Did you know?

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

Source: The Straits Times, 7 Feb 2021

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%

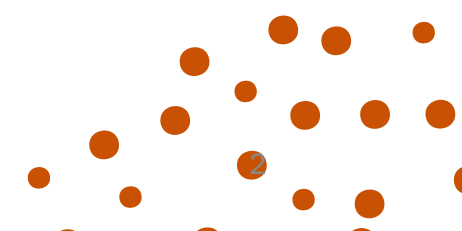## Parents may not be aware of the online risks

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: 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 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

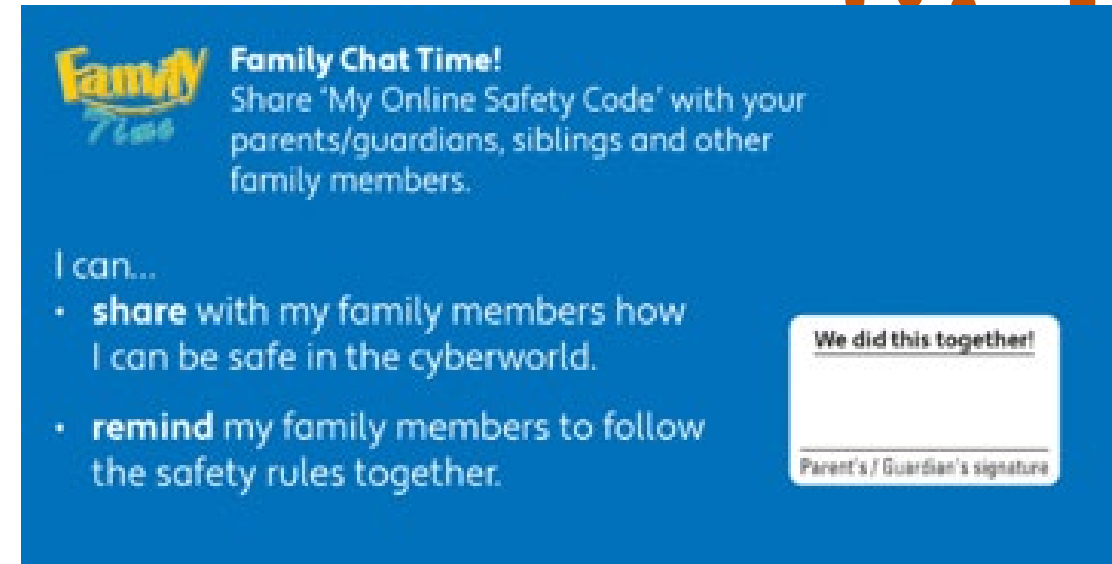**E.g. Lower Primary Lesson on Staying Safe in the Cyberworld**

*Character and Citizenship Education(Form Teacher Guidance Period)

What will Pri 1 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 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 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?

- School talks during assembly on various areas related to Cyber Wellness, including commemorating events such as Safer Internet Day

- Peer leaders to spread message on Cyber Wellness to their peers

- Engaging pupils via creation of booths and activity corners to raise awareness on importance of Cyber Wellness
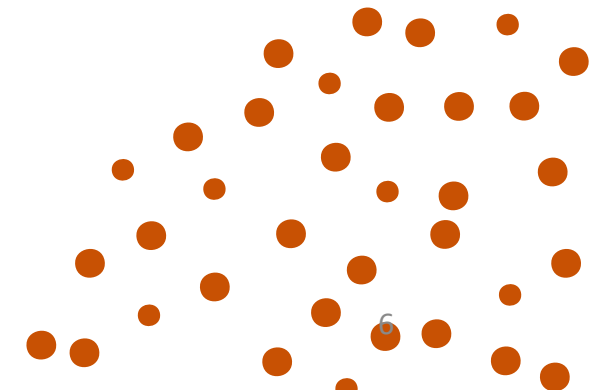
What are the school rules on digital device use?

- No bringing of handphones or digital devices to school
- School will provide computing devices for lessons in the classrooms
- Pupils are not allowed to access non-educational sites in school unless with teacher's permission
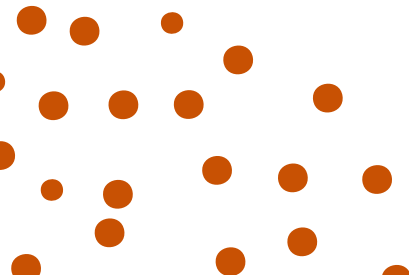
How can parents help their child develop good digital habits?

- 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.

- Here are some ways:
    - **Role model good digital habits** for your child/ward (e.g. parents/guardians not using devices during mealtimes).
    - **Have regular conversations with your child** to better understand what they do online, how to stay safe and how to use technology in a responsible manner.
    - **Discuss and develop a timetable with your child** to moderate their time spent on screens.

- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the *Parenting for Wellness* Toolbox for Parents.

Infographic titled:

Navigating the Digital Age — Page 1 of 2

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?"

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Part of these resources were adapted from the Parenting Strategies Program (https://www.parentingstrategies.net) and the Partners in Parenting (PiP) Program in Australia, in consultation with the Program Lead, Professor Marie Yap from Monash University. Use of the materials from the PiP Program is governed by the terms of the Creative Commons Attribution-ShareAlike 4.0 International License, found at https://creativecommons.org/licenses/by-sa/4.0. Your attention is drawn to Section 5 of the terms of the said license.

How can parents better support their child's digital habits?

Achieving balanced screen time

- **Screen time** refers to the amount of time spent using devices each day. Having some screen time can be beneficial, such as when your child uses devices to learn and connect with others.
- However, it is important to be aware that **spending an excessive amount of time using devices is unhealthy**, as it is associated with insufficient good quality sleep, sedentary behaviours, increased obesity, and poorer mental health and well-being.
- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- Children aged 7 – 12 should have **consistent screen time limits**.

Using parental controls to manage device use and stay safe online

- **Parental controls** refer to a group of settings that put you **in control of what your child can see and do on a device or online**.
- Such controls can allow you to **supervise and monitor your child's online activities and protect them** from inappropriate content, online sexual grooming, cyberbullying and other online risks.
- Parental control settings can be used to **monitor and limit screen time** as agreed with the child.

Scan QR code to download the Ministry of Health's Guidance on Screen Use in Children for more information.

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

Providing a safe space for conversations	• 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.**
Role modelling respectful conversations	• 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.

Have regular and open conversations	• **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 them and want them to be safe online.