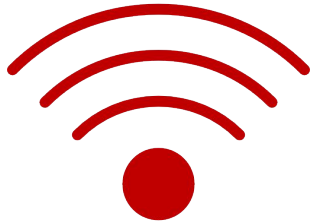# Sharing with Parents on

Cyber Wellness

Outline of Presentation
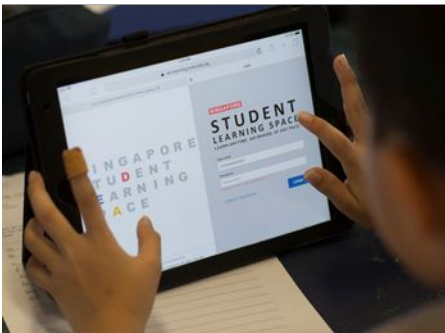
- Harnessing Technology for Learning

- Cyber Trends and Issues

- MOE's Cyber Wellness Education

- Parents as Partners

CYBER WELLNESS
Responsible Digital Learners

Harnessing Technology for Learning

Harnessing Technology for Learning

Active Learning with Technology

Easy access to information

Learn anytime & anywhere
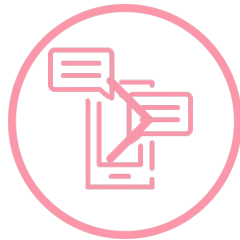
Learning collaboratively

Greater personalisation of learning

Cyber Trends and Issues
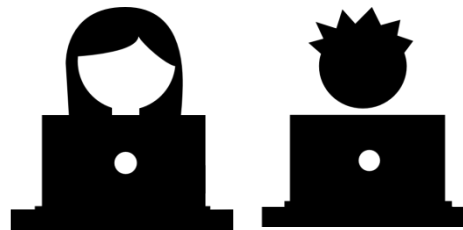
Needs of Our Youths

Learning and enjoying leisure

Developing social identity

Crafting online persona

**Exploring sexual identity**

Establishing social validation

Shek, D.T., Sun, R.C., & Yu, L . (2013). *Internet addiction. In Neuroscience in the 21st century*. Springer New York.
Wallace, P. (2014*). Internet addiction disorder and youth. EMBO reports*, 15(1), 12-16.
Wright, David. (2016). Is internet safety in school fit for purpose? *Paper presented at the 10th International Conference on Keeping Children and Young People Safe Online, Warsaw, Poland*. Abstract retrieved from http://www.saferinternet.pl/images/artykuly/XMK/10th_International_Conference-materials.pdf

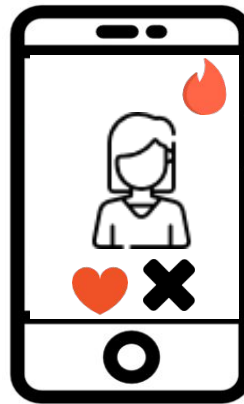**CYBER WELLNESS**
Responsible Digital Learners

Social Media Use Among Youths

Social Networking Apps
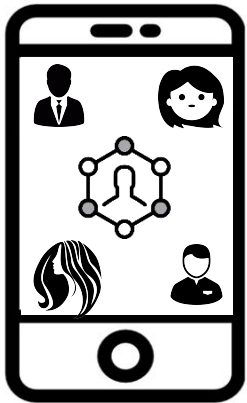
e.g. Facebook, Twitter

Dating Apps

e.g. Tinder, Coffee Meets Bagel

Photo/Video-sharing Apps
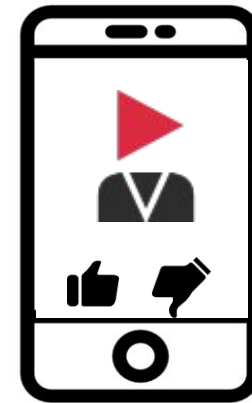
e.g. YouTube, Instagram

Social Media Use Among Youths

Ephemeral/Anonymous Messaging Apps

Secret Group
Message will self-destruct from both devices 5 seconds later

I've got a secret

5
6
7 seconds
8

e.g. Snapchat, Telegram, Whisper, Yik Yak

Games Apps

e.g. DOTA 2, League of Legends, Minecraft

Online Shopping Apps

$$$

e.g. Carousell, Qo10

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Cyber Issues

SINGAPORE NEWS

Backlash grows on Star wars video game 'loot boxes'

https://www.channelnewsasia.com/news/technology/backlash-grows-on-star-wars-video-game-loot-boxes-9454676

Tighter laws against cyberbullying?

https://www.channelnewsasia.com/news/singapore/tighter-laws-against-cyberbullying-8362138

Thriving rather than surviving: Teaching students how to spot fake news

https://www.channelnewsasia.com/news/singapore/thriving-rather-than-surviving-teaching-students-how-to-spot-9960656

Flirting with danger: Singapore teens on Tinder

https://www.channelnewsasia.com/news/singapore/flirting-with-danger-singapore-teens-on-tinder-7952876

Source: Channelnewsasia

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Cyber Issues

While technology offers value, it may bring some potential risks such as:

- Cyber bullying
- Excessive internet use
- Danger with online contact
- Accessing inappropriate online content
- Online grooming and scams
- Fake news
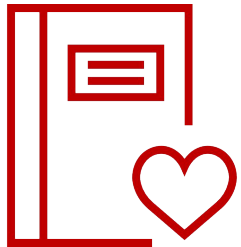
MOE's Cyber Wellness Education

Cyber Wellness Key Messages

1. ICT is an integral part of the learning environment

2. Cyber Wellness Education anchored on three CW principles

SENSE

CYBER WELLNESS PRINCIPLES

Respect for Self & Others

Safe & Responsible Use

Positive Peer Influence

ACT

THINK

These principles will anchor a child's well-being in cyberspace as they can make careful and well-considered decisions.

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MOE's Cyber Wellness Education

MOE's Cyber Wellness Education comprises the following components to reinforce the importance of Cyber Wellness and its messages.

Student-led Activities · Assembly Talks · Cyber Wellness Workshops · Cyber Wellness Day

Cyber Wellness Lessons
Form Teacher Guidance Period
(Primary),
Character & Citizenship Education
(Secondary & Pre-University)

ICT-Enabled Lessons
Infused with
New Baseline ICT Standards
(Incorporating New Media Literacies)

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Parents as Partners

CYBER WELLNESS
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Reinforcing Cyber Wellness at Home

Parents could set a good example at home in the use of technology and play an active role in guiding your children to navigate in cyberspace.
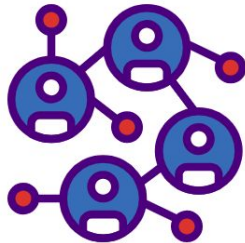
- Show your children how to be safe, responsible and respectful online. The values that guide everyday interactions are applicable online.

- Practise asking for consent before posting photos, videos, and details online (including your children's).

- Be mindful of your digital media use (or over-use).

CYBER WELLNESS
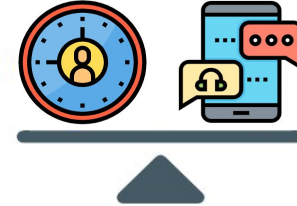Responsible Digital Learners

Reinforcing Cyber Wellness at Home

Learn from each other, grow together
Learn about what your children like to do online and let them share with you about tech use. Highlight how to use technology wisely and responsibly.
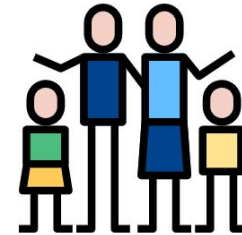
Manage digital diet and digital nutrition
Guide your children to monitor their time spent online (digital diet) and make better, 'healthy' choices about their activities online (digital nutrition).

Make it social, engage together
Turn online activities into time for bonding (e.g. co-view an online video, discuss an online blog post, play an online game together).

Get involved or be left out
Don't be too critical of your children's online exploration. Get involved so that you are not the last one to know.

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How can Parents Help?

MODEL & GUIDE RESPECTFUL, RESPONSIBLE & HEALTHY MEDIA USE

TALK OPENLY WITH YOUR CHILD ON HIS MEDIA USE

SET PARENTAL CONTROLS AND FAMILY GUIDELINES

TEACH CHILD TO BE CAREFUL WITH DIGITAL FOOTPRINTS

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Resources

Ministry of Education
Check out MOE's Cyber Wellness Portal for tips and resources for parents
ictconnection.moe.edu.sg/cyber-wellness/for-parents

Media Literacy Council – Better Internet Campaign
MLC has developed resources for parents, providing useful insights and tips on parenting in the digital age.
betterinternet.sg

National Library Board – S.U.R.E. Campaign
An initiative by the NLB, the S.U.R.E. campaign to promote the importance of information searching and discernment.
nlb.gov.sg/sure/

Cyber Security Awareness Alliance
Information and tips provided by Cyber Security Awareness Alliance on cyberthreats.
csa.gov.sg/gosafeonline/go-safe-for-me/for-parents

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Every Parent

A Supportive Partner