

# Cyber Wellness

It's more than saying no to devices.

# Why Should We Be Concerned about Cyber Wellness?

The data may surprise you.

## Did you know?

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Our children are **going online from a younger age**.

**67%** of children aged 7 to 9, and **85%** for those aged 10 to 12 in Singapore use **smartphones** every day, and are active on **social media**.

However, research has shown that both **screen time** and **type of screen use** (educational vs recreational) can impact our **children's well-being**.

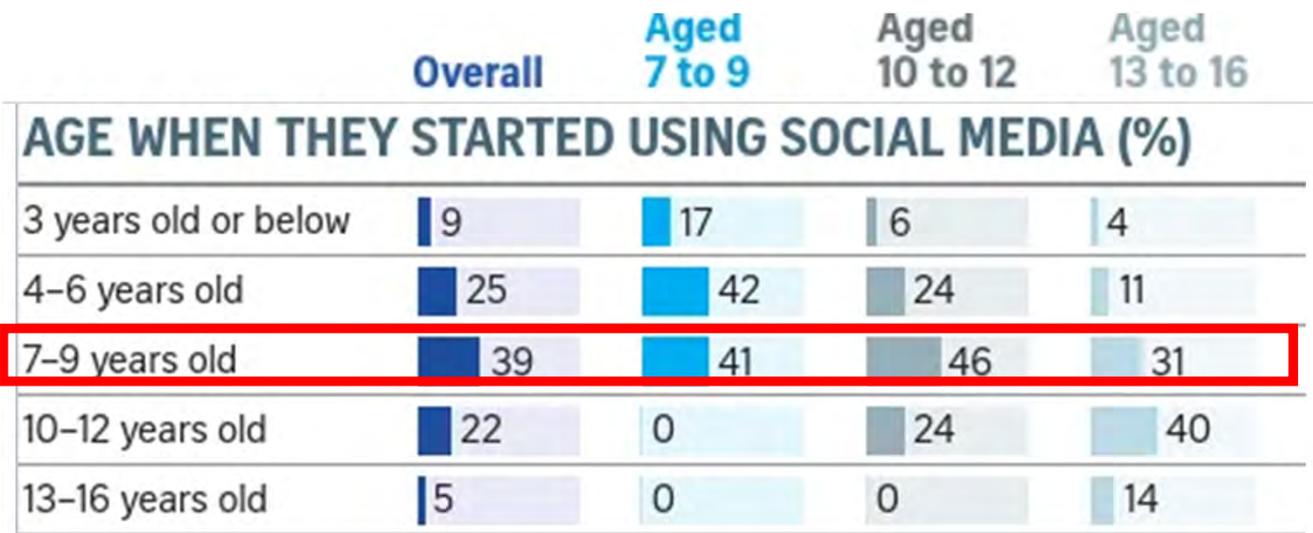
Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

## What does this mean?

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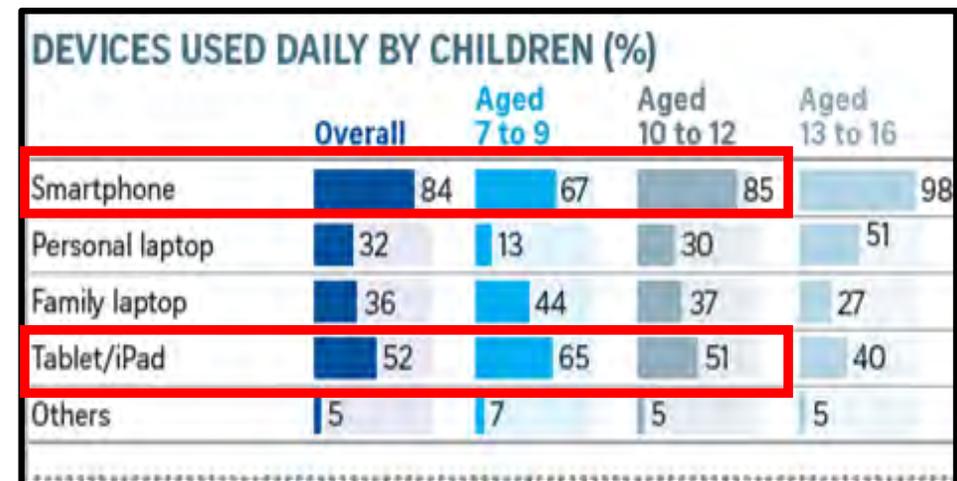
We need to help our children achieve **balanced and purposeful** screen use.

**#1 Resources** on balanced and purposeful screen use are available at the end of the presentation.



CURRENT REALITY  
**Children are going online from a younger age**

CURRENT REALITY  
**Two-thirds of these children use a smartphone and/or a tablet/iPad daily.**



Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

## Did you know?

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A survey of 600 parents in Singapore revealed the types and frequency of **harmful content** our children are exposed to, including cyberbullying, sexual grooming, and sexual harassment.

However, **not all parents are aware** of the **online risks**.

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

## What does this mean?

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We need to be **involved** in our children's digital lives, and put in **parental controls** to keep them safe and role-model for responsible use.

**#2 Resources** on parental controls are available at the end of the presentation.

## TYPES OF ONLINE HARASSMENT (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Cyber bullying	79	86	93	63
Sexual grooming	30	43	21	26
Sexual harassment	45	43	57	37
Others	15	7	7	26

NOTE: This question was posed only to parents who reported that their children had faced online harassment. The poll is subject to a margin of error that is comparable with other research surveys.

Source: MILIEU INSIG STRAITS TIMES GRAPHICS

## CURRENT REALITY

# Types and frequency of harmful content our children are exposed to

Source: Milieu Insights, reported by the Straits Times (Feb 2021)

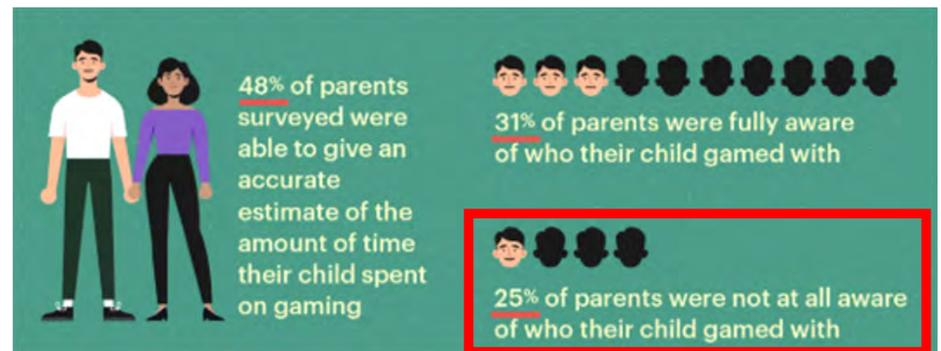
### Parents might not be aware, but...

**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 (30 Nov 2023)



Source: MDDI Survey (Feb 2024)

## Did you know?

Most social media platforms and popular games have **App Store age-ratings:**

- **12+** : WhatsApp, Instagram, Roblox
- **17+** : Telegram and Discord

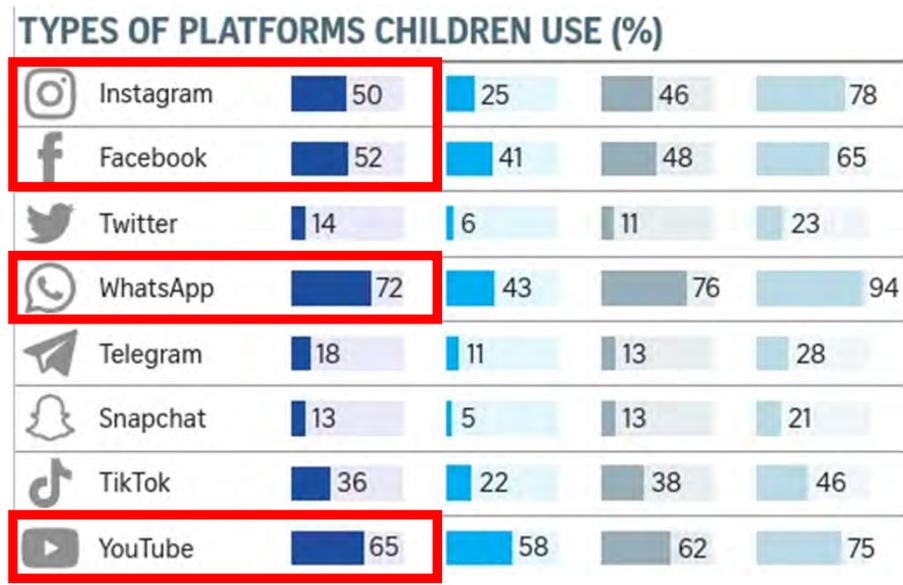
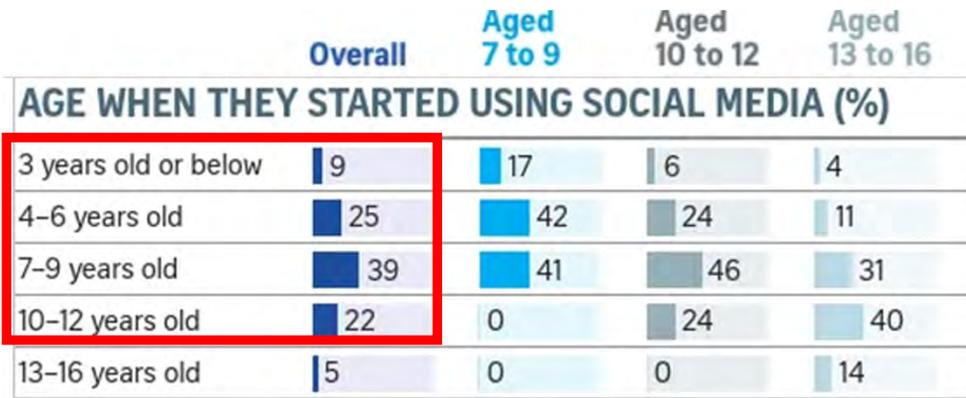
But the **majority of our children** have access to social media **before the recommended ages**.

Research shows that **screen use (smartphone and social media access) in young children** is associated with: insufficient good quality sleep, sedentary behaviours, obesity, and mental health and well-being .

## What does this mean?

We need to ensure our children's use of devices and platforms are **age-appropriate**, and have **open conversations** with them about their digital habits.

**#3 Resources** from Grow Well SG are available at the end of the presentation. 7



CURRENT REALITY

About a third of parents



with children aged seven to 12 said they had Instagram accounts

Source: Milieu Insights, reported by the Straits Times (Feb 2021)

# What is Cyber Wellness?

**Cyber Wellness** is the ability of our children and youth to navigate the cyberspace safely.

This is done through our **Character and Citizenship Education (CCE) 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.**

Through the curriculum, your child learns knowledge and skills to have **balanced screen use, be safe online, and exhibit positive online behaviours.**

## Resources

Scan here to find out more about MOE's Cyber Wellness curriculum:



<https://go.gov.sg/moe-cw-education>

# What Will Your Child Learn in School?

Find out what your child will learn about **Cyber Wellness** during **CCE (FTGP)\*** lessons and other programmes.

\*Character and Citizenship Education (Form Teacher Guidance Period)

# Primary 1 and 2

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

## Basic online safety rules

- Talking to only people you know

## 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

## Importance of a balanced lifestyle

- Especially in exercise, sleep and screen time for health and well-being

## Protecting personal information

- Understand the risks of disclosing personal information

A blue rectangular graphic with a white border. On the left, there is a logo for 'Family Time' with 'Family' in yellow and 'Time' in white. To the right of the logo, the text 'Family Chat Time!' is written in white. Below this, it says 'Share with your family members:' followed by two bullet points: '• What are the safety rules I must follow to keep myself safe online?' and '• What do I know about tricky people?'. At the bottom right, there is a white box containing the text 'My child/ward knows how to keep safe in the cyberworld!' and a line for 'Parent's / Guardian's signature'.

Explore Cyber Wellness messages with your child through the **CCE (FTGP) Journal** by participating in “Family Time” activities in the journal.

# Primary 3 and 4

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

## Balanced use of digital devices

- Time management and spending time on screen-free activities

## Netiquette

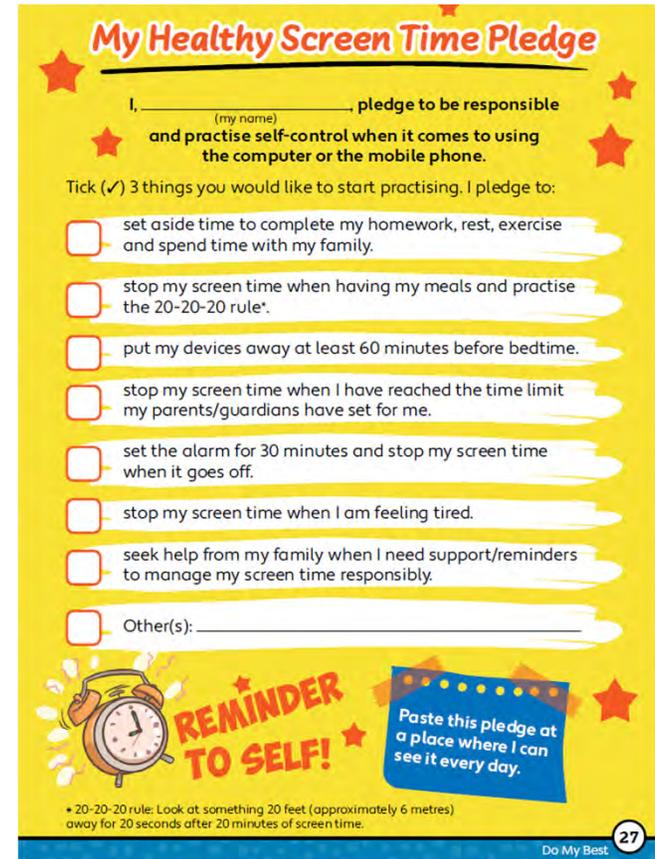
- Show respect to others online
- Be considerate when posting opinions online
- Reflect on how our interactions can affect others online

## Stand up against cyber bullying

- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

## How to stay safe online

- Steps to take to determine if an online friend is trustworthy



**My Healthy Screen Time Pledge**

I, \_\_\_\_\_, pledge to be responsible  
(my name)  
and practise self-control when it comes to using  
the computer or the mobile phone.

Tick (✓) 3 things you would like to start practising, I pledge to:

- set aside time to complete my homework, rest, exercise and spend time with my family.
- stop my screen time when having my meals and practise the 20-20-20 rule\*.
- put my devices away at least 60 minutes before bedtime.
- stop my screen time when I have reached the time limit my parents/guardians have set for me.
- set the alarm for 30 minutes and stop my screen time when it goes off.
- stop my screen time when I am feeling tired.
- seek help from my family when I need support/reminders to manage my screen time responsibly.
- Other(s): \_\_\_\_\_

**REMINDER TO SELF!**

Paste this pledge at a place where I can see it every day.

\* 20-20-20 rule: Look at something 20 feet (approximately 6 metres) away for 20 seconds after 20 minutes of screen time.

Do My Best 27



Discuss your child's healthy screen time pledge at home and cultivate accountability.

# Primary 5 and 6

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

## Be a positive peer influence online and manage digital footprints

- Speak up and stand for what is right regardless of peer pressure
- Seeking help from trusted adults/sources when needed
- Awareness of permanence of online data and review privacy settings

## Importance of cybersecurity

- Protect oneself from phishing, spam, scams and hacking

## How to verify online falsehoods

- Use S.U.R.E.\* to verify information online

## Staying Safe from Pornography

- Understand the impact of pornography on themselves and others
- Reject pornographic content using the 'Stop-Think-Do' strategy.
- Know that keeping, selling, sharing or forwarding pornographic materials is an offence

*S.U.R.E. stands for **S**ource, **U**nderstand, **R**esearch, **E**valuate.  
It is part of National Library Board's Information Literacy Programme.*



Encourage our children to share their experiences as they navigate friendships.

# Additional Resources

Bite-sized practical tips and strategies to help you parent effectively in the digital age.

# Additional Resources:

## *Parenting for Wellness*



For more bite-sized, 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 above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

You can also access the **Parenting for Wellness website** on Parent Hub (hosted by HPB) for personalised access to the full content!

Scan here to access the PfW Toolbox for Parents:



## *Positive Use Guide on Technology and Social Media*

Scan here to access the Positive Use Guide:



The **Positive Use Guide on Technology and Social Media** draws on research to support families as they navigate the digital landscape together. It offers strategies for balanced screen time, how to build healthier digital habits and provides tools like self-check worksheets and curated resources. Scan the QR code on the left to access the guide on the Digital for Life website.

### Positive Use Guide

Evidence-Based Insights on the Impact of Digital Devices on Child and Adolescent Wellbeing



# Compilation of Useful Resources

You can access all digital parenting resources shared throughout this slide deck by scanning this QR code or click [here](#)! *Send this link via PG to your parents too for their easy access.*

**#15 Resources** on tips and strategies to support your child when they might be a cyberbully are available at the end of the presentation.

These resources focus on:

- Managing Device Use
- Respectful Communication
- Role-modelling healthy habits
- Fostering Real Connections
- Unlocking their First Smartphone or Smartwatch
- Playing Online Games
- Accessing their First Social Media Accounts
- Cyberbullying
- Parenting for Wellness
- Positive Use Guide
- Grow Well SG



<https://go.gov.sg/cwresources-parent>  
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# Compilation of Useful Resources

No.	Managing Device Use	
1	Balanced and purposeful screen use	<a href="https://go.gov.sg/pfw-managing-safe-device-use">go.gov.sg/pfw-managing-safe-device-use</a>
2a	Guide on Parental Controls on devices	<a href="https://go.gov.sg/pfw-web-parental-controls">go.gov.sg/pfw-web-parental-controls</a>
2b	Information on in-app safety features	<a href="https://go.gov.sg/pfw-web-app-safety">go.gov.sg/pfw-web-app-safety</a>
3	Grow Well SG resources on purposeful screen use	<a href="https://go.gov.sg/growwellsg-learn-well">go.gov.sg/growwellsg-learn-well</a>
No.	School-Home Partnership resources	
4	Having open conversations about healthy digital habits	<a href="https://go.gov.sg/pfw-managing-safe-device-use">go.gov.sg/pfw-managing-safe-device-use</a>
5	Role modelling respectful conversations	<a href="https://go.gov.sg/pfw-respectful-conversations">go.gov.sg/pfw-respectful-conversations</a>
6	Providing a safe space for conversations	<a href="https://go.gov.sg/pfw-safe-space">go.gov.sg/pfw-safe-space</a>
7a	Video: real connections when conversations happen in safe spaces	<a href="https://go.gov.sg/video-opencommunication">go.gov.sg/video-opencommunication</a>
7b	Video: healthy screen use starts at home	<a href="https://go.gov.sg/video-familyscreenuse">go.gov.sg/video-familyscreenuse</a>

# Compilation of Useful Resources

No.	Unlocking their First Smartphone or Watch	
8a	Things to consider when setting rules on the use of smartphones	<a href="https://go.gov.sg/pfw-web-involving-children-setting-rules-smartphones">go.gov.sg/pfw-web-involving-children-setting-rules-smartphones</a>
		<a href="https://go.gov.sg/dfl-first-smartphone">go.gov.sg/dfl-first-smartphone</a>
8b	Screen Time settings on Apple devices (iPhone, iPad)	<a href="https://support.apple.com/en-sg/108806">https://support.apple.com/en-sg/108806</a>
8c	Google Family Link	<a href="https://families.google/familylink/">https://families.google/familylink/</a>
9	Video: Preparing your child for their first smartphone	<a href="https://go.gov.sg/video-firstphone">go.gov.sg/video-firstphone</a>
No.	Playing Online Games	
10	Video game ratings	<a href="https://imdaonline.imda.gov.sg/Classification/Search/VideoGames/Default.aspx">https://imdaonline.imda.gov.sg/Classification/Search/VideoGames/Default.aspx</a>
11a	Entering your child's gaming world	<a href="https://go.gov.sg/pfw-child-gaming-world">go.gov.sg/pfw-child-gaming-world</a>
11b	Conversation tips on gaming concerns	<a href="https://go.gov.sg/gaming-conversation">go.gov.sg/gaming-conversation</a>
No.	Accessing their First Social Media Accounts	
12a	Social Media: Is your child ready for it?	<a href="https://go.gov.sg/pfw-web-social-media-readiness">go.gov.sg/pfw-web-social-media-readiness</a>
12b	Tools and resources for managing online safety	<a href="https://go.gov.sg/pfw-managing-safety-online">go.gov.sg/pfw-managing-safety-online</a>

# Compilation of Useful Resources

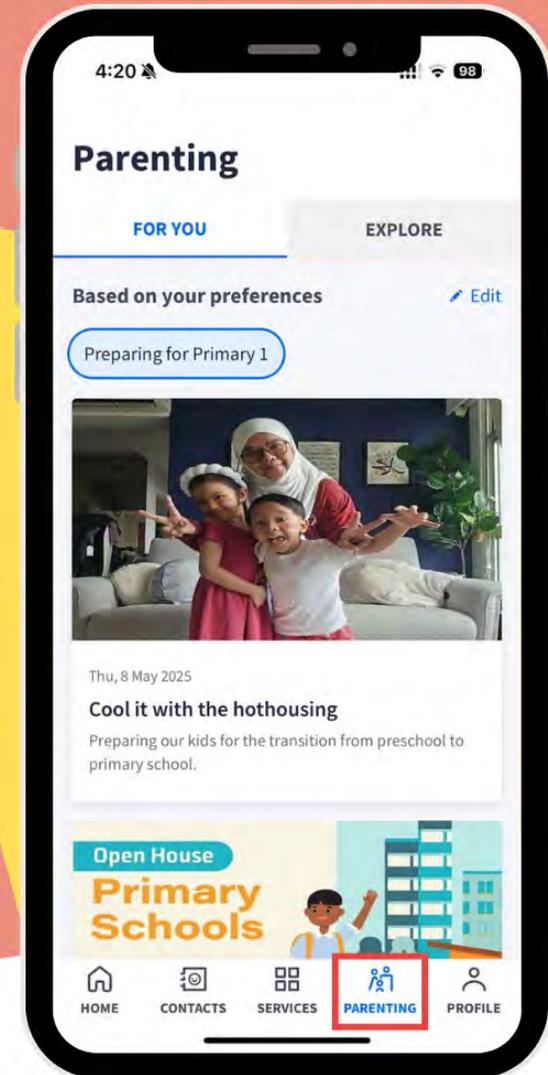
No.	Cyberbullying	
13a	Parenting for Wellness (PfW) Website Module on Cyberbullying	<a href="http://go.gov.sg/pfw-web-cyberbullying">go.gov.sg/pfw-web-cyberbullying</a>
13b	PfW resources – when your child is the victim	<a href="http://go.gov.sg/pfw-cyberbullying-victim">go.gov.sg/pfw-cyberbullying-victim</a>
14	PfW resources – how to report incidents through online platforms	<a href="http://go.gov.sg/pfw-web-app-safety">go.gov.sg/pfw-web-app-safety</a>
15	PfW resources – when your child is the bully	<a href="http://go.gov.sg/pfw-cyberbullying-bully">go.gov.sg/pfw-cyberbullying-bully</a>
No.	Additional Resources	
16a	Parenting for Wellness Toolbox for Parents (condensed info)	<a href="http://go.gov.sg/pfw-toolbox-for-parents">go.gov.sg/pfw-toolbox-for-parents</a>
16b	Parenting for Wellness Website (full content)	<a href="http://go.gov.sg/pfw">go.gov.sg/pfw</a>
17	Positive Use Guide on Technology and Social Media	<a href="http://go.gov.sg/positive-use-guide">go.gov.sg/positive-use-guide</a>
18	Guidance on Screen Use in Children by Ministry of Health	<a href="http://go.gov.sg/pfw-screen-use-guidance">go.gov.sg/pfw-screen-use-guidance</a>
19	Online platform's online safety tools and resources	<a href="#">Tools and resources for managing your own safety online</a>



# Parenting Resources on Parents Gateway (PG)



Discover rich and customisable parenting resources on topics such as preparing for Primary 1, forging parent-child relationships and education pathways.





# Begin your parenting journey with us

@parentingwith.moesg

Follow us on Instagram for bite-sized and actionable parenting tips to tackle the everyday demands of parenting.

