INTERNATIONAL SCHOOL BRUNEI
FOUNDED 1964

Everyone Excels

INTERNATIONAL SCHOOL BRUNEI
FOUNDED 1964

Parent Workshop: Digital Citizenship

Hosted by Carol Hancox, Head of IT

19 SEPT

08:30AM - 09:30AM

ISB, Residence Common Room

RSVP by 12th Sept 2025, 12:00 noon

(Please meet at the Front Office, where you will be escorted to the Residence for the workshop)

ISB_Brunei | International School Brunei | isb.edu.bn

Inspiring Minds | Shaping Values | Building Futures

Aims of the Session

01.

Share

Share research, findings & best practices

02.

Discuss

Provide a forum to discuss with other parents

03.

Strategies & Tools

Leave with advice, strategies and tools for Internet Safety

What we will cover:

- Online Slang and Emojis
- Screen Time
- Age Verification is coming to your websites
- Staying Safe When Gaming

Online Slang & Emojis - Risks

Online Slang & Emojis - Advice

Advice for Parents & Educators

KEEP UP, DON'T CATCH UP

Follow youth culture pages or ask your child about new slang. Staying informed shows that you're engaged and open to understanding their world.

FOCUS ON CONNECTION OVER CONTROL

Being someone your child can talk to is more valuable than using strict filters or monitoring apps. Openness builds trust.

ASK, DON'T INTERROGATE

Use open questions to invite conversation. You're not quizzing them – just trying to learn more about their online lives.

ENCOURAGE CRITICAL MEDIA LITERACY

Talk about where slang comes from, how it spreads, and how it can impact others. This helps young people use language more thoughtfully.

Activity #1 – Try this Quiz

For the following Online Slang - How many would you get right?

Activity #1

ONLINE SLANG CHEAT SHEET -

The following slang terms are common examples – please be aware this isn't an exhaustive list and both meaning and prevalence can change swiftly.

COMMON SLANG:

- **Sigma** – Independent, self-reliant (often male) mindset; proud outsider status. Often celebrated in motivational memes.
- **Skibidi** – Nonsense word from the viral 'Skibidi Toilet' meme; expresses chaos or fun. Usually harmless but pervasive.
- **Chat** – The collective audience or group of viewers (e.g. on a livestream). Used when addressing followers directly.
- **Lock in** – To focus, commit or get serious (e.g. before gaming or sports). Positive encouragement to concentrate.
- **Cooking** – Doing something exceptionally well or gaining momentum. Opposite of 'cooked'.
- **Rizz** – Charisma or flirting ability (short for charisma). Can praise social confidence.
- **Aura or aura farming** – One's perceived 'energy' or vibe; 'farming' means manufacturing clout.

POTENTIALLY CONCERNING SLANG

- **Bop** – An adult content creator (e.g. OnlyFans). Indicates exposure to 18+ material.
- **Gyat or gyatt** – Sexualised exclamation about someone's backside. Objectifies appearance.
- **Tralalero tralala / bombardino crocodilo / tung tung tung sahur** – Spammy references to AI-generated creatures with 'Italian-sounding' names. Can clog chats, derail discussion, and harass others.
- **Glazing** – Overpraising or obsessively defending a streamer or celebrity.
- **Crash out** – To lose control, give up or have a meltdown; sometimes hints at self-harm.
- **Cooked** – Ruined, exhausted or in serious trouble; sometimes mental health-related.
- **Unalive** – Euphemism for death or suicide; used to avoid content filters.
- **NPC** – Used to suggest someone is lacking independent thoughts or is repetitive and predictable.

Activity #1

For the following Emojis- How many would you get right?

tes

Safeguarding Awareness Week 2025

Emojis and their hidden meanings:

- **Horse –** Symbolises ketamine
- **Leaf –** Represents cannabis
- **Snowflake –** Indicates cocaine
- **Balloon –** Refers to nitrous oxide
- **Eight ball –** Sign for a drug dealer
- **Plug –** Another sign for a drug dealer
- **Side-eye –** Denotes sending or receiving explicit images
- **Chilli –** Indicates sexually spicy imagery or messages
- **Peach –** Represents buttocks
- **Eggplant –** Represents male genitalia
- **Sweat droplets –** Indicates sexual activity
- **Squirt gun –** Expresses extreme frustration or stress
- **Candy –** Represents ecstasy
- **Fire –** Means lit, fire or sexy
- **Woman dancing –** Expresses the desire to party hard
- **Nail polish –** Indicates not being bothered about something
- **Women with bunny ears –** Code for sex worker
- **Woman tipping hand –** Expresses exasperation
- **Avocado –** Represents being basic
- **Clapping hands –** Used in a passive aggressive way to emphasise something
- **Water closet –** Represents a woman crush
- **Fishing pole –** Indicates fishing for a compliment
- **Baseball cap –** Indicates a lie or something not true
- **Kitchen knife –** Indicates being in a bad mood or wanting to cause destruction
- **Pill –** Refers to seeing the truth, often in a dystopian context
- **Explosion –** Indicates pent-up sexual frustration
- **100 –** Refers to the theory that 80% of women are attracted to 20% of men
- **Cricket –** Used to mock women and identify a man as an incel

"How can I minimise their screen time?"

"How do I negotiate time spent [illegible]?"

"What should be the consequences if s/he plays too long. I do not want it to be a punishment?"

"How do I change the bad habits of online gaming since Covid?"

Screen Time

02

How much screentime is recommended? What activities can you do to disrupt this behaviour?

1. What does the Brunei Government say?
2. Read a BBC News Article & Discuss
3. Try out an app

Government Guidelines

كمنترين كصيحتن
KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH

What is meant by screen usage?

- **Screen use is time spent on any type of gadget with a screen** for example a smart phone, computer, laptop, tablet or video games.

Government Guidelines

Prolonged screen use in 5 years old to teenagers can cause:

- obesity
- behavioural problems
- mental health issues such as anxiety, poor self esteem or depression
- poorer educational outcomes

- Leaving your TV on in the background is associated with poorer language development.
- Screen use an hour before bed time can cause poor sleep.
- Prolonged screen use is linked to poor eye sight.
- Screen use can expose your child to harmful content such as cyber bullying, violence, sexual predators or unrealistic images (body types).
- Children are more susceptible to screen addiction as their developing brains are less likely to be able to control their impulses.
- Children are more likely to spend time on screens if their parents do. Parents who model screen-free habits can have a significant impact on their children's screen use.

Government Guidelines

Screen Use Guidelines By Age

KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH

Safeguard your child by:

- **Being familiar with possible harmful online content** such as cyberbullying, speaking to strangers online, references to violence, sexual behaviour, suicide or self-harm.
- **Educate your child on what to do** if they are exposed to the harmful content, by letting you know.

FIND OUT MORE:
www.moh.gov.bn

0 - 24 Months

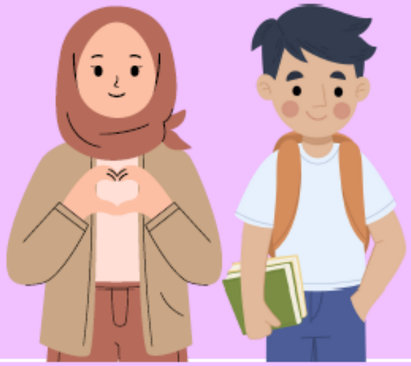
- **No Screen Time**
- **No background screen use**

2 - 5 years old

- **MAX 1 hour / day**
- **No background screen use**

6 - 12 years old

- **MAX 2 hours / day**
- **No background screen use**



13 - 18 years old

- **MAX Aim for max 2 hours / day**
- **No background screen use**

Developed by the Child Development Centre, in consultation with the Paediatric Department & Child and Adolescent Mental Health Services, Ministry of Health

✕ AVOID...

- **Use of devices in the bedroom alone**
- **No screen use during meal times and 1 hour before bedtime**

✓ ENSURE...

- Adequate rest breaks
- Age appropriate content
- Watch together with children and ask questions to encourage engagement
- Agree on screen use plan daily with your child by having regular conversations with them on appropriate screen use
- Consider parental control settings, to monitor and ensure children access age-appropriate content

Activity # 2

Read the article and discuss the questions with the parents on your table?

Questions for Discussion

1. How do you balance your child’s screen use with other activities like outdoor play, homework, and family time?

2. How do you decide which types of screen time (games, social media, learning apps) are beneficial or harmful for your child?

3. How do you handle feelings of guilt or judgment as a parent when it comes to limiting or allowing screen use?

Summary of Article

Summary in Bullet Points

- A parent describes giving her youngest child an iPad, leading to a tantrum when screen time ended.
- Concerns extend to older children using social media, VR, and online gaming.
- Tech leaders like Steve Jobs and Bill Gates restricted their children's access to devices.
- Screens are often blamed for depression, behavioral problems, and sleep disruption.
- Some scientists, like Baroness Susan Greenfield, warned about negative effects on the adolescent brain.
- Others argue that scientific evidence for the harms of screen time is limited or flawed.
- Professor Pete Etchells and others say much research relies on self-reporting and correlation, not causation.
- Studies suggest loneliness, not screen time alone, may drive mental health issues.
- The nature of screen use matters: interacting socially online can be positive, while "doomscrolling" may be harmful.
- Large-scale studies show no consistent link between screen time and poor mental well-being.
- Certain online harms (e.g., grooming, harmful content) remain serious risks.
- Strict limits may make screens a "forbidden fruit," potentially increasing appeal.
- Some studies show limiting screen time can improve psychological well-being and prosocial behavior.
- Guidance for parents is inconsistent; organizations differ in recommendations for young children.
- The debate continues as technology evolves, with AI, social media, and online tools increasingly integrated into daily life.

Question 1

1.How do you balance your child’s screen use with other activities like outdoor play, homework, and family time?

Set clear daily routines that include tech-free times, such as mealtimes or before bed.
Encourage outdoor activities, sports, or creative hobbies as alternatives to screens.
Use screens as a reward for completing homework or chores, rather than a default pastime.
Model healthy screen habits yourself to show children balanced behavior.
Combine screen activities with family time, e.g., watching educational programs together or playing interactive games.

Question 2

2. How do you decide which types of screen time (games, social media, learning apps) are beneficial or harmful for your child?

Observe how your child reacts after different types of screen use: Are they happy, stressed, or anxious?
Prioritize educational or creative apps and limit purely passive scrolling (“doomscrolling”).
Encourage social interaction online rather than solitary screen use, e.g., multiplayer games with friends or video calls.
Set time limits on activities known to disrupt sleep or mood, such as late-night gaming.
Stay informed about new apps and trends, and discuss online safety openly with your child

Question 3

3. How do you handle feelings of guilt or judgment as a parent when it comes to limiting or allowing screen use?

Remember there’s no one-size-fits-all rule; every child and family is different.
Focus on balance and overall wellbeing rather than strict screen time limits.
Talk to other parents or professionals for support and shared experiences.
Be flexible and willing to adjust rules as your child grows or technology evolves.
Frame screen time decisions positively: explain why limits exist and involve children in setting them.

Try Downloading this App

Google Play Games Apps Kids

Focus Friend by Hank Green

Honey B Games

4.6★ 3.42K reviews | 500K+ Downloads | 3+ Rated for 3+

Install Share Add to wishlist

This app is not available for your device

Store Mac iPad iPhone Watch Vision AirPods TV & Home Entertainment Accesso

App Store Preview

Open the Mac App Store to buy and download apps.

Focus Friend, by Hank Green 9+

ADHD-friendly focus timer

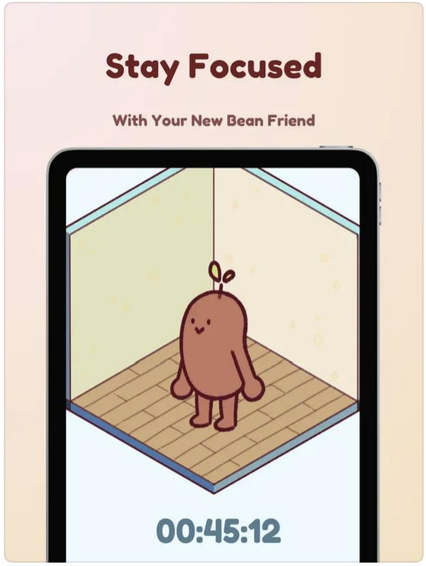
B-Tech Consulting Group LLC

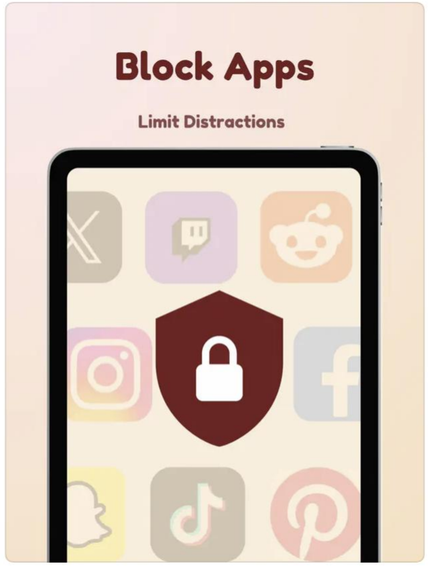
Designed for iPad

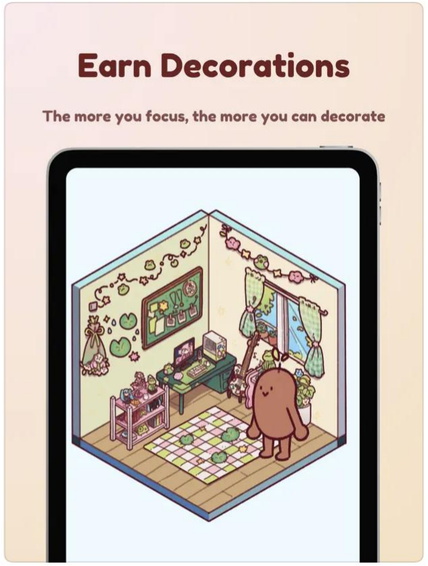
#19 in Productivity

★★★★★ 4.7 • 2.2K Ratings

Free · Offers In-App Purchases







Presenting Focus Friend, a cozy focus timer. When you Focus, your Bean Friend will Focus. Let your Bean complete their work and get prizes to buy decorations!

If you interrupt your Bean by turning off the timer, they'll be really really sad.

03

What's new with Age Verification & Online Safety Act?

"How can I minimise their screen time?"

"How UK begins enforcing age verifications for online safety”

"How do I change the bo
since Covid?"

Activity # 3

Lets Talk About It
On your table discuss

How might this new legislation impact us and our children in Brunei?

Have you experienced any of the impacts of this Act yet?

MANDATORY PAGE

Staying Safe When Gaming

Advice from Netsmart

04

Gaming Safely

NetSmartz®

Parental involvement is critical when it comes to helping children game more safely. Take an **active interest** in the games that your child plays and wants to buy; that means **doing a little research** on the game's rating, game-play style, content and age-appropriateness.

MANDATORY PAGE

Staying Safe When Gaming

04

Know about the settings and capabilities for the equipment and systems your child uses. For example, many children enjoy gaming on a console as well as a cellphone or tablet. Many platforms have "cross-play" features where people can find and communicate with users across multiple platforms and devices.

Keep gaming consoles in an easy-to-supervise location and be aware of other places where your child may be accessing games, like a friend's house or community center.

Tell your child never to give out personal information while gaming. This includes talking about personal information that might be revealed in a screen name or gaming profile. Remind them never to agree to meet offline with someone they know exclusively through gaming.

MANDATORY PAGE

Staying Safe When Gaming

04

Set rules about how long your child may play, what types of games are appropriate, and who else may participate. Use the parental controls when setting up the game system. Look for ways (like a PIN number) to prevent your child from changing the settings.

Have your child check with you before using a credit/debit card online. That means no auto-saving card details on the game console or device.

Check to see if the games your child plays have reporting features or moderators. Review these features with your child. Remember, you can also report inappropriate online interactions with children to **CyberTipline.org**

For more resources, visit **MissingKids.org/NetSmartz**

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Activity # 4

Role Play these conversations

How to talk about it

Ask

- What are your favorite games right now? Would you show me how they're played? Could I play with you?
- Have you ever been cyberbullied while gaming? What did you do?
- Do you know what information is OK to share about yourself while gaming?
- Who do you play online games with? What are their usernames?
- Has anyone talked about sex while you were gaming or asked you to send pictures of yourself?
- Other than at home, where else do you play online games? Do you play on your phone? At friends' homes?

THANK YOU!

Carol Hancox