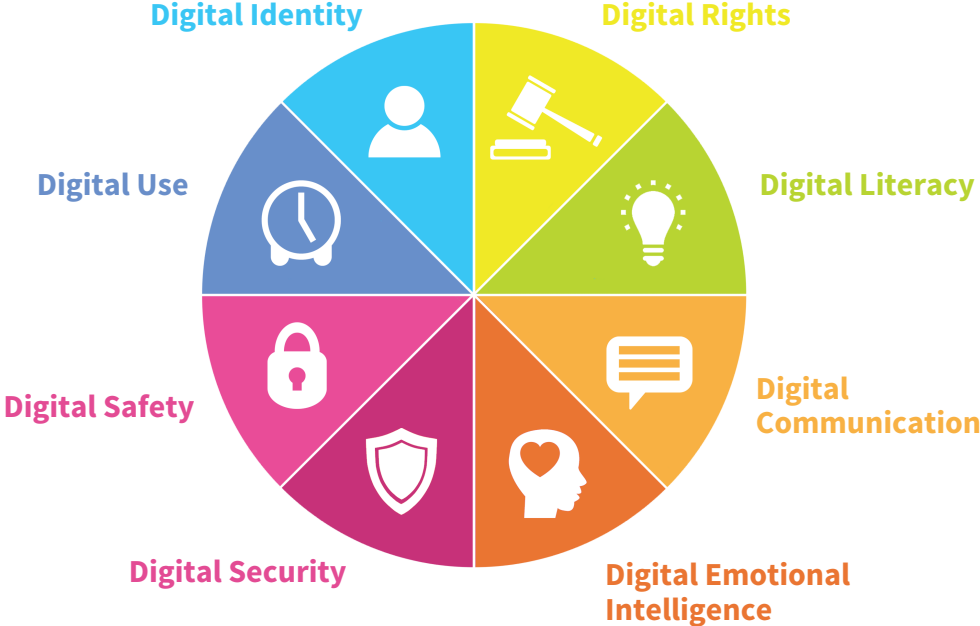


DQWorld™

8 Areas of Digital Life



The DQ Framework

World's First Global Standard on Digital Literacy, Digital Skills, and Digital Readiness (IEEE™ 3527.1)

Beyond IQ and EQ, DQ (Digital Intelligence) represents critical skills needed to thrive in the digital age.

DQ is “a comprehensive set of technical, cognitive, meta-cognitive, and socio-emotional competencies that are grounded in universal moral values and that enable individuals to face the challenges and harness the opportunities of digital life.”

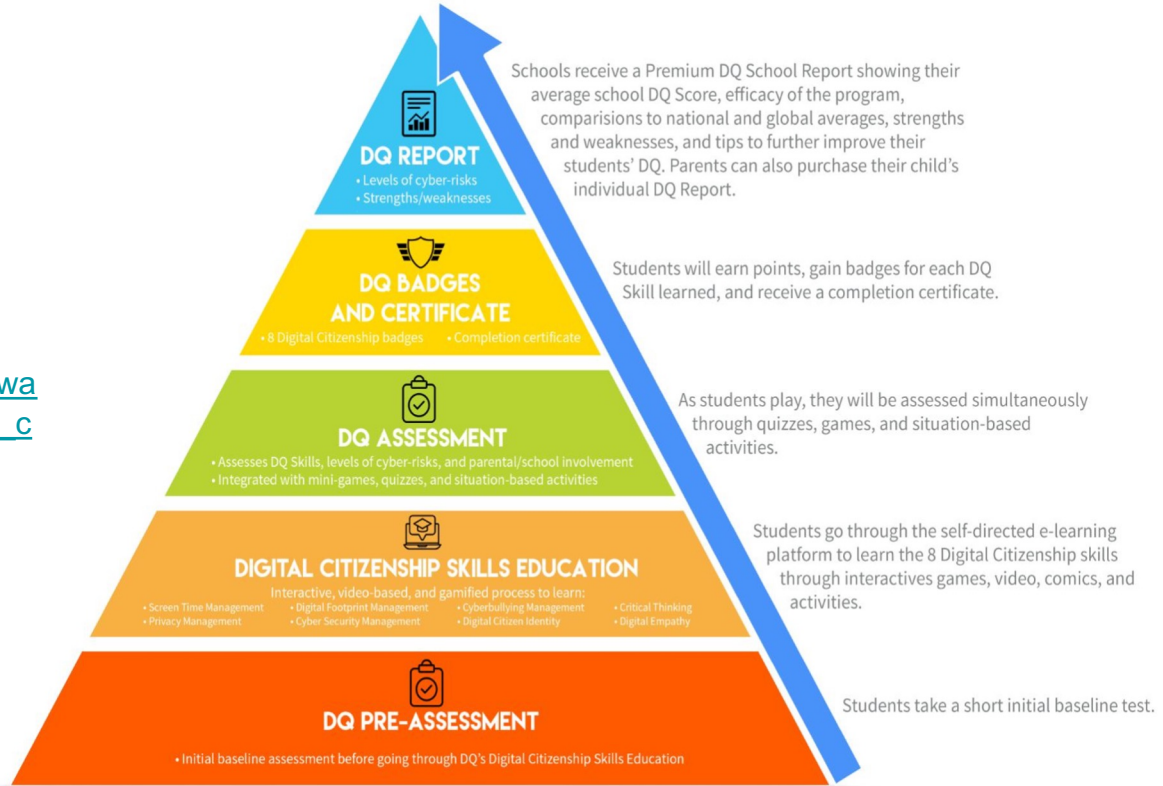
Its framework aggregated across more than 25 prior leading frameworks about digital literacy and skills. It lays out a common language, structure, and taxonomy around digital literacy, skills, and readiness that can be benchmarked, referenced, and adopted across nations and sectors worldwide.



How It Works

Intro Video:

https://www.youtube.com/watch?v=Y_XonvNOkOk&ab_c_hannel=DQInstitute

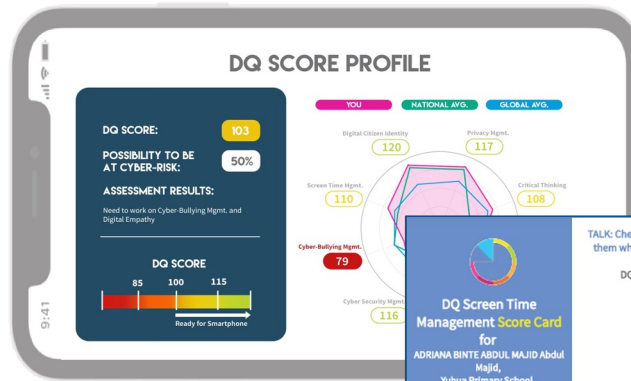


8-WEEK PROGRAMME CHECKLIST

Complete all 82 missions from DQWorld.net together with your child and find out their DQ Score!

 Digital Life Skill #1: Screen Time Management	 Digital Life Skill #2: Privacy Management	 Digital Life Skill #3: Cyber-Bullying Management	 Digital Life Skill #4: Digital Citizen Identity	 Digital Life Skill #5: Digital Footprint Management	 Digital Life Skill #6: Cyber Security Management	 Digital Life Skill #7: Critical Thinking	 Digital Life Skill #8: Digital Empathy
Be a Digital Leader <small>Missions 1-4</small>	 Start "Privacy Management Skill" <small>Mission 18</small>	Detect Cyber-Bullying Situations <small>Missions 24-25</small>	Learn How the Internet Works <small>Missions 35-36</small>	Understand What Digital Footprint is <small>Missions 46-47</small>	Learn How to Create Strong Passwords <small>Missions 54-55</small>	Think About Whom to Trust Online <small>Missions 61-62</small>	Have the Courage to Speak Up <small>Missions 70-71</small>
Control "Multi-tasking" to Enhance Attention <small>Missions 5-6</small>	Understand "Personal Information" and "Privacy" <small>Mission 19</small>	Understand What Cyber-Bullying is <small>Missions 26-27</small>	Learn the Moral Principle of "Digital Leaders" <small>Missions 37-38</small>	Be Aware of How Digital Footprints Reveal Personal Info <small>Mission 48</small>	Learn How to Keep Passwords Safe <small>Mission 56</small>	Understand "Online Friends" and the Possible Risks <small>Missions 63-34</small>	Understand "Up-Standers" vs. "By-Standers" <small>Missions 72-73</small>
Understand "Screen Time", the Harmful Effects of "Excessive Screen Time" and "Game Addiction" <small>Missions 7-11</small>	Learn How to Keep Privacy on Social Media <small>Mission 20</small>	Be Aware so as not to Get Involved in Cyber-Bullying Unknowingly <small>Missions 28-29</small>	Be a "Global Citizen" Online <small>Missions 39-40</small>	Understand the Persistent and Viral Nature of Digital Footprints <small>Mission 49</small>	Learn How to Detect SPAM and SCAM <small>Mission 57</small>	Understand the Harmful Effects of Violent and Inappropriate Content <small>Missions 65-66</small>	Learn How to Listen with Empathy Online <small>Missions 74-76</small>
Develop "Self-Control" in Digital Use <small>Missions 12-13</small>	Learn How to Protect Others' Privacy <small>Mission 21</small>	Learn How to Deal with Cyber-Bullying <small>Missions 30-31</small>	Think About Your Dream and Purpose <small>Missions 41-42</small>	Understand Real Life Consequences of Digital Footprints <small>Missions 50-51</small>	Learn How to Manage Phishing <small>Mission 58</small>	Learn How to Critique Content <small>Mission 67</small>	Learn How to Speak Up with Empathy Online <small>Missions 77-79</small>
Develop "Time Management" and Set "Family Media Rule" <small>Missions 14-16</small>	Understand Internet Privacy as a Basic Human Right <small>Mission 22</small>	Learn When and from Whom to Seek Help <small>Missions 32-33</small>	Have Congruent Online and Offline Identities and Online Integrity <small>Missions 41-42</small>	Develop a Strategy for Positive Digital Footprints <small>Missions 50-52</small>	Learn How to Enhance Mobile Security <small>Mission 59</small>	Learn How to Discern True vs. False Info <small>Mission 68</small>	Learn the Importance of Connecting with Compassion <small>Missions 80-81</small>
Screen Time Mgmt. Quiz <small>Mission 17</small>	Privacy Mgmt. Quiz <small>Mission 23</small>	Cyber-Bullying Mgmt. Quiz <small>Mission 34</small>	Digital Citizen Identity Quiz <small>Mission 45</small>	Digital Footprint Mgmt. Quiz <small>Mission 53</small>	Cyber Security Mgmt. Quiz <small>Mission 60</small>	Critical Thinking Quiz <small>Mission 69</small>	Digital Empathy Quiz <small>Mission 82</small>
Parents Check TOP tips for Digital Life Skill 1	Parents Check TOP tips for Digital Life Skill 2	Parents Check TOP tips for Digital Life Skill 3	Parents Check TOP tips for Digital Life Skill 4	Parents Check TOP tips for Digital Life Skill 5	Parents Check TOP tips for Digital Life Skill 6	Parents Check TOP tips for Digital Life Skill 7	Parents Check TOP tips for Digital Life Skill 8

Parents will receive their child's DQ Scorecards for each DQ Skill.



DQ Screen Time Management Score Card
for ADRIANA BINTE ABDUL MAJID Abdul Majid, Yuhua Primary School, Singapore

Dear Parents (undefined),

- The DQ Score card must not serve as a judgment against your child, but a starting point for conversations on digital lives in your family.
- Make sure to avoid reacting negatively if you discover your child has exhibited risky behaviours.
- Be a trusted and supportive listener of your child's digital life.
- See the TOP tips for parents on the reverse side to learn how to improve your child's DQ.
- Please download our [DQ Parents' Guide](#) to learn how to improve your child's DQ.
- We encourage all children to complete all 8 DQ Zones. For a more in-depth review of your child's DQ, please purchase and review all 8 Individual DQ Score Cards.

Account creation: 2018-05-16
Zone completion: 2018-05-24

TALK: Check your child's screen time score and ask them why it's important to manage screen time.

DQ Screen Time Management Score

106
Satisfactory

Category	Score
Excellent	115
Satisfactory	106
Less than Satisfactory	95
Requires Attention	85

National Average: 106
Global Average: 100

Screen Time Management measures your child's ability to manage screen time, multitasking, and engagement in various digital media activities with self-control. Based on their DQ Score in this area, your child is likely to have the following knowledge, skills, and attitudes:

Knowledge	Relatively strong understanding of screen time and multitasking, and of their impact on physical and mental development.
Skills	Better able than peers to manage one's screen time by setting healthy limits and clear priorities. Resistant than peers to exercise self-control when using digital media for entertainment.
Attitude and values	Has relatively greater discipline than peers in prioritising the health of self, family, and friendships, but may occasionally struggle to reduce time spent on low priority online activities. Likely to have below-average screen time and/or few symptoms of addiction.

Limitations of Content: This report presents a snapshot of the digital intelligence and safety of your child, who completed the DQ World™ online education programme. A large part of this report is based on self-reporting, i.e., how your child answered questions about his or her self. Its accuracy is limited by the accuracy of those answers. If your child did not provide accurate information or answer questions truthfully, the accuracy of the report will be limited. This report does not provide any legal or medical advice.
Confidentiality: This report contains sensitive personal information and is therefore only to be viewed by the parents of the child participant, as well as certified education professionals who have the parent's legal permission to care for the child participant.

OBEY: Understand how much screen time your child has each week and set screen time rules at home that everyone can follow.

The weekly screen time reported here is the time your child spends on digital media per week for entertainment alone watching TV shows and videos, playing video games, and using social media sites or apps. Your child's actual total screen time will increase even more when factoring in screen time for homework assignments.

Weekly Screen Time (hours/Week)

Category	Score
Your child	44
National Average	32
Global Average	33

Recommended Permissible Not Recommended Requires Attention

Your child spends 44 hours per week on digital media for entertainment. Higher weekly screen time surpasses the 33 hour global average for 8-12 year-old children. Encourage your child to reduce their weekly screen time; we recommend that children's weekly screen time not exceed 14 hours.

Even though the American Academy of Paediatrics changed their screen time guidelines for children due to the ubiquitous nature of screens today, it is still important to remember that their original guideline was less than two hours per day for this age group. Excessive screen time is associated with exposure to various cyber risks and various developmental issues, such as obesity, sleep disorders and attention problems. More information can be found in our [2018 DQ Insight Report](#).

PLAY: Find offline activities for you and your child to enjoy to reduce the likelihood of addiction.

We asked children about their video game behaviours - such as whether they were constantly thinking about gaming while in school, or if they had lost interest in hobbies or other activities - to understand whether their gaming was interfering with other activities and relationships. Our research revealed that 8% of children worldwide currently show symptoms of video game addiction.

At Moderate Risk Your child shows some symptoms of video game addiction and reported some negative effects in his/her daily life.

Disclaimer:
 This report does not provide accurate information or answer questions truthfully, the accuracy of the report will be limited. This report does not provide any legal or medical advice.
 Confidentiality: This report contains sensitive personal information and is therefore only to be viewed by the parents of the child participant, as well as certified education professionals who have the parent's legal permission to care for the child participant.

- 1. Check**
Check their child's DQ score, DQ Score, Digital Use.
- 2. Discover**
Discover child's strength and weakness for their digital future
- 3. Understand**
Understand how you can help improve your child's DQ

Parents will also receive **DQ Parents' Tips** to improve their child's DQ.

Each associated DQ Skill handbook page helps parents:

1. Talk


Discuss DQ Score, Digital Use, and Cyber-Risk of their child

2. Obey


Develop a family digital rule to improve DQ based on child's media use

3. Play


Bond with their child through DQ offline workbook activities



DQ Skill
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 waver; it gets easier over time. **Check out Mission 11 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 one 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

Missions	Subject
6	Controlling Walk-Tracking
8	Preventing Game Addiction
11	Harmful Effects of Excessive Screen Time
12	Self-Control in Digital Use
14	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 chat off devices with an early warning (e.g. 5 minute reminder and eye contact acknowledged parent).
- Don't immediately 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).

DQ TOP UP


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] Parent Initials Child Initials

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: _____

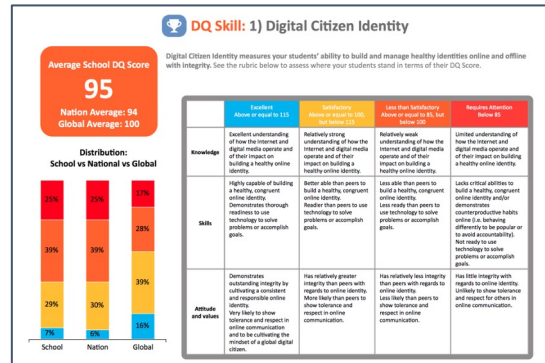
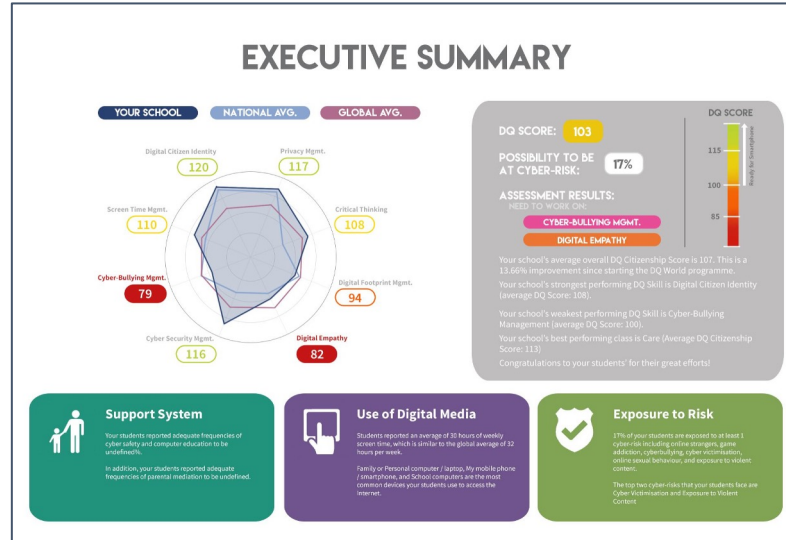
Child's Priority: _____ Parent Initials Child Initials

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?

08 What's Your DQ | Screen Time Management
What's Your DQ | Screen Time Management 09

For schools, teachers will get a **DQ School Report**



Demographics

Date of registration: Sep 11, 2017
Date of completion: July 1, 2019

School Participation Summary

Level	Class	No. of students who are registered in DQWorld per order your school account	Number of Student Competencies per score (%)								
			Screen Time Management	Privacy Management	Cyber-Bullying	Digital Citizen Identity	Digital Footprints	Cyber Security	Critical Thinking	Digital Empathy	Complete
1	SI A	15	15 (100%)	15 (100%)	12 (80%)	10 (67%)	12 (80%)	6 (40%)	2 (13%)	1 (7%)	1 (7%)
	SI B	17	17 (100%)	16 (94%)	17 (100%)	17 (100%)	14 (82%)	14 (82%)	10 (59%)	10 (59%)	10 (59%)
	PS A	23	23 (100%)	22 (96%)	22 (96%)	23 (100%)	22 (96%)	22 (96%)	18 (78%)	16 (70%)	16 (70%)
5	PS B	22	22 (100%)	22 (100%)	22 (100%)	21 (95%)	20 (91%)	17 (77%)	16 (73%)	15 (68%)	15 (68%)
	PS C	21	21 (100%)	21 (100%)	21 (100%)	21 (100%)	21 (100%)	20 (95%)	19 (90%)	19 (90%)	19 (90%)
	PS A	23	23 (100%)	23 (100%)	23 (100%)	23 (100%)	23 (100%)	23 (100%)	23 (100%)	23 (100%)	23 (100%)
6	PS B	20	20 (100%)	19 (95%)	18 (90%)	18 (90%)	18 (90%)	18 (90%)	18 (90%)	15 (75%)	15 (75%)
	Total	-	141	141 (100%)	139 (99%)	135 (96%)	134 (95%)	132 (94%)	124 (88%)	112 (79%)	100 (71%)

* Only a class with 10 or more completing students will have class-specific information.
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For schools, DQ World also provides teachers with many other resources:

- Student Worksheets
- Class Lessons

Mission 25 Cyber-bullying Management

Mission 3 Digital Citizenship

Mission 11 Screen Time Management

1 Detecting Cyber-bullying

Name: _____ Date: _____

2 Be a Digital Leader

Name: _____ Date: _____

3 Harmful Effects of Excessive Screen Time

Name: _____ Date: _____

Have you ever gotten upset because you could not continue to play games or use the Internet?

Let's check how much screen time you get every day.

Colour the time-slots you spend in front of a screen on a typical day. If you do 2 or 3 things in the time slot, you can colour it with multiple colours.

12am - 1am	6am - 7am	12pm - 1pm	6pm - 7pm
1am - 2am	7am - 8am	1pm - 2pm	7pm - 8pm
2am - 3am	8am - 9am	2pm - 3pm	8pm - 9am
3am - 4am	9am - 10am	3pm - 4pm	9pm - 10pm
4am - 5am	10am - 11am	4pm - 5pm	10pm - 11pm
5am - 6am	11am - 12am	5pm - 6pm	11pm - 12pm

As important as it is to be safe online, it's also important to take care of your eyes and your body. Use the following tips to help you stay healthy while using technology.

Watching videos Playing video games Social media / Chatting

How much time do you spend in front of a SCREEN? _____ h _____ m

Do you think it is too much? Yes / No

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Student Worksheets

DQ World Privacy Management

Objective Students will learn how to manage online privacy in order to protect their personal information. They will learn what kinds of information is considered personal, why it is important to protect it, and how to hide it from public access.

Key Learning Points

1. Recognize various forms of personal information
2. Know the importance of keeping privacy on social media
3. Recognize what types of sites and apps are considered Social Media (Facebook, YouTube, Snapchat, Instagram, chatting apps, etc.)
4. Understand the danger of sharing personal information (contact information, photos, and videos) on Social Media/Social Networking Sites (SNS) and apps.
5. Recognize the "Infolimons' 5 Deadly Attacks"
6. Create a "DQ Shield Pledge"

Briefing (Optional)

Say

- In Zone 1, we learned about prioritizing our important responsibilities. Who can name a responsibility that's more important than playing online games?
- Now, raise your hand if you've ever posted photos of yourself to a website or app where strangers can see it. Why did you do this? Also, have you ever accepted a friend request from someone you've never met in person? Why?
- Today, a troublesome new infolimon, "Snooper", is stealing personal information. If you have used Snapchat, Facebook, or YouTube, Snooper might have already stolen information from you!
- Social media sites are great for infolimons who love to spy on innocent digital travelers all over the world. We must learn to defend ourselves and our friends from these online attacks by recognizing what kind of information infolimon Snooper is after.
- It's time to enter Zone 2. Don't forget to click around your surroundings for clues. You might learn something useful! Please stop after completing Mission 20.

DQWorld.net (Missions 20 mins. + Optional Workbook 10 mins.)

Mission 18 **18** **Learn Behind**

Video 3 mins

J.J. wakes up in the Digital World and finds Lu trapped. Confronted by evil infolimons, J.J. runs away, leaving Lu surrounded. Although J.J. escapes, Snooker instructs Snooper, a sneaky hacker infolimon, to scour his personal information.

Students will see how personal information can be stolen by others.

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Class Lessons