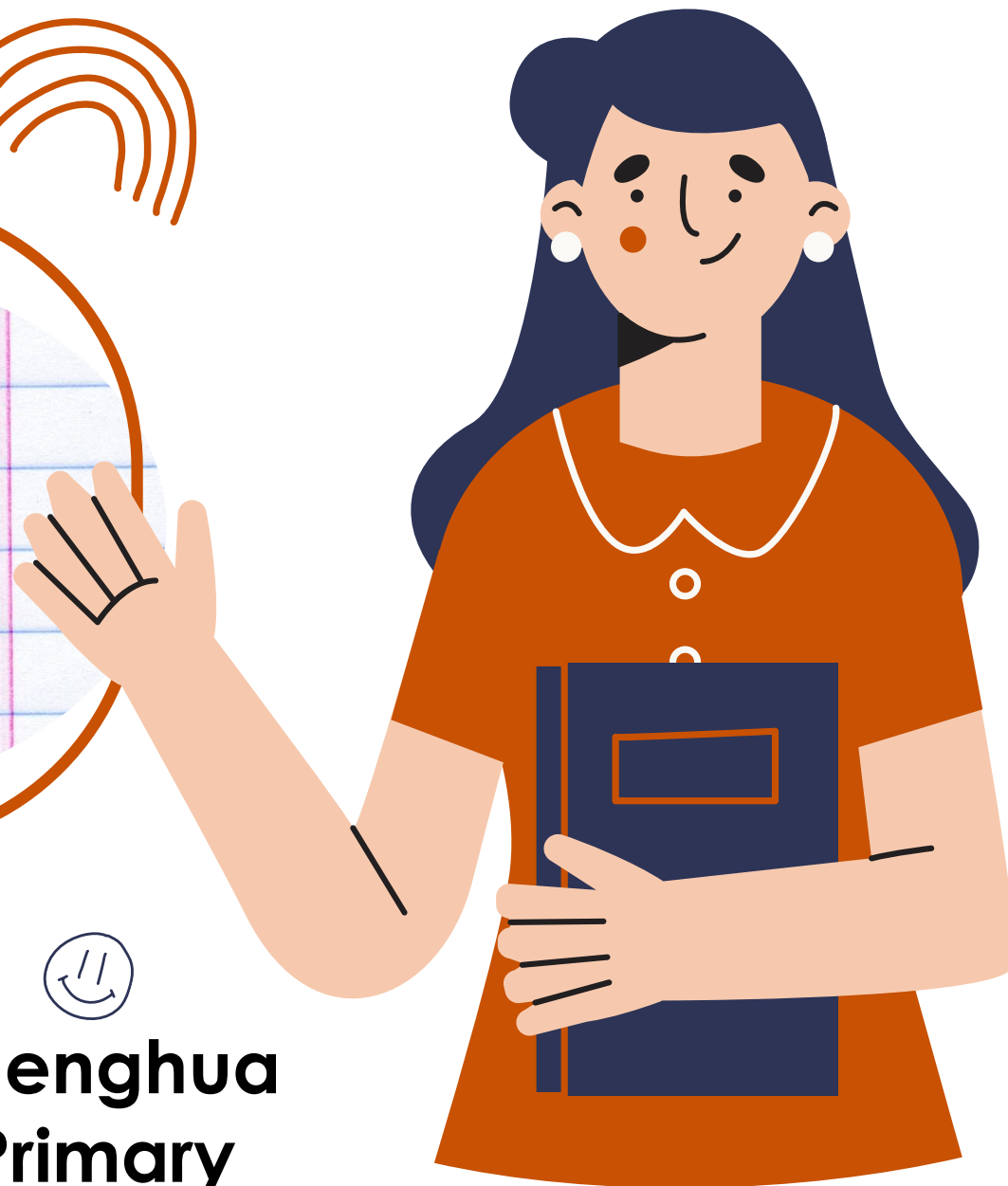


**Primary 1**  
**Parents Briefing on**  
**Cyber Wellness**



**Zhenghua**  
**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...

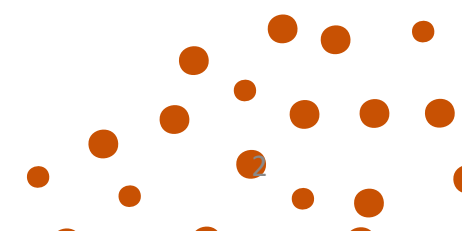
1 in 3 children has chatted with strangers online

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



# 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?

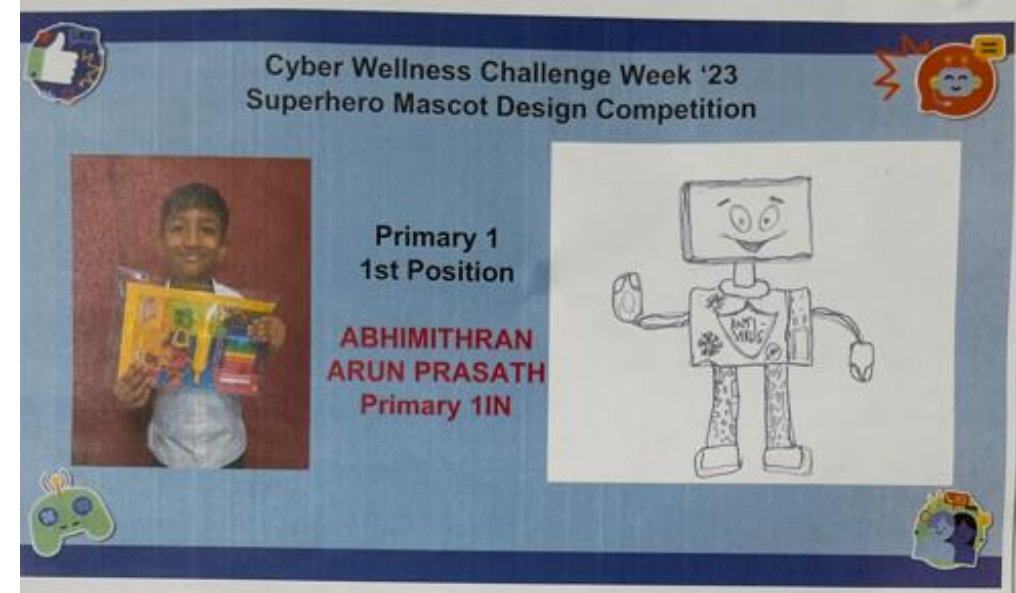
- **Cyber Contacts**
  - Understand that the profiles of strangers that we see online may not be their real identities
  - Recognise the dangers of chatting with strangers online
- **Parents are encouraged to try the “Family Time” activities in the CCE (FTGP) Journal with your children to emphasise the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

- Termly Cyber wellness assembly talks
- Cyber Wellness week - a week long of programmes to promote cyber wellness
- Cyber Wellness ambassadors training (P3-P6)



# What are the school rules on digital device use?

- Students are allowed to bring their mobile phones to school. However, they are fully responsible for their mobile phones and these devices must be in their possession at all times. *The school will not be held liable for any loss or damage.*
- Mobile phones are to be **switched off** and not be placed on silent or vibration mode during curriculum time. There should be no disruption to any lesson.
- After curriculum hours, the only places in school where mobile phones can be used are the canteen, lobby and at Gates 1, 2 and 3.
- Use of the mobile phone is restricted only to important matters, such as calls to parents to confirm pick-up arrangement.
- Use of the camera function of the mobile phone is *strictly prohibited* within the school compound.

# What are the school rules on digital device use?

- In accordance with National Examination rules, students are not allowed to bring their mobile phones or any other electronic equipment during the examination period.
- The mobile phone will be confiscated if the above regulations are not adhered to and will only be returned to parents in school. Repeated offences may render this privilege of bringing the mobile phone to school withdrawn.



# 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!**

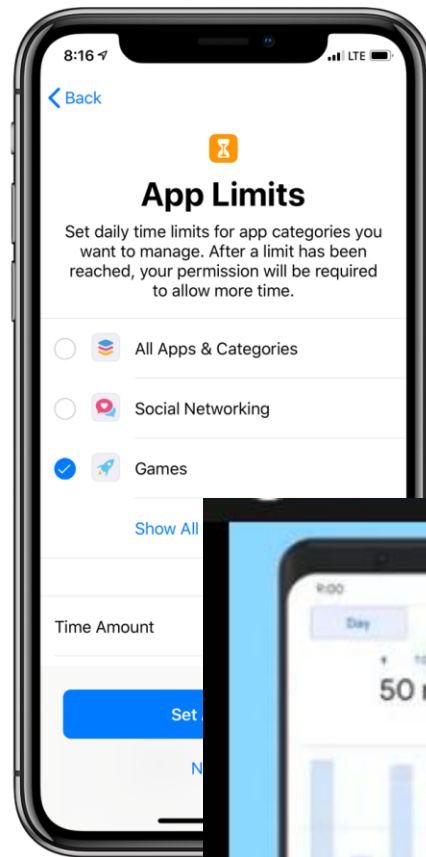
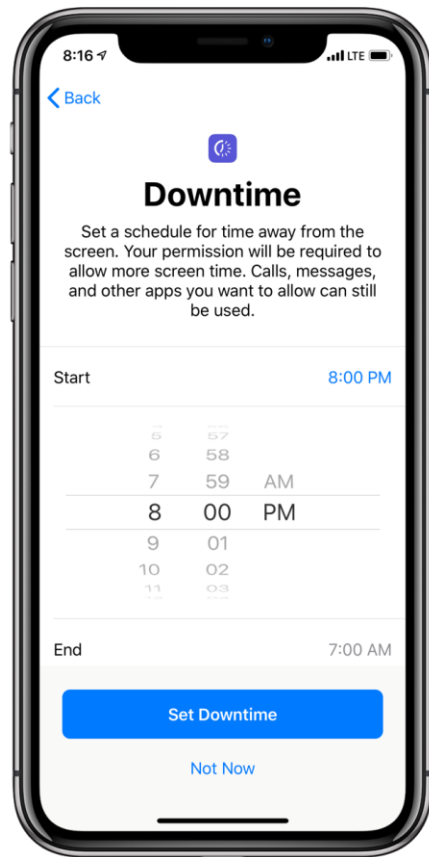
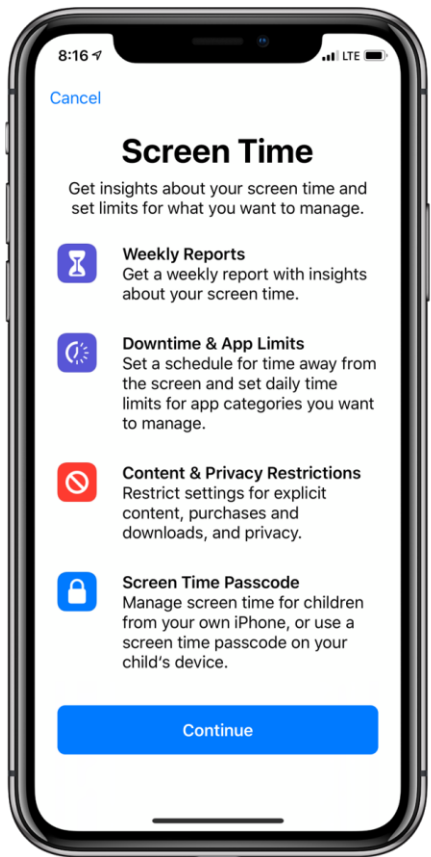


# How can parents help our children develop good digital habits?

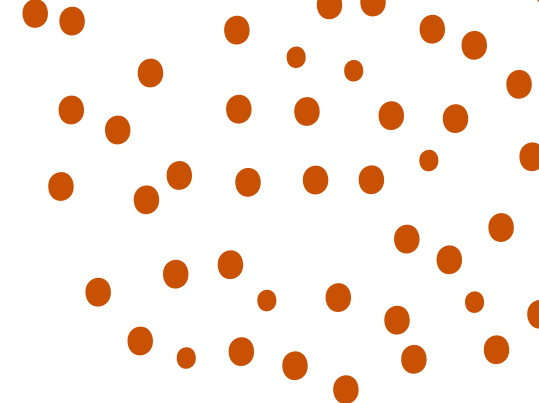
- Good digital habits start from the home. Supporting our children early in this process will help them greatly as they grow older.
- Based on MOH's Guidance on Screen Use for 7-12 year olds, parents are encouraged to:
  - Use parental control settings to monitor and ensure children access to age-appropriate 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 10



IOS Family monitoring




# Android Family monitoring

2023] Top 15 Free Parental Control Apps for Android

[Visit >](#)

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

# 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

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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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