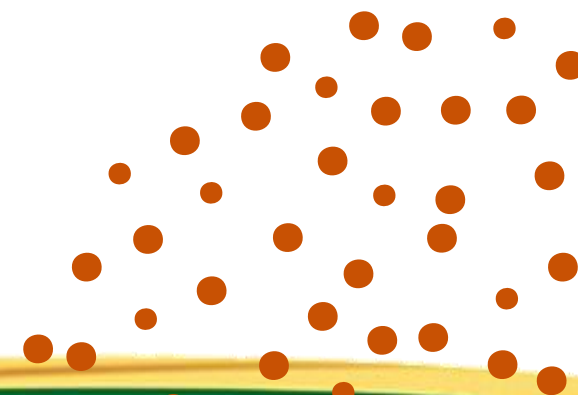
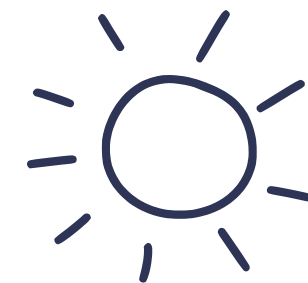




Primary 1 Parents Briefing on Cyber Wellness





Did you know?



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

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 may not be aware of the online risks kids may face...

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

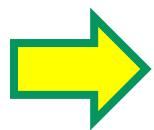
1 in 4 children has overshared their personal information

Source: The Straits Times, 7 Feb 2021

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



What is Cyber Wellness?



Cyber Wellness focuses on the **well-being** of our students as they **navigate cyberspace safely**.



Through our Character and Citizenship Education (CCE) curriculum, we aim to:-

- **equip students with the knowledge and skills** to harness the power of ICT for positive purposes;
- maintain a **positive experience** in cyberspace;
- be **safe and responsible** users of ICT.





The 3 Cyber Wellness Key Messages



1

Enjoy the use of technology while **maintaining a balanced lifestyle** between offline and online activities

2

Be a **safe and responsible user** of technology and **maintain a positive online presence.**

3

Be **responsible for personal well-being** in the cyberspace.



What will our Primary 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 Primary 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 and identify the dangers** of chatting with strangers online
- **Knowing when and how to seek help** from trusted adults when faced with unsafe situations.





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

- ➡ Parents are the first care-givers in developing **good character** of their children.
- ➡ Parents are strongly **encouraged** to participate in the "Family Time" activities in the CCE (FTGP) Journal with your children to reinforce **the key cyber wellness messages** at home.

Family Time Family Chat Time!
Share 'My Online Safety Code' with your parents/guardians, siblings and other family members.

I can...

- **share** with my family members how I can be safe in the cyberworld.
- **remind** my family members to follow the safety rules together.

We did this together!

Parent's / Guardian's signature

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 on Cyber Wellness
- ✓ P1 - P6 Level ICT Baseline Programmes
- ✓ Subject-specific ICT lessons and resources
- ✓ Coding Programmes
- ✓ Home-based Learning / E-Learning days
- ✓ ICT-based Enrichment





What are the school rules on digital device use?



In order to create a safe and supportive environment in school, students will need to adhere to these school rules:-

- 1) We **do not** allow lower primary students to bring mobile devices/gadgets to school.
- 2) Handphones, smartphones and/or smartwatches **are prohibited** during school hours including recess, CCA and after-school programmes (e.g. supplementary / enrichment lessons)
- 3) **For urgent matters**, parents and students are encouraged to contact one another through school-based communication lines (e.g. General Office).





How can parents help their child develop good digital habits?



As parents/guardians, **you play a significant role** in helping your child establish healthy digital habits and learn to use technology in a positive and meaningful way.



Helping Your Child Manage Device Use & Stay Safe Online



Develop a Family Screen Use Plan

- A family screen use plan consists of screen use rules, their consequences and screen-free activities that the family can engage in.
- As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking these rules clearly.

Your screen use rules can include:



Device-free times and places



Time limit for devices

- "What are some suggestions on when and where devices should not be used?"
- "What should we do if we break our agreement?"
- Decide as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
- "What screen-free activities do you think we can do together?"
- Engaging your child in the process of creating screen use rules and inviting them to suggest activities to do together helps increase their ownership of the whole family screen use plan.
- "What do you think of our screen use rules?"



Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
 - State observation: "I noticed you have been spending a lot of time on your device."
 - Ask open-ended questions: "What do you usually do on your device?"





Role-modelling good Online Etiquette

Be Smart Manage Screen Time

Complete your homework before playing online games.

Maintain a healthy balance between your online and offline activities.

Limit the time you spend online.

Put away or switch off your devices when it is time for bed.

30 minutes up! Time to stop playing!

Power Off

Be Safe Tips to stay safe

Be careful with what you share online.

Tips to stay safe

- Only chat online with people you know in real life.
- Do not send personal information to strangers online.
- Ignore messages or friend requests from strangers.

Be Discerning Online

Get information from credible websites.

Can you spot the 5 signs of a fake website?

Real website	Fake website

Answers:

1. Suspicious web address
2. Spelling error in headline
3. Inappropriate image used
4. Old publication date
5. Content that is hard to believe

How To Be A Helpful Upstander

S-A-L-E

- S** - Speak up for the victim
- A** - Be active and take actions to help
- L** - Look out for the victim
- E** - Encourage the victim to seek help

Don't be a bystander, Be an **UPSTANDER!**

How can parents better communicate with their child on digital habits and matters?



Open communication is important in building a positive parent-child relationship.

- ✓ Have regular conversations to better understand what your child does online.
 - ❑ Is it school work or are they engaging in recreational activities?
 - ❑ For example:-
 - State observation: "I noticed you have been spending a lot of time on your device."
 - Ask open-ended questions: "What do you usually do on your device?"
- ✓ Communicate your actions and rationale. Let your child know you care for their well-being and safety.



How can parents better communicate with their child on digital habits and matters?



Children often mirror what their parents do. **Role modelling respectful conversations** is another option.

- ✓ When your child learns to engage in respectful conversations, they become a better communicator and friend.
- ✓ Parents are in the best position to role model these skills through daily interactions with your child.
- ✓ **Listen to understand**, instead of listening in order to give advice and offer solutions.



How can parents better communicate with their child on digital habits and matters?



Create a safe space for conversations to take place.

- ✓ It can be **challenging** to grapple with uncomfortable feelings and negative thoughts.
- ✓ Children may hesitate to **share their true thoughts and feelings** with their parents, as they may fear being judged or misunderstood.
- ✓ You can let your child know that it is normal to feel or think the way they do, and that **they can feel safe expressing themselves** with you.





In conclusion:- Support at Home

Parents play a **key role** in their children's holistic growth. Students benefit the most when their home and school environments are attuned to each other. To help your child stay safe and have positive experiences online, you can:

- ➔ Encourage open communication
- ➔ Model good digital habits for your child.
- ➔ Set clear rules and boundaries for screen time.
- ➔ Activate parental controls on your home devices.
- ➔ Take an active interest in your child's online activities.





Additional Resources: *Parenting for Wellness*

For more bite-sized resources (practical tips and strategies) on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code below to download a copy of the **Parenting for Wellness** Toolbox for Parents.

