

INDIAN SCHOOL BOUSHER



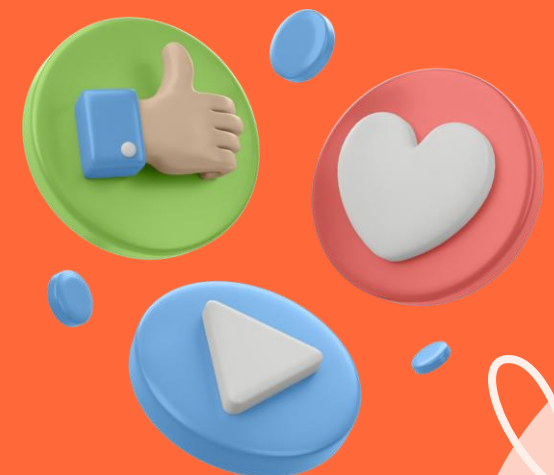
YOUR SUPPORT

**CAN MAKE A DIFFERENCE
2025- 2026**

**GADGETS & GLITCHES
A TEEN'S TECH LIFE
BY CareNest Department**



HELP
ME
FROM
DROWNING



EDUCATE TO INNOVATE

STAY ALERT, STAY SAFE

Message from team ISB

Dear Parents,

In today's digital age, technology and social media have become a major part of our children's lives. While these platforms offer opportunities for learning and connection, they also bring challenges such as cyberbullying, sleep disruption, social pressure, and reduced face-to-face communication.

As parents and educators, it's important that we work together to guide our children in using technology responsibly. By encouraging open conversations, setting healthy boundaries, and being aware of online behavior, we can help them build a safe and balanced digital life.

Growing Up in a Digital World

Children today are constantly surrounded by screens, apps, and social media. As they grow, their minds and habits are shaped by what they see and do online. It's important for parents to understand this digital influence and stay actively involved

The Rise of Cyberbullying

Many students face bullying not just in person but online through messages, comments, or posts. Cyberbullying can harm self-esteem and cause emotional distress. Encouraging open communication helps children report and manage such situations safely.



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The Pressure to Be Perfect Online

Social media often creates pressure to appear perfect—physically, socially, and emotionally. Students may compare themselves to others and feel they aren't good enough. Remind your child that real life is more than what's shown on a screen.

Screen Time and Sleep Disruption

Too much time on gadgets, especially at night, can disrupt sleep cycles and affect focus in school. Establishing tech-free hours and a bedtime routine can help children feel more rested and balanced.

Talking to Strangers Online

Apps and games often expose kids to unknown users. Online strangers may not always have good intentions. Regularly checking friend lists and guiding children about safe online behavior is essential.

Impact on Social and Emotional Skills

Too much gadget use can reduce real-life interactions, making children more isolated. Encourage face-to-face conversations, family activities, and time with friends without screens.



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Privacy Isn't Always Private

Many children don't realize the risks of sharing personal photos, videos, or information online. Teach them about digital footprints and how to protect their identity by using privacy settings and thinking before posting.



Let's Build Healthy Habits Together

As parents and educators, we must guide children to use technology mindfully. Creating limits, setting examples, and staying connected with your child can help them grow into responsible digital citizens.

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