you in real life. This includes your full name, address, phone number, photos, and more. Remember the core DQ rule and ask your child questions like, "How would you feel if someone had secretly taken photos of you?" and "How would you feel if someone posted your private videos without asking?" to start a discussion on the importance of privacy.
Check out Mission 19 on DQWorld.net together!

Obey

Treat people's photos/videos with respect.

Sharing others' personal information without their permission is like taking things from them without asking. Get your family into the habit of protecting yourself and others' privacy by setting rules for photo and video sharing. As a parent, you can start by asking your child for permission to share their photos.
Check out Missions 20 and 21 on DQWorld.net together!

Play

Strengthen your privacy settings.

If your child has a social media account, they might not know that posts or photos shared online can be viewed by anyone if privacy settings are not used. Discuss with your child the dangers of strangers having access to their information. Log into your favourite social media site and show your child how to change the privacy settings to "private." Then, ask your child to do the same for their favourite social media site.
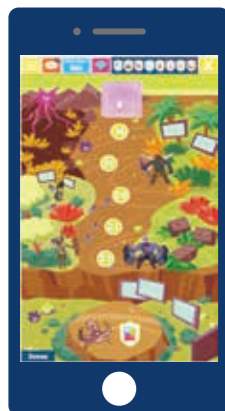
Ensure your child finishes DQWorld.net Zone 2

Mission	Subject
19	Personal Information
20	Keeping Privacy on Social Media
21	Protecting Other's Privacy
22	Internet Privacy Rights
23	Privacy Quiz

Use these DQ TOP Tips!

Learn to do this on your favourite social networking site together with your child.

- Change default privacy settings
- Limit who can see a post or photo
- Tag and de-tag a post or a photo
- Report an inappropriate post to the site moderator
- Block someone from contacting you

DQ TOP Up
Privacy Management

Talk

Talk about some of the personal information that you have shared online. Have you ever experienced any negative consequences (e.g. receiving unwanted messages, phone calls, or friend requests) as a result?

Obey

Make your Privacy Pledge!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Privacy Pledge

We will talk regularly about what we can and cannot share online.

Parent Initials	Child Initials

We will NOT share any personal information publicly online.

Parent Initials	Child Initials

We will get permission before sharing others' private information. We will tell them WHAT we are posting, WHY we are posting, and WHERE we will post it.

Parent Initials	Child Initials

Play

Log into your most-used social networking site and review your posts. Then, strengthen privacy settings for your personal photos and videos. Finally, remove private photos of your friends if you haven't asked them for permission.

Cyber-bullying Management

Ability to detect cyber-bullying and handle it wisely

Minimise
Cyber-bullying and its harms

Maximise
Resilience to handle difficult issues

Talk

What is cyber-bullying?

Cyber-bullying is the act of using the Internet and digital devices to harass or hurt others. Hurtful messages, embarrassing photos, and false rumours can be shared anywhere, at anytime, and with many people. Remember the core DQ principle of treating others the way you would want to be treated, and talk to your child about how this must apply to their online behaviour just as it does offline. You don't want your child to be scared to tell you if they are cyber-bullied so regularly remind them that you are there to listen to their problems. Check out Mission 26 on DQWorld.net together!

Obey

ZERO cyber-bullying.

Being hateful online is never acceptable, even if "everybody does it." Decide on family rules against cyber-bullying that specify appropriate and inappropriate behaviour (e.g. absolutely NO hurtful comments or embarrassing photos of others online). Also come up with an action plan with your child on what to do if they were in a cyber-bullying situation. Check out Mission 29 on DQWorld.net together!

Play

3 steps to stop cyber-bullying.

If your child receives a mean message, they must remember the 3 steps to stop cyber bullying: **Don't Reply, Save the Evidence, and Tell a Trusted Adult.** Together, come up with a fun way to help other children remember these steps, be it a song, dance, or haiku!

Ensure your child finishes DQWorld.net Zone 3
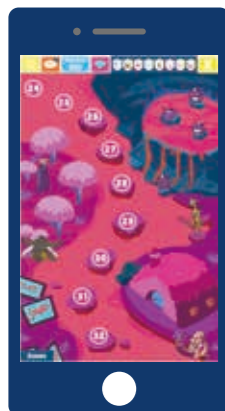
Mission	Subject
25	Detecting Cyber-bullying
26	What is Cyber-bullying?
27	Identifying Types of Cyber-bullying
28	Being Involved in Cyber-bullying Unknowingly
29	Diffusing a Cyber-bullying Situation
31	Dealing With Cyber-bullying
32	Who are my Trusted Adults?
34	Cyber-bullying Quiz

Use these DQ TOP Tips!

If your child is involved in cyber-bullying, be supportive.

- Don't blame them or tell them "it's no big deal".
- Help your child to think through what has happened and how they feel about it.
- Assure your child that you won't overreact or take away devices.
- End cyber-bullying by blocking bullies and working with teachers, Internet companies, or law enforcement if necessary.

Cyber-bullying Management

Talk

Have you ever been cyber-bullied? Or, have you ever seen someone being cyber-bullied? Share what happened, and talk about how the incident made you feel. If you have the experiences to draw on, talk about a time you were mean online, how you felt about your actions afterwards, and the impact it might have had on the other person.

Obey

Make your ZERO Cyber-Bullying Pledge!
Read each promise aloud together and sign your initials in the boxes at the end.

Our ZERO Cyber-bullying Pledge

	Parent Initials	Child Initials
We will never send rude or embarrasing messages to others.		
We will speak up against cyber-bullying and help those in need.		
We will remember: don't reply, save the evidence, and tell a trusted adult if anyone cyber-bullies us or someone we know.		

Play

Don't reply, save the evidence, and tell a trusted adult! Come up with a fun and creative way to help other children remember these steps.

Digital Citizen Identity

Ability to build an online persona with integrity

Minimise
Online dishonesty and insincerity

Maximise
Integrity and global citizenship

Talk

Are you a global digital citizen?

We can connect with people from all over the world online. Regardless of our differences in race, religion, appearances and opinions, we need to treat others with respect. Use clear language, post sincere comments, and avoid hateful speech at all times. Treat others as you wish to be treated! Check out Mission 39 on DQWorld.net together!

Obey

Don't be fake online.

It is healthy to have an online persona that is similar to your offline one, instead of changing it to get more 'likes' or 'followers'. Encourage your child to be sincere in their interactions and not to be fake online. If your child admits to pretending to be different online, try to find out the reason for the behaviour by asking them questions like, "How do you feel when you are your online persona?" or "If you feel more comfortable in your online persona, is there anything we can do to make your offline life like that too?" Check out Mission 44 on DQWorld.net together!

Play

Read about your favourite hero.

Heroes have values and behave in special ways. Talk with your child about heroes that you both like - real or fictitious - and discuss why you like them. Then, read a story about that hero together.

Ensure your child finishes DQWorld.net Zone 4
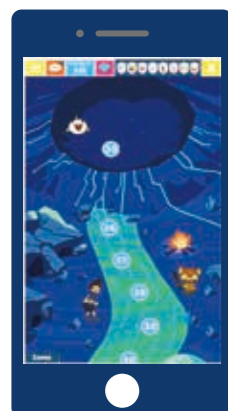
Mission	Subject
3	Be a Digital Leader
4	Digital Leaders in the Digital World
36	How does the Internet Work?
38	Digital Leader Creed
39	Being a Global Citizen
41	What's My Dream?
43	Congruent Online and Offline Identities
44	Integrity of Online Persona
45	Digital Citizen Identity Quiz

Use these DQ TOP Tips!

- For children, the digital world can be a place to explore new identities. It is not uncommon for children to act differently online from how they do in real life.
- Don't overreact if your child doesn't behave as you expect online.
- Provide constant assurance so that your child feels safe enough to talk to you whenever they encounter an inappropriate or upsetting situation online.

Digital Citizen Identity

Talk

Talk to your child about one change you can make to your online persona to make you more like a global digital citizen today. You could send someone a kind message or leave a thoughtful comment. What did you do, and why?

Obey

Pledge to be Digital Citizens!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Digital Citizen Pledge

We will respect other people's opinions, even if they differ from ours.

Parent Initials   Child Initials

We will not create insincere, fake online personas.

Parent Initials   Child Initials

We will NOT tolerate prejudice or hatred. We will treat others as we wish to be treated.

Parent Initials   Child Initials

Play

Read a story that involves a great hero together with your child. Who did you read about? What outstanding values or behaviour does this hero have? How can you adapt one of these values into your day-to-day lives?

Digital Footprint Management
Ability to develop positive digital footprints

Minimise
Negative digital footptints and possible future consequences

Maximise
Responsible online behaviour and positive digital reputation

Talk

What are digital footprints?

Your digital footprint refers to everything in the digital world that is about you. This includes photos, posts, text messages, search history, and more. Once your information is on the Internet, it's there forever! Negative digital footprints can also impact your offline reputation. Check out Mission 47 and 48 on DQWorld.net together!

Obey

Stop, think, and connect.

To leave more positive digital footprints, it helps to pause and reflect on what you are about to do. Before leaving a footprint online, make a habit to:
- **Stop:** Before your reply, forward or post something.
- **Think:** Is this information true? Is it private? Can it hurt myself or others?
- **Connect:** Remember the importance of kindness and compassion.
Check out Mission 52 on DQWorld.net together!

Play

Search your digital footprints.

If you are active online or on social media, you can do a search to find out publicly available information about yourself. This can also help us see how other people view us through our posts, photos that we share or videos that we comment about. What sort of digital footprints do you have? It might be helpful to do a quick search alone before you do this with your child (just in case).
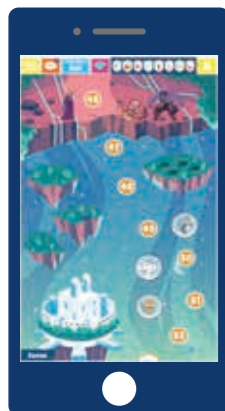
Ensure your child finishes DQWorld.net Zone 5

Mission	Subject
47	What is a Digital Footprint?
48	Digital Footprints Reveal Personal Info
49	Persistent Digital Footprints
50	Digital Footprints Impact Reputation
51	Real Life Consequences of Digital Footprints
52	Stop. Think. Connect
53	Digital Footprint Quiz

Use these DQ TOP Tips!

- 'Sexting' is a risky behaviour that is growing among teenagers. Help your child understand that what we do online, stays online.
- Anything shared through 'private' chat rooms and photo apps (e.g. Snapchat, which shows 10-second photos) can easily be leaked and made public online.
- Remember the Grandma Rule: "If you can't show it to your grandma, don't share it!"

Digital Footprint Management

Talk

Has our family shared any information that should have been kept private? How can this affect our real lives?

Obey

Make your 'Stop. Think. Connect.' Pledge!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Pledge to 'Stop. Think. Connect.'

	Parent Initials	Child Initials
We will discuss what sites and apps are appropriate and allowed for us to use!		
We will stop, think, and connect before we write or forward a message online!		
We will stop, think, and connect before we upload photos of ourselves or others!		

Play

Search for your own digital footprint by typing your name and other relevant information into search engines or social networking sites. Browse through the results together. Did you find positive or negative digital footprints?

Minimise the digital footprints by deleting the info, photos or videos about you (if you know how to) or asking a website administrator for help (if you can't). Remind your child that sites like Facebook, Snapchat, and Instagram have the right to keep all your photos and videos even after you've deleted them, so be careful what you post!

Cyber Security Management
Ability to create strong passwords

Minimise
Hacking and cyber threats

Maximise
Data and device protection

Talk

Do you have strong passwords?

Setting a weak password which anyone can guess is like leaving the door to your home open - something which we would never do! Strong passwords are more than 8 characters long and include numbers, symbols, and both lowercase and uppercase letters.

Here is how you can create a strong password:
- Think of a sentence with at least 8 words (**j**ack **a**nd **j**ill **w**ent **u**p **t**he **h**ill)
- Take the **first letter** of **each word** (**jajwuth**)
- Change some letters to **uppercase** (**J**aj**w**U**t**h)
- Change some letters to **symbols** (J**&**jwUth)
- Add some **numbers** (J&jwUth**7**)

Check out Mission 55 on DQWorld.net together!

Obey

Keep passwords safe.

After learning how to create a strong password, follow these rules to keep it safe:
- Don't share your password with anyone except a trusted adult.
- Use a different password for each online account, and change each one regularly.
- Always log out of a computer at the end of a session.

Check out Mission 56 on DQWorld.net together!

Play

Guess my password.

Play 'Hangman', a pencil and paper guessing game for 2 or more players. One player thinks of a word, phrase, or sentence, and the other tries to guess it by suggesting letters or numbers, with a certain number of guesses. Use your old password to play the game!

Ensure your child finishes DQWorld.net Zone 6

Mission	Subject
55	Creating Strong Passwords
56	Keeping Passwords Safe
57	Managing SPAM and SCAM
58	Managing Phishing
59	Observing Mobile Security
60	Cyber Security Quiz

Use these DQ TOP Tips!

- Don't use public Wi-Fi for accessing sites that require personal information (e.g. passwords, credit card details).
- Turn off GPS and Bluetooth on any portable devices.
- Disable the microphone and camera on laptops or cover the camera!

Cyber Security Management

Talk

Create a strong password! Follow the steps on the previous page to create a new, strong password. Talk about how to make an interesting and memorable sentence. What was your starting sentence, and what password did you make from it?

Obey

Pledge to keep your passwords safe!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Cyber Security Pledge

	Parent Initials	Child Initials
We will never share our passwords with anyone except our parents!		
We will not use the same password everywhere, and we will change our passwords every six months!		
We will always log out of computers when we are done!		

Play

Guess My Password! Choose an old password that you haven't changed in six months and play 'Hangman' with it. Once the game is over, replace the old password with a newer, stronger password.

DQ Skill
Critical Thinking
Ability to distinguish good from bad info/content/contacts online.

Minimise
Fake news and online grooming/radicalization

Maximise
Critical reasoning and self-efficacy

T alk

When online, doubt.

The Internet is full of false information. Because anyone can upload media onto the Internet regardless of its authenticity, you should not believe everything you see. Exercise critical thinking by verifying all the info you see online:
- **Doubt.** Ask, "could this info be false?" Give two reasons.
- **Search.** Check the info against two other reliable sources.
- **Verify.** Do other sources agree or disagree with the info?

Check out Mission 67 on DQWorld.net together!

O bey

Never meet online friends in person.

An online friend is someone you don't know in the real life, but have met online in places like social media sites or multiplayer games. Online friends may not be the people they claim to be. The cute, friendly teenager chatting to your child might actually be an adult with bad intentions. Encourage your child to tell you when they make new online friends, and do not let your child meet online friends in person. Check out Missions 63 and 64 on DQWorld.net together!

P lay

Spot the lie.

Play a game of 'Two Truths and a Lie' with your child. A player comes up with two real facts about themselves and one lie, and list all three. The other player has to guess which is the lie. Lies that are very close to the truth (e.g., "I played football five times last week," when the truth is two) are the most difficult to spot.

Ensure your child finishes DQWorld.net Zone 7

Mission	Subject
62	Who Do You Meet Online?
63	Who Are Online Friends?
64	The 12 Stranger Alerts
65	How To Avoid Violent Content
66	What Is Inappropriate Content?
67	How to Critique Content
68	True vs. False Info
69	Critical Thinking Quiz

Use these DQ TOP Tips!

Be a Content Critic! Help your child learn how to critique content on their own.
- Ask your child about their three favourite movies, games, and apps.
- Find out whether these media are age-appropriate by reading their content descriptions and ratings online.
- Are these media appropriate for your child, at their age? Encourage your child to think often about whether the content that they enjoy is appropriate or them.

Critical Thinking

T alk

How would you teach your friends to not be tricked by false info in the digital world? Come up with a critical thinking message and share it below.

O bey

Pledge to think critically online!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Critical Thinking Pledge

We will verify whether online info is true or false by checking multiple reliable sources, such as:

Site 1:

Site 2:

Site 3:

Parent Initials	Child Initials

We will check if online contents we consume, like music or games, are appropriate for our age and good for us.

Parent Initials	Child Initials

We will never meet online friends in real life, and we will always talk to each other about our new online friends.

Parent Initials	Child Initials

P lay

Play a game of 'Two Truths and a Lie'. Both of you should try your best to keep your lies as close to the truth as possible to make the game more difficult, and also make it clear how difficult it can be to spot fake news!

DQ Skill
Digital Empathy
Ability to be empathetic towards others' needs and feelings online.

Minimise
Hate speech, cyber violence, and online trolls

Maximise
Empathy and healthy online communication

Talk

Do you have digital empathy?

Empathy is the ability to understand what another person is feeling. This can be difficult to do on the Internet because we may not see a person's face, or hear their voice. This is why we must exercise digital empathy. By listening carefully and trying to understand what others feel, we build stronger relationships and help create positive change. Check out Missions 76 and 80 on DQWorld.net together!

Obey

Be an up-stander!

An "up-stander" is someone who stands up for cyber-bullying victims. You can be an up-stander by having courage and empathy in cyber-bullying situations. For example, if Tom cyber-bullies Mina, we could say:

- **To a trusted adult:** "Tom is cyber-bullying Mina, and it's made her very upset. Can you please help?"
- **To Mina:** "Are you feeling okay?" "Do you want me to go with you to find a teacher to talk to?"
- **To Tom:** "Tom, there's no reason to be mean. Please take down the post."

Check out Missions 72 and 77 on DQWorld.net together!

Play

Be an active listener.

If we want to be understood by others, we and our children need to practice listening actively. Try these simple, fun listening games with your child, and talk together about the importance of listening to what others say.
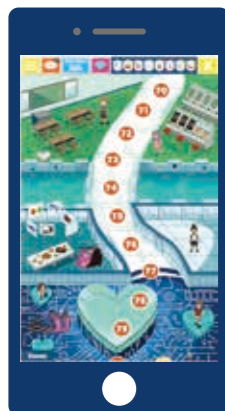
Ensure your child finishes DQWorld.net Zone 8

Mission	Subject
71	Courage to Speak Up
72	By-standers vs. Up-standers
76	Listening with Empathy Online
77	Speaking Up with Empathy
79	Empathy for Cyber Victims
80	Don't Be Judgemental Online
82	Digital Empathy Quiz

Use these DQ TOP Tips!

Listen to your child with these three active listening skills:

- Don't interrupt
- Do make eye contact
- Reflect their feelings by summarizing what they say to you. You can say:

"It sounds like you feel _____"

"What I'm hearing you say is _____"

DQ TOP Up
Digital Empathy

Talk

Everybody makes mistakes. But while a mistake in the real world might be noticed by a few people, mistakes in the digital world might be noticed by thousands. How would you feel if people were constantly sending you mean messages online?

Obey

Be an Up-Stander! Pledge to have Digital Empathy!
Read each promise aloud together and sign your initials in the boxes at the end.

Our Digital Empathy Pledge

	Parent Initials	Child Initials
We will listen to others carefully online.		
We will stand up for those in need.		
We will not be judgemental towards others.		

Play

Game 1: Both of you must close your eyes and listen for 1 minute. Discuss what you heard. What did you hear in common, and what did you hear differently?

Game 2: Name a food, then have the next player name another food that starts with the last letter from the previous word (e.g., "Eggplant" then "Tomato," then "Olive," then "Escargot," and so on). Continue taking turns until someone makes a mistake or can't come up with a word. You can repeat the game using the names of people, places, or even songs!

Game 3: Sit with your backs to each other. One person describes a drawing while the other listens and draws it without looking. By asking questions and listening, players try to recreate the drawing by hand. Stop after a few minutes and look at the drawing together to see how well the drawer listened!

Do you have better ideas to Empower Your Child With Digital Intelligence?

Share yours on social media with hashtag #DQEveryChild
One entry will be chosen every month for a **surprise DQ gift!**

www.WhatsYourDQ.org

See what the world is saying about DQ!

"It's been a wonderful platform to engage people and I believe this is a good way to interest students in learning about cyber wellness."

Teacher from Catholic High School, Singapore

"The missions are exciting and interesting. We get to learn from them."

12 year old, Australia

"MY SISTER AND I HAD A LOT FUN DOING THE MISSIONS AND GAME! I LIKE IT!!"

8 year old, Viet Nam

"OUTSTANDING work in promoting digital citizenship for children and parents!"

Ms Irina Bokova,
Former UNESCO Director-General

"The students love the platform, they learn what they need to learn, and they're excited to continue doing it"

Teacher from Oberoi International School, India

"It was the first time that I put my social media settings to private."

10 year old, Mexico

"I have two daughters who are online all the time and we have to think of a way to make sure their experience is a positive one. That's why DQ is important. Just like we have IQ and EQ, it's time for DQ."

Mr Vikas Pota, father of two daughters and CEO of The Varkey Foundation, United Kingdom

"We learned about empathy, like how to be kind to others online"

11 year old, Singapore

This Parent's Guidebook is a part of the #DQEveryChild global movement to empower every child with digital intelligence.

#DQEveryChild™

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