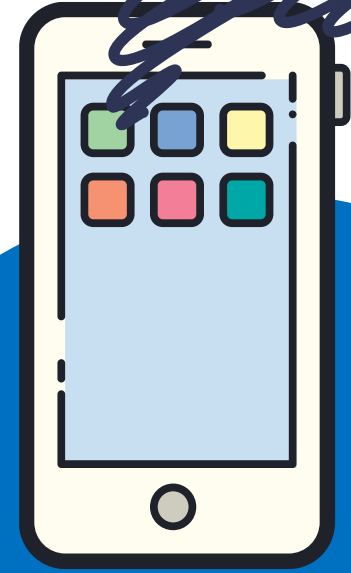
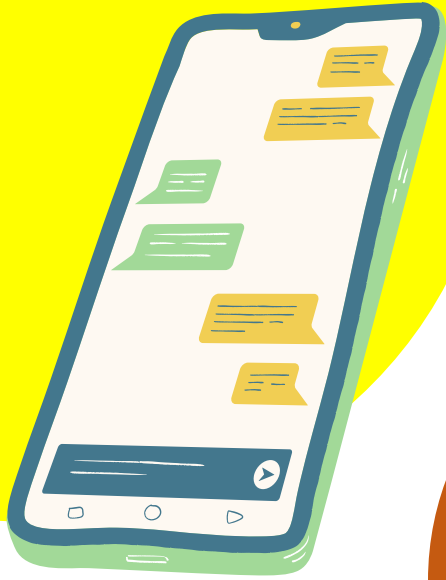


Primary 1
Parents Briefing on
Cyber Wellness



East Spring Primary
School





Did you know?

67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media



Parents may not be aware of the online risks

DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

Parents might not be aware, but...

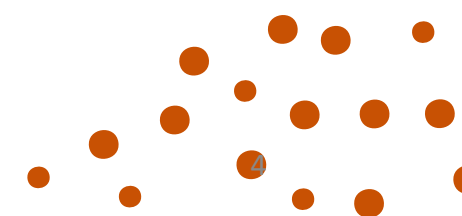
1 in 3 children has chatted with strangers online

1 in 3 children has been exposed to pornographic materials

1 in 4 children has overshared their personal information

Source: The Straits Times, 7 Feb 2021

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023





HARMFUL EFFECTS OF TOO MUCH SCREEN TIME?

Any Media Player

File View Play Help

“Digital media have become an integral part of lifestyles in recent years, and the ubiquity of digital devices coupled with poor screen use habits can have a detrimental effect on the developmental and psychosocial well-being of children,”



Dr Mae Wong, Senior Consultant, Department of Child Development, KKH (Singapore)

HARMFUL EFFECTS OF TOO MUCH SCREEN TIME?

Any Media Player

File View Play Help

“The most important harmful effect of prolonged and frequent screen use in children is increased risk of myopia development and progression, especially for children between 7 to 14 years of age. Other risks include dry eye disease, eye strain and musculoskeletal issues from prolonged poor posture.”



Dr Kendrick Shih, Clinical Associate Professor of Ophthalmology, HKU (Hong Kong)



HARMFUL EFFECTS OF TOO MUCH SCREEN TIME?

Any Media Player

File View Play Help

"Too much screen time may cause impairment in the social development of children. These children also have difficulty concentrating in school, leading to low grades."

Also, excessive gadget use promote sedentary lifestyle which can eventually be a risk factor for obesity."



Dr Anne Napulan,
Paediatric Resident
(Philippines)

Any Media Player

File View Play Help

"In the rise of information and communication technologies together with the COVID-19 pandemic, screen media use has been tremendously increasing in young individuals. Research found that excessive screen media exposure since early childhood is associated with

adverse developmental, emotional, and behavioral outcomes."


HARMFUL EFFECTS OF TOO MUCH SCREEN TIME?



Nasamon Wanlapakorn,
Faculty, Department of
Pediatrics, Faculty of
Medicine, CU
(Thailand)

What is Cyber Wellness?



- **Cyber Wellness is about our students being able to navigate the cyber space safely.**
 - **This is done through our curriculum which aims to equip students with the knowledge and skills to harness the power of Information and Communication Technology (ICT) for positive purposes, maintain a positive presence in cyberspace and be safe and responsible users of ICT.**
- 

What will our Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP)* lessons, students will be taught:

- Basic online safety rules
 - Talking to only people you know
- Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being
- Protecting Personal Information
 - Understand the risks of disclosing personal information

*Character and Citizenship Education(Form Teacher Guidance Period)



E.g. Lower Primary Lesson on Staying Safe in the Cyberworld

What will our Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

- **Cyber Contacts**
 - Understand that the profiles of strangers that we see online may not be their real identities
 - Recognise the dangers of chatting with strangers online
- **Parents are encouraged to try the “Family Time” activities in the CCE (FTGP) Journal with your children to emphasise the different cyber wellness messages at home**



E.g. Family Time in the lesson on Staying Safe in the Cyberworld

What other Cyber Wellness programmes do we have for our students?

- Assembly Programmes
- Form Teacher Guidance Programme
- Social Skills Lessons

Photo from Ministry of Education, Singapore

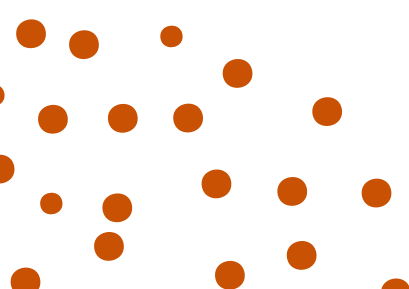


For school's consideration

- In this slide, we encourage schools to share about their Cyber Wellness programmes in school, and replace the stock photo(s) on this slide with school photos.

What are the school rules on digital device use?

- Use of cellular phones to contact parents/caregivers only after school at the canteen and foyer
- All digital devices should be switched-off during curriculum hours and after school programmes



why limit screen time?



- Sleep problems
- Lower grades in school
- Reading fewer books
- Less time with family and friends
Not enough outdoor or physical activity
- Less time learning other ways to relax and have fun
- Weight problems
- Mood problems

how to limit screen time?



- Turn off all screens during family meals and outings.
- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime
- Learn about and use parental controls.

Additional resources for parents



This following set of resources is a sneak preview of the Parents' Toolbox by the Interagency Taskforce on Mental Health and Well-being.

Keep a lookout for the Parents' Toolbox which will be rolled out in phases from Q1 2024!



How can parents help our children develop good digital habits?


- Good digital habits start from the home. Supporting our children early in this process will help them greatly as they grow older.
- Based on MOH's Guidance on Screen Use for 7-12 year olds, parents are encouraged to:
 - Use parental control settings to monitor and ensure children access to age-appropriate content;
 - Develop a timetable or screen use agreement to balance screen time and family bonding and;
 - Avoid screen use during mealtimes and one hour before bedtime.
- Co-viewing with our children is also important. Knowing what our children are viewing will create more opportunities for conversations.



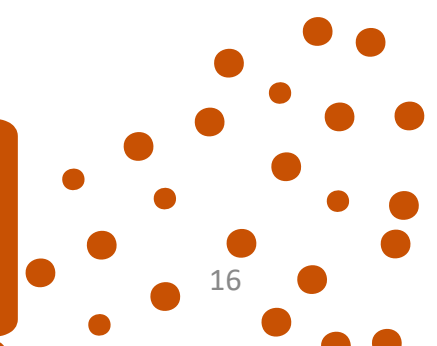
For more information, you can scan here for MOH's Guidance on Screen Use 15

How to have open communication with our children?

- Open communication is critical in building a positive-child relationship.
- Talk to our children about their online activities in everyday conversations:
 - Did you enjoy the video that we watched together just now? What did you like/not like about the video?
 - Have you seen or heard anything online that bothered or worried you? Tell me about it.



Content on this slide is a sneak preview of the Parents' Toolbox by the Interagency Taskforce on Mental Health and Well-being.
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How to have open communication with our children?

- **Create a safe environment for our children to express their thoughts and feelings.**
 - Find a place where your child is more comfortable to talk
 - Teach your child to use words to describe different emotions, e.g. “I see you’re frowning, are you feeling sad?”
- **Let them know that you are there for them when they need support, care or help.**
 - Regularly show interest in their thoughts and feelings.
 - Listen to understand, make eye contact, nod to show you have heard them.



Parenting Instagram live on
The HeART of Conversation

Content on this slide is a sneak preview of the Parents' Toolbox by the Interagency Taskforce on Mental Health and Well-being.
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How to role model good digital habits for our children?

- Children often mirror what their parents do.
- We can role model positive digital habits for our children.
 - When using your devices, consider whether it interrupts your interactions with them.
- We may want to set aside time to head outdoors with them or engage in non-technology based activities together (e.g. sports or a board game).



Parenting Instagram post on supporting our children to be responsible users of the cyber space.

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