

Cyber Wellness Strategies

Ms Sharon Tan
SH/Student Well-Being



SEEK | STRIVE | SERVE

My daughter is **always looking at her smartphone**. She is constantly checking her social media and chatting with her friends online. Her life seems to revolve around that, and she isn't interested in anything else. What can I do?



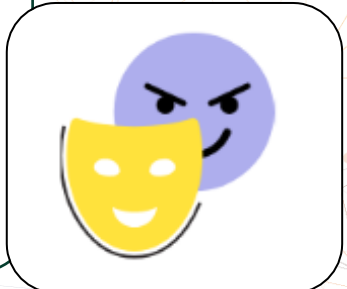
My son is **addicted to gaming**: on his laptop, his smartphone, etc. When home from school, he heads straight to his room to play, ignoring his chores and homework until I remind him.



Recently, my son keeps himself in his room. For consecutive few days, he complains of stomachache and didn't go to school. I suspect that he might be **cyberbullied**.



My daughter's teacher called to inform me that my daughter has been **using unkind words to her peers** online. What can I do?



I caught my son **watching some inappropriate content**. While I've told him it's not appropriate, how can I discourage him from searching for it online?



Why is cyber wellness important?

Cyber wellness is important as it can help our child navigate the online world safely and responsibly. Being safe and responsible in the online world can mean:

Posting online cautiously

Managing our time online

Staying mindful of the content we consume

This is also important as digital media can affect our child's mental well-being. Research has found that a child's excessive use of digital media is associated with:

Problems socialising with friends

Trouble managing emotions

Low self-esteem

While it is impossible for our child to have a device-free life, we can help them develop healthy habits and relationships with their digital devices through cyber wellness education.

Do you...



Take your child's device away without warning?

OR



Met out the consequences that were previously agreed upon?

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Do you...



Assume misbehaviours are due to excessive device use?

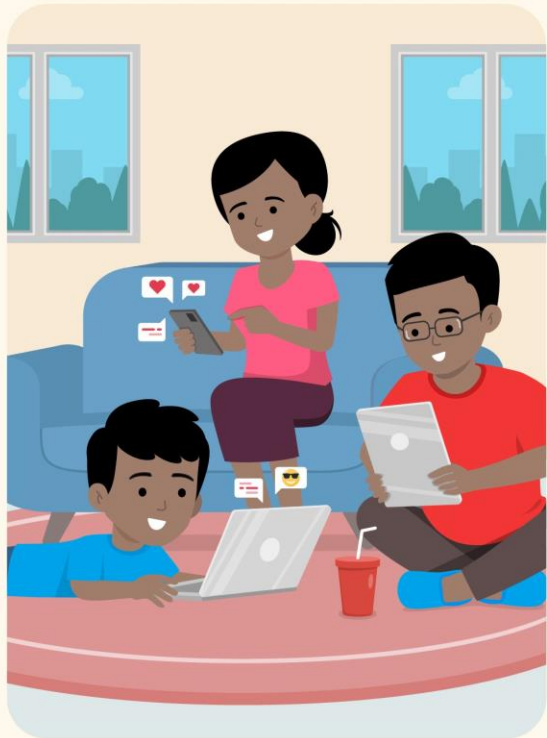
OR



Engage in conversations to understand why your child is using devices excessively?

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Do you...



Entertain yourself with your device and minimise interactions with family?

OR



Role model healthy screen use habits and positive interactions with family?

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Do you...



Expect change to take place immediately?

OR



Recognise that change takes time but know when to seek school's help?

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1. Practice appropriate device usage

- **Talk to your child** about what they feel is an appropriate amount of time to spend on their digital devices per day, given their commitments (e.g., studies, CCA, art class).
- **Share your concerns** with your child and **reach a common understanding** on:
 - when they should turn off their laptops/phones
 - when device usage should be paused
 - when to take breaks from screen
 - what they can do online; what they should avoid

Instead of

I will confiscate your digital devices.

Try

Let's discuss screen time boundaries for the family together.



2. Manage over-reliance on devices

Is your child....

Constantly online and only happy when they are online?



Visibly restless or irritable when asked to cut down on gaming/online activities?

Using gaming/online activity to avoid dealing with their personal problems?



2. Manage over-reliance on devices

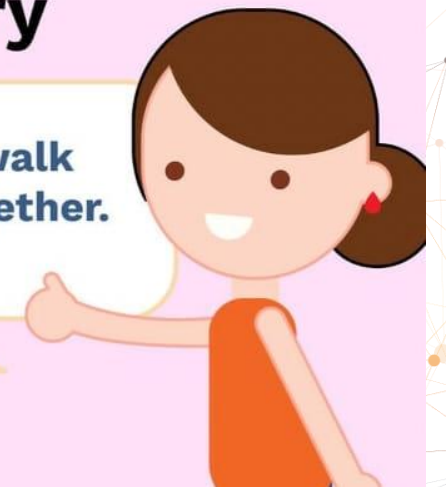
- **Plan offline activities and do it together**
Encourage your child to participate in outdoor activities or other suitable replacement activities. Help them achieve it by scheduling these activities and doing it together with them.
- **Manage your expectations**
It's tough to alter habits overnight – give your child time to adjust their digital habits. Acknowledge and show appreciation when you see them putting in effort to change their habits.

Instead of

Stop playing games on your computer.

Try

Let's take a walk at the park together.



3. Handling Cyberbullying

Forms of Cyberbullying

Cyberbullying can come in many forms. Here are some examples:

Denigration

Spreading rumours or untruth statements that can hurt a person's reputation.

Trickery

Fooling someone into sharing their personal information which is then posted online without their permission.

Cyber stalking

Using online platforms to harass or stalk a person.

Impersonation

Ruining a person's reputation by posting offensive or aggressive messages under the person's name.

Harassment

Continually sending vicious, or disturbing messages to a person.

Flaming

Sending messages that aim to provoke an online argument.

Exclusion

Intentionally excluding someone from an online group.

Doxing

Revealing an individual's or organisation's private information through the Internet.

3. Handling Cyberbullying



stop what we are doing online



Block the person



Tell us or a trusted adult



save the evidence

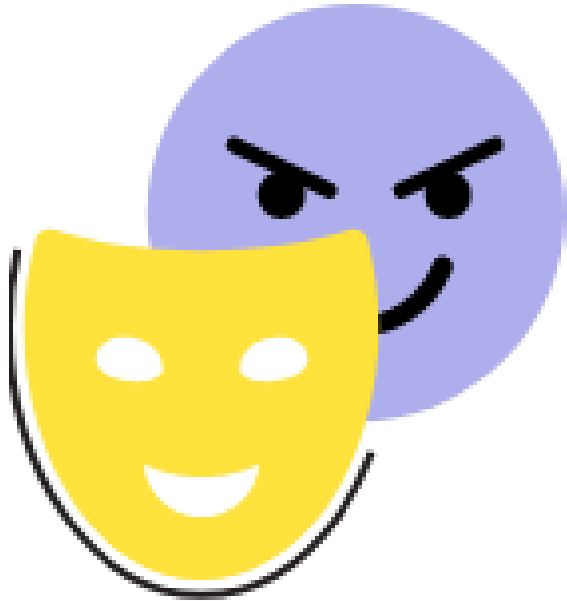


Report



4. Handling Cyberbullying

What if our child is a cyberbully?



Start a conversation with them

Educate them

Implement and enforce consequences

Have our child make up to the victim and apologise for their actions

Monitor our child's activities online



5. Encountering Inappropriate Content

Examples of inappropriate content



It includes but is not limited to:

- Violent acts
- Risk-taking stunts
- Encouragements of self-harm
- Sexual content
- Hurtful remarks or negative stereotypes
- Illegal activities such as drug abuse

5. Encountering Inappropriate Content

- **Find out** if it was accidental, intentional or shown by someone
- **Avoid** blame or punishment as this may make them less likely to tell the truth next time
- **Process feelings** with them
- **Explain** to them why the content is inappropriate
- **Work with them** to plan on what should be done
- **Assure them** that we will be there




4. Show Cyber Kindness



Be genuine

[Find out more](#)




Be mindful of how we express ourselves

[Find out more](#)




Be aware of what we share

[Find out more](#)




Stay calm

[Find out more](#)



Be respectful

[Find out more](#)



Spread positivity, not rumours

[Find out more](#)



In summary...

- Provide opportunities for a variety of offline activities
- Activate parental controls in all computing devices
- Role-model good digital habits
- Establish the ground rules for your child's Internet use, together
- Navigate the Internet with your child to understand his/her use
- Talk with your child about his/her Internet use

“Thinking children” can happen when there are **“listening parents”**.



Esther Foong-Tan
Family Life Educator
and Mother of 2

In school...

These are the key messages which students will understand:

- a Embrace the affordances of technology while maintaining a balanced lifestyle between online and offline activities
- b Be a safe and responsible user of technology and maintain a positive online presence
- c Be responsible for personal well-being in the cyberspace



Cyber Use

- maintain a healthy balance of their online and offline activities (*i.e. excessive use of technology*)

Cyber Identity

- develop a healthy online identity
- express oneself online appropriately to be authentic and achieve congruence between online and offline identity

Cyber Relationships

- develop safe, respectful, and meaningful online relationships (*e.g. address cyber bullying, build positive relationships*)

Cyber Citizenship

- understand the cyber world and make informed choices about participation in online activities (*e.g. accessing online content with malicious intent/inappropriate websites with content that is violent, sexual or harmful in nature*)
- recognise and protect oneself and others from online risks associated with people who may have malicious intent (*e.g. hackers, scammers, online predators*)
- have a positive presence in the cyber community and be a positive influence

Cyber Ethics

- create and share online content in a responsible manner (*e.g. not sharing content from questionable sources and not propagating deliberate online falsehoods*)
- respect copyright

Scan this QR code to access resources on cyber wellness shared by Healthhub



 <p>Manage their screen time</p> <p>READ MORE</p>	 <p>Knowing when to draw the line</p> <p>READ MORE</p>	 <p>Be mindful of what they are watching</p> <p>READ MORE</p>	 <p>Advise them when they encounter inappropriate content</p> <p>READ MORE</p>	 <p>Lead by example</p> <p>READ MORE</p>
 <p>Establish good screen-time practices for the family</p> <p>READ MORE</p>	 <p>Ensure they are sufficiently prepared to use social media</p> <p>READ MORE</p>	 <p>Netiquette</p> <p>READ MORE</p>	 <p>Handling peer pressure online</p> <p>READ MORE</p>	 <p>Mind their digital footprint</p> <p>READ MORE</p>
 <p>Dealing with cyberbullies</p> <p>READ MORE</p>	 <p>Forms of cyberbullying</p> <p>READ MORE</p>	 <p>How to help our child deal with cyberbullying</p> <p>READ MORE</p>	 <p>What if our child is a cyberbully</p> <p>READ MORE</p>	

Useful resources for cyber wellness

 <p>Manage Settings on Instagram</p> <p>Try it now</p>	 <p>Manage Settings on Tiktok</p> <p>Try it now</p>	 <p>Manage Settings on Facebook</p> <p>Try it now</p>	 <p>Setting parental guides on browsers and YouTube</p> <p>Try it now</p>
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SINGAPORE

Scan this QR code to
access the various
parent kits by MOE.



SERANGOON SECONDARY
SCHOOL

Parent kit

View the various parent kits available.

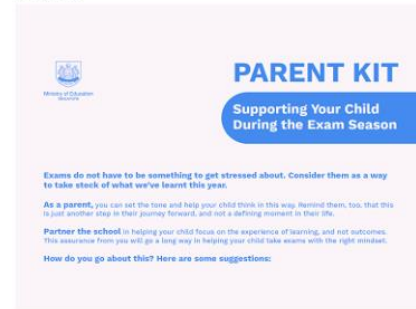
Education Stages	Learning	Technology	Parent-Child Relationship	Well-Being	Personal Growth
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Resources on developing cyber wellness & cyber etiquette, dealing with cyberbullying and managing the use of devices – including Personal Learning Devices (PLDs)

Raising A Digitally Smart Child



Supporting Your Child During the Exam Season



parentingwith.moesg

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8 following

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