教育部與內政部
——致家長的一封信



各位家長好：

數位學習已是孩子探索世界的重要方式，但如何在擁抱科技的同時，守護孩子的身心健康與網路安全，是當前學校與家庭共同面臨的課題。

特別是短影音、社群平臺的普及，伴隨各類新興的網路風險，常讓家長在引導孩子使用3C時感到挑戰與擔憂。為了不讓數位便利影響孩子的身心與財物安全，教育部與內政部願成為家庭最堅實的後盾，與您攜手陪伴孩子建立健康的數位習慣，以下整理實用的防護重點與您分享：

一、需要留意的風險

風險1 沉迷短影音與社群，傷身心又高風險

短影音及社群平臺透過演算法持續推播內容，容易讓孩子長時間停留在線上，影響睡眠、專注力及學習表現；也可能面臨同儕比較壓力、注意力被快速切割、假資訊與詐騙擴散，以及網路霸凌、性影像外流等風險而受到傷害。

風險2 從受害者變加害者：孩子背後的網路陷阱

根據內政部警政署資料，小學生常見「遊戲點數或虛擬寶物詐騙」、「假網拍詐騙」；國高中生則多為「投資詐騙」、「一般購物詐騙」及「解除分期付款詐騙」。當孩子在網路上遇到假交友騙照片，或是玩遊戲被誘導儲值時，往往會因為害怕被罵不敢跟家裡說。歹徒就是利用孩子的恐懼心態，以公開小孩做錯事威脅，哄騙他們出借帳戶、幫忙跑腿提款，讓孩子在不知不覺中觸犯法律，甚至連帶影響到整個家庭。因此，平時多和孩子聊天、了解他們的上網狀況，給孩子足夠安全感，才能在第一時間陪伴他們避開這些網路陷阱。

二、立刻可以做的行動

(一)一起約定規則：善用免費「家長守護數位工具包」(https://reurl.cc/OQkXdg)，與孩子共同設定使用時段與內容過濾。

(二)守住三條紅線：帳戶與提款卡不外借、個資不外流；不替陌生人代領或轉帳；遇到可疑的情況，請記得可以到「165打詐儀錶板」參考最新詐騙手法，並撥打「165反詐騙諮詢專線」求助。

教育部
詐騙防制專區

家長守護
數位工具包

教育部
「聰明用網路，
青春不迷路」專區

內政部警政署
165打詐儀錶板

教育部 部長 鄭英耀

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A letter to parents from the Ministry of Education and the Ministry of the Interior



Dear Parents

Digital learning has become an important way for children to explore the world. However, how to embrace technology while safeguarding children's physical and mental health and online safety has become a challenge that schools and families face together.

In particular, the growing popularity of short-form videos and social media platforms has been accompanied by various emerging online risks, often leaving parents feeling challenged and concerned when guiding their children in the use of digital devices. To prevent the convenience of digital technology from compromising children's physical and mental health and financial security, the Ministry of Education and the Ministry of the Interior stand firmly behind families and are committed to working together with you to help children develop healthy digital habits. Below are some practical safety tips we have compiled to share with you.

I. Risks to be aware of

Risk 1 Excessive use of short-form videos and social media can harm physical and mental health and expose children to serious risks

Short-form videos and social media platforms use algorithms to continuously recommend content, which can easily keep children online for extended periods and affect their sleep, concentration, and academic performance. Children may also be exposed to risks such as pressure from comparing themselves with peers, rapidly fragmented attention, the spread of misinformation and scams, as well as cyberbullying and the unauthorized disclosure of intimate images, all of which may cause them harm.

Risk 2 From victim to offender – online traps targeting children

According to data from the National Police Agency of the Ministry of the Interior, common scams targeting elementary school students include scams involving game points or virtual items and fake online shopping scams. Junior and senior high school students, meanwhile, are more commonly targeted by investment scams, general shopping scams, and installment payment cancellation scams. When children encounter scammers online who pretend to befriend them in order to trick them into sending photos, or when they are induced to top up their game accounts, they are often too afraid of being scolded to tell their families. Criminals exploit this fear by threatening to expose the children's mistakes and can coax them into lending out their accounts or running errands for them by withdrawing money. As a result, children may unknowingly break the law, with consequences that may even affect the entire family. Therefore, regularly talking with your children, staying informed about their online activities, and giving them a sufficient sense of security can help ensure that you are there to support them promptly and help them avoid these online traps.

II. Actions you can take right away

1. Set rules together: Make good use of the free "Parental Digital Safety Toolkit" (https://reurl.cc/OQkXdg) and work with your children to set usage times and content filters.

2. Observe three red lines: Do not lend accounts or ATM cards to others or disclose personal information; do not collect or transfer money on behalf of strangers; and if you encounter anything suspicious, remember that you can visit the "165 Anti-Fraud Dashboard" to learn about the latest scam methods and call the "165 Anti-Fraud Hotline" for assistance.

Ministry of Education Anti-Fraud Area

Parental Digital Safety Toolkit

Ministry of Education Digital Literacy Hub for High-Risk Apps

National Police Agency, Ministry of the Interior – 165 Anti-Fraud Dashboard

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