

# HANDOUTS FOR PARENTS

AGE 13-16 YRS

## CYBER BULLYING AND STALKING

It is important for parents to explain the dangers of bad posture to your child. Please ensure your child has access to a comfortable chair and does the following to maintain the correct position:

### CYBER BULLYING AND STALKING

- Ask your child to maintain a 90° angle in your sitting posture while using computers, laptops and cellphones
- Ensure your child's feet are firmly on the floor or a footrest and their head is balanced on neck. Head should not be tilted back or too far forwards while looking at the screen
- Ensure the chair seat is not compressed behind the knees and never sit on a chair without back support
- The arms should bend at a 90° angle when typing or using the mouse. The wrist/hand has to remain leveled with your forearm



- Limit your child's screen time and encourage them to take breaks to walk around and stand up straight very often. Stretch your back and arms often.
- Ensure your child does not slouch or slump over while using computers/smart phones/tablets
- Ensure the upper arms are abducted to the side or flexed forward. Keep them relaxed and close to your body

**“NEVER BE BULLIED INTO SILENCE. NEVER ALLOW YOURSELF TO BE MADE A VICTIM”**

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