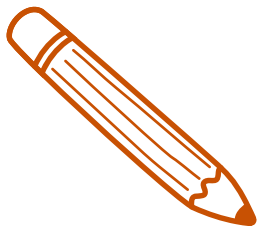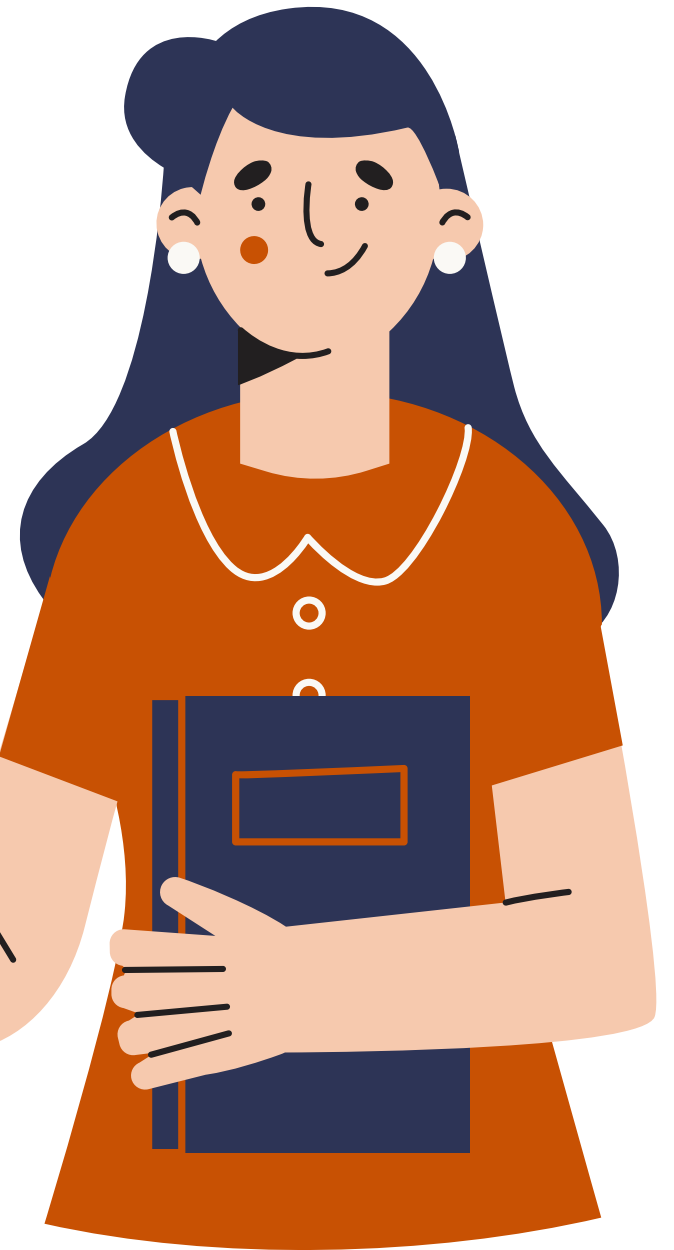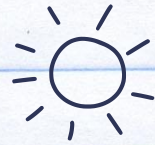# Did you know?

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

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%

Source: The Straits Times, 7 Feb 2021

Parents may not be aware of the online risks

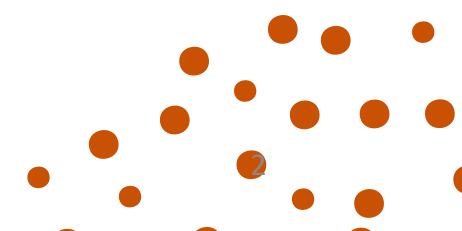Parents might not be aware, but...

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 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**

Staying Safe in the Cyberworld ❷
This set of rules helps us to stay safe online.

My Online Safety Code

I ask my parents/ teachers before I go online to play games.

I do not give my password to anyone I meet online.

I set a limit for my screen time.

I always ask my parents or teachers whenever I am unsure about what I see online.

14 Understand and Care for Myself

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

*Character and Citizenship Education(Form Teacher Guidance Period)

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**

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

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!

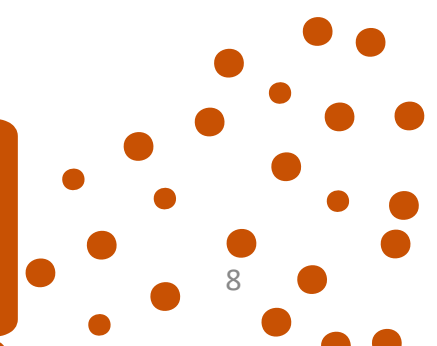# How can parents help our children develop good digital habits?

- 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

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.
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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**

Content on this slide is a sneak preview of the Parents' Toolbox by the Interagency Taskforce on Mental Health and Well-being.
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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.

Content on this slide is a sneak preview of the Parents' Toolbox by the Interagency Taskforce on Mental Health and Well-being.
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