

**Zone**

**☆ SPORT STAR ☆**



**VINCENT SCHOLZ**

Vincent Scholz, captain of the Windhoek Gymnasium King Price Lions. PHOTO: FRANCOUIS PRETORIUS

Vincent Scholz is a name steadily gaining respect in Namibian school rugby. As the current captain of Windhoek Gymnasium's King Price Lions, Vincent has already proven himself to be a natural leader both on and off the field. From a young age, rugby was more than just a sport to Vincent; it was a family tradition. Encouraged by his father and older brothers, Vincent quickly found his passion for the game. One of his older brothers also wore the King Price Lions jersey, making Vincent's leadership a continuation of this legacy. Vincent's rugby philosophy is rooted in teamwork and mental focus. He believes in building on one's strengths rather than dwelling on stress, and he never plays as an individual. For him, rugby is a game played together, with your teammates at your side. Under his captaincy, the King Price Lions roared into the NSSR League with a dominating 55 - 14 victory against Windhoek Afrikaanse Privaatskool, a testament to Vincent's tactical insight and his team's unity. Driven by discipline and determination, Vincent lives by the motto: "Hard work beats talent because talent fails to work hard". With a grounded mindset, strong team values and relentless effort, Vincent is not just leading his team, he's inspiring a generation of young athletes to rise.

# Staying safe in the digital age: Online safety tips for children and youngsters

**L**ifeLine/ChildLine is a welfare organization that was established more than 40 years ago with the purpose of offering telephone and face-to-face counselling. The organization has, over the years, grown and is recognized as the leading provider of free counselling and other child protection services in Namibia. We offer free counselling for adults and chil-

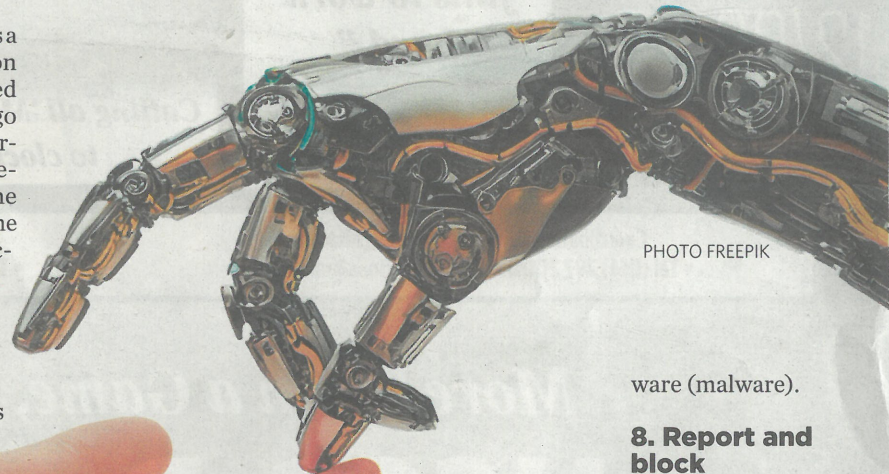


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digital reputation.

## 5. Watch out for scams and phishing

Never click on suspicious links or respond to messages asking for personal information. Scammers often disguise themselves as trusted people or companies.

ware (malware).

## 8. Report and block inappropriate content

If you encounter bullying, harassment or anything that makes you uncomfortable, report it to the platform and block the user. Always tell a trusted adult about your experience.

## 9. Set healthy screen time limits

Too much screen time can affect your mental and physical health. Take regular breaks and make time for offline activities like reading, playing outside, or spending time with family.

## 10. Stay informed

Cyber threats are always evolving. Attend digital safety workshops or follow reliable sources to keep up with new risks and ways to stay protected.

## Final thought

Online safety is all about making smart choices. If you're ever unsure or feel uncomfortable, speak to a trusted adult. Your safety matters. By being cautious and informed, you can enjoy the digital world without putting yourself at risk.

•Stay safe and smart online! - LifeLine/Child-line

GBV HELPLINE

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TOLL-FREE

dren telephonically through our 116 and 106 toll-free numbers. You can also report Online Child Sexual Exploitation and Abuse material on the IF portal hosted on our website at

[www.lifelinechildline.org.na](http://www.lifelinechildline.org.na)

In today's digital world, children, teenagers and young people spend more time online than ever before; learning, socialising and exploring new interests. While the internet presents incredible opportunities, it also presents serious risks if not used carefully. To help young users stay safe, here are 10 tips for navigating the online world wisely and securely:

## 1. Protect your personal information

Avoid sharing details like your full name, home address, phone number, or school online. Use privacy settings on social media platforms to control who can view your information and activity.

## 2. Use strong, unique passwords

Each account should have a different, strong password made up of letters, numbers and symbols. Using a password manager can help you remember them all.

## 3. Be cautious with friend requests

Only accept requests from people you know in real life. Strangers reaching out online may not always have good intentions.

## 4. Think before you post

Once something is online, it can be hard to remove. Before posting, ask yourself: "Could this be embarrassing or harmful later?" Protect your

## 6. Keep your software updated

Regular updates protect your devices from viruses and hackers. Enable automatic updates on your apps, phones and computers.

## 7. Install antivirus software

Protect your devices with antivirus programmes and run regular scans. These tools help detect and remove harmful software.

## FUNDRAISING U/13 RUGBY CRAVEN WEEK

The Namibian U/13 rugby team is participating in the annual Craven Week in East London from the 29/06 till 04/07. Please support our talented players by buying a raffle ticket for just N\$ 100.



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