Parents' Briefing on Cyber Wellness
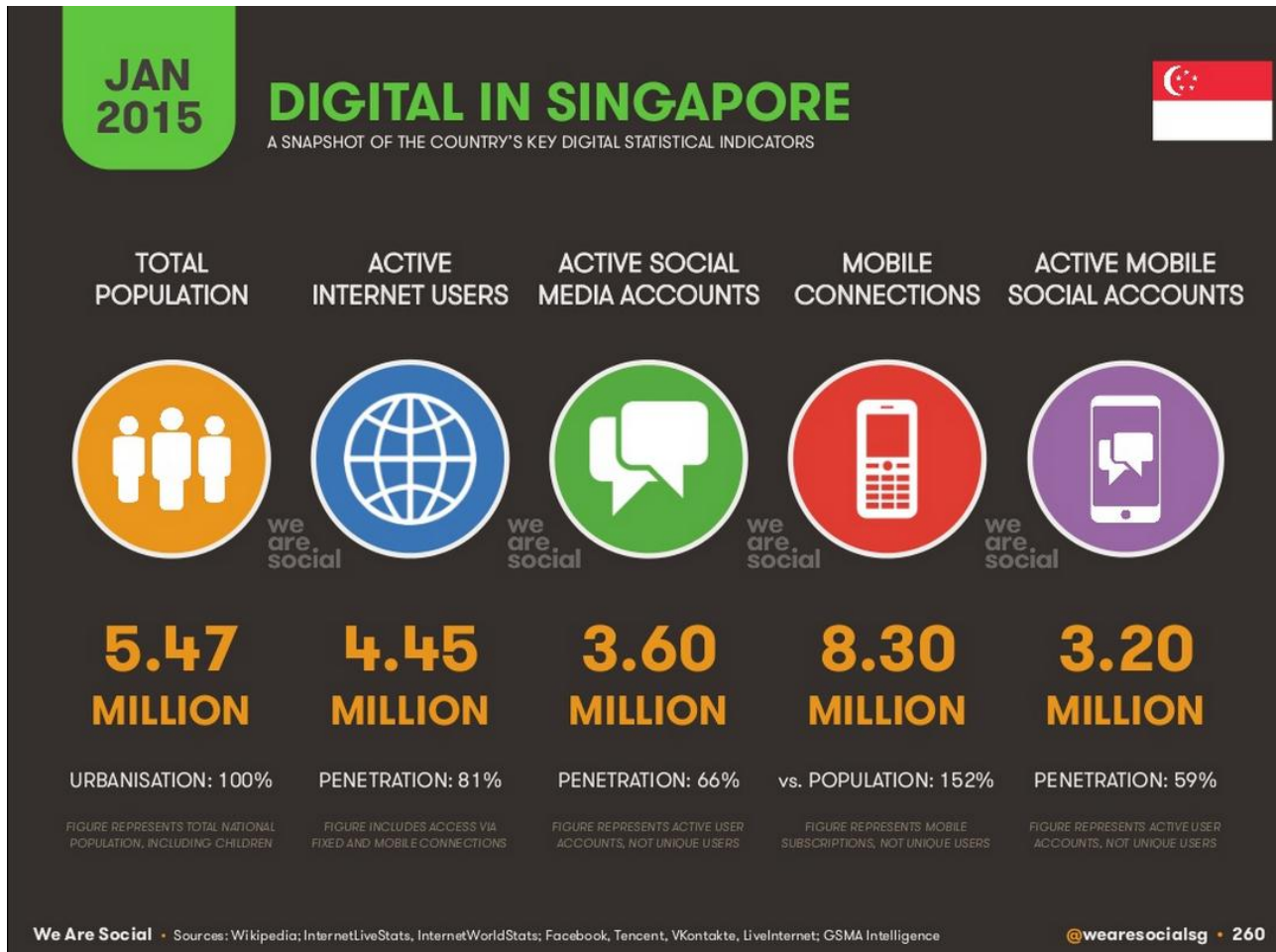
Objectives

To share on:

- ❖ Latest Technological Trends
- ❖ Value and Potential Risks of Technology
- ❖ Cyber Wellness Education (MOE)
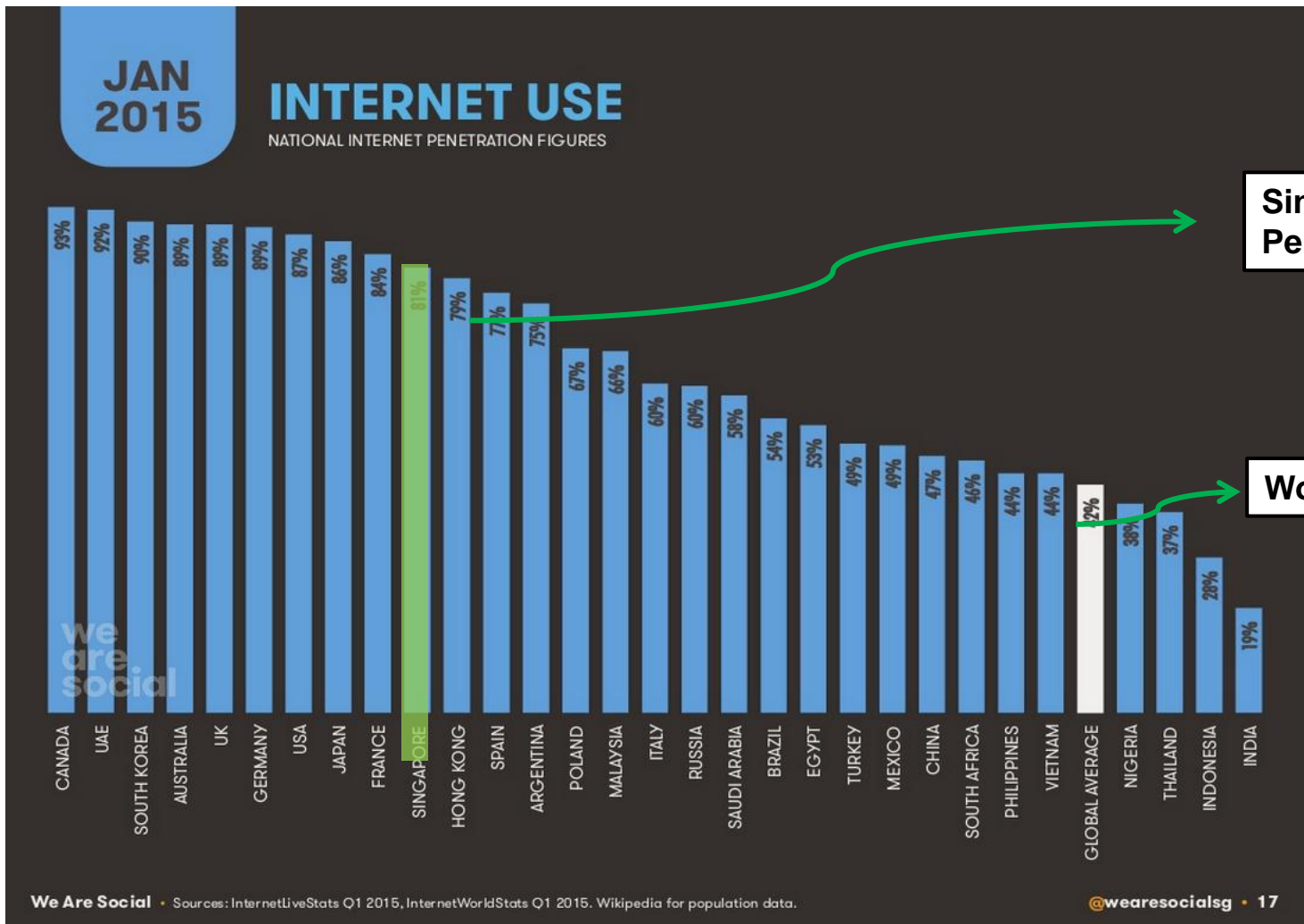- ❖ Parents as Partners

LATEST TECHNOLOGICAL TRENDS

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Ministry of Education
SINGAPORE

Latest Technological Trends

Shared with permission from 'We are Social', a Singapore-based social media agency

Latest Technological Trends

Singapore Internet Penetration: 81%

World Average: 42%

Shared with permission from 'We are Social', a Singapore-based social media agency

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VALUE AND POTENTIAL RISKS OF TECHNOLOGY

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Harnessing Technology for Learning

Schools of the future

By Ong Boon Kiat

Goodbye, chalk and blackboard; welcome, digital learning

- Access to information
- Learn anytime and anywhere
- Greater personalisation of learning

very useful because it's something that really engages the students.
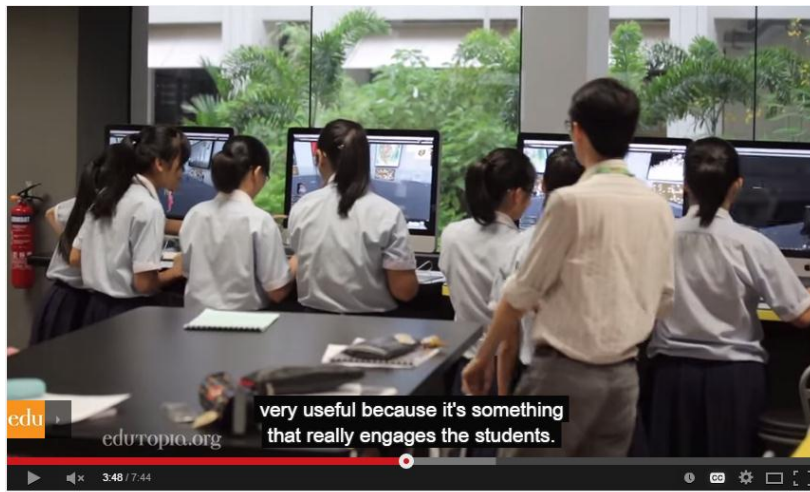
Singapore's 21st-Century Teaching Strategies (Education Everywhere Series)

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Harnessing Technology for Good

Using Technology to Teach Gratitude and Kindness

Posted on December 8, 2014 *by Jackie Myers*

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While most of us recently went around the table to share thanks, being thankful is certainly something we should encourage children to practice all year.

With the use of technology growing every day, a child's attention to politeness and good manners can sometimes be slim. But imagine if we used technology to teach students to be grateful and kind. Imagine if our efforts were so successful that gratitude became first nature.

GRATITUDE

While You Were Sleeping, someone was nice to you

PUBLISHED ON DEC 12, 2012 6:00 AM

f 42 🐦 252

Mr Ng came up with the While You Were Sleeping campaign in response to the competitive climate at his university. It encourages people to do a simple act of kindness while someone is asleep. — PHOTO: LIM YAOHUI FOR THE STRAITS TIMES

f While You Were Sleeping

WHILE YOU WERE SLEEPING.

While You Were Sleeping
4,713 likes · 2 talking about this

Community
An Independent Social Project by Youths who couldn't sleep. FIND OUT MORE:
http://vimeo.com/40284749 Download WYWS cards here: http://ge.tt/7MqiQxQ/v/0

About – Suggest an Edit

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Managing Potential Online Risks

REGULATING time and activities	**MANAGING** online reputation
DISCERN inappropriate content	**RESPECT** intellectual property

Being a Digital Citizen :

"Balance of individual empowerment with digital technology with the sense of personal, community, global responsibility"

(Author of " Digital Community, Digital Citizen", Jason B. Ohler, 2010)

CYBER WELLNESS EDUCATION (MOE)

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What is Cyber Wellness?

Positive well-being of Internet users

Understanding of the norms of appropriate use

An understanding of the risks of harmful online behaviour

An awareness of how to protect oneself and other Internet users

Recognition of the power of the Internet to benefit oneself and the community

Source: MOE and MDA

Key Messages for Cyber Wellness
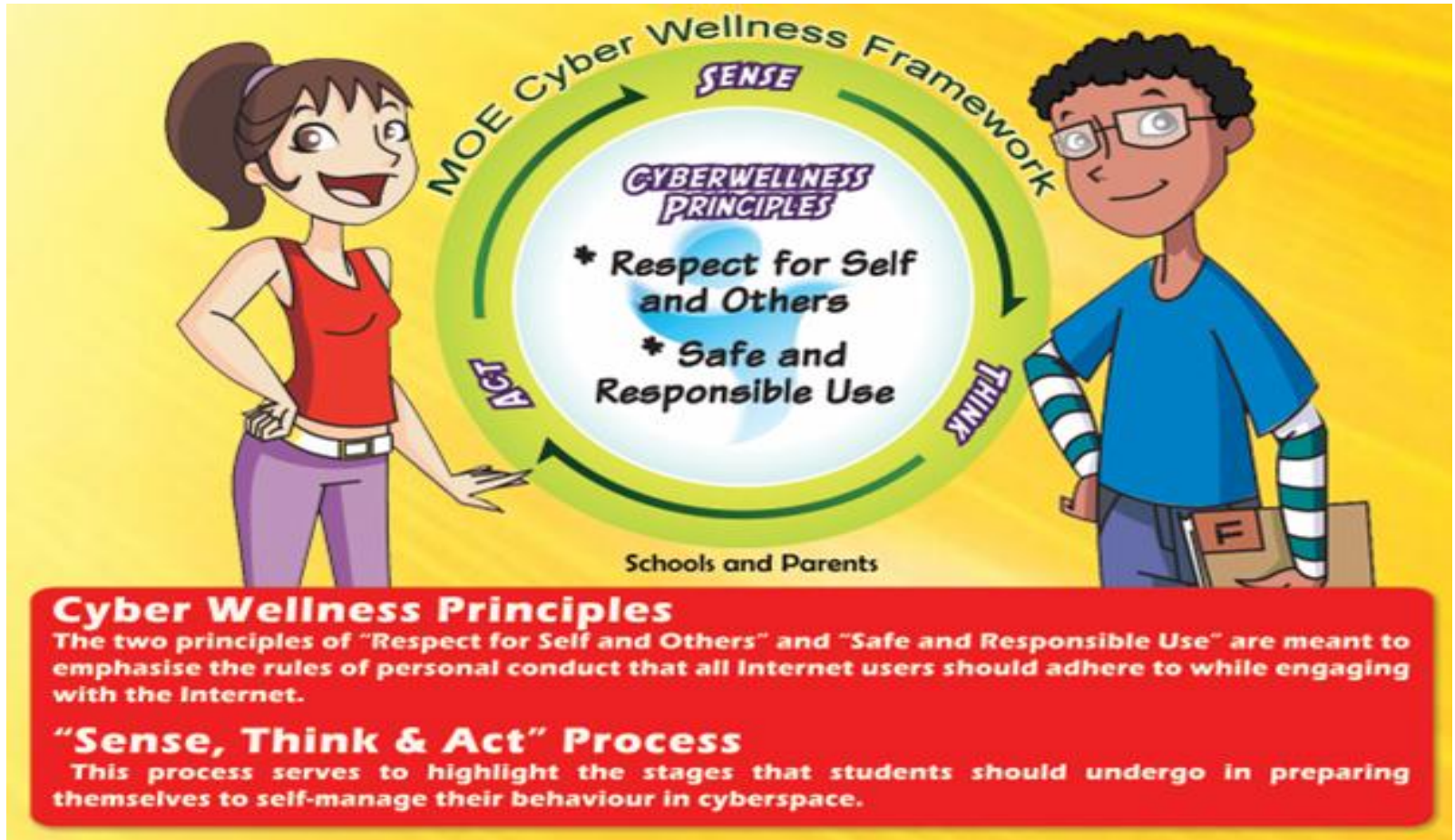
ICT is an integral part of the learning environment

Cyber Wellness education should move in tandem with the use of ICT for learning

Partnership between parents and schools is essential for a holistic Cyber Wellness education

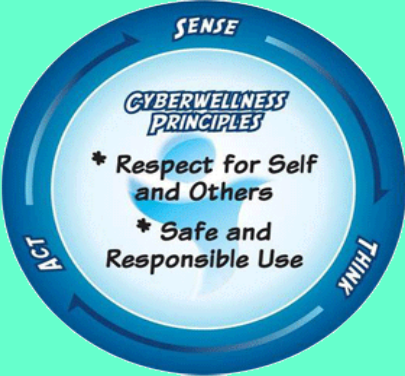# Cyber Wellness Education -
MOE Framework

Cyber Wellness Education:
Goal of MOE's Cyber Wellness Curriculum

To equip our children with

life-long social-emotional competencies and sound values

so that they can become

safe, respectful responsible users

of ICT.

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Cyber Wellness Curriculum

2 Principles	3 Big Ideas	4 Themes	8 Topics CW Curriculum in Pri (FTGP) & Sec (CCE Guidance Module)	CW within Pre-U CCE lessons and school-based CCE
CW Framework Respect for self and others Safe and responsible use	Identity	Cyber Identity: Healthy self-identity Cyber Use: Balanced life and balanced use	• Online Identity and Expression • Balanced Use of ICT	Pre-U students will build on the foundation of ten years of Cyber Wellness education to apply and advocate cyber wellness Knowledge, Skills, Attitudes and Values in the context of the total school experience [*will be rolled out in 2016*].
	Relationships	Cyber Relationships: Safe and meaningful	• Netiquette • Cyber Bullying • Online Relationships	
	Choices	Cyber Citizenship: Positive presence	• About the Cyber World • Handling Online Content and Behaviour • Cyber Contacts	

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FTGP CW LESSONS

- P1 – 1 Lesson per year
- P2 – 2 Lessons per year
- P3 – 3 Lessons Per year
- P4 – 2 Lessons Per year
- P5 – 2 Lessons Per Year
- P6 – 4 Lessons per year

(As of 2014)

Form Teacher Guidance Period - Primary CCE curriculum

Cyber Wellness Guidance Module Secondary CCE Curriculum

CCE SEC CW LESSONS

Sec 1 to 4   - 4 hrs for each academic level per year

Sec 5   - 2 hrs per year

(From 2014)

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MOE's Key Message to Students

1. Embrace ICT yet maintain a balanced lifestyle between the physical and the cyber world

2 Harness the power of ICT for positive purposes

3 Maintain a positive presence in cyberspace

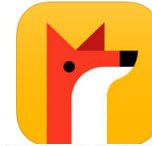**4** Be a safe and responsible user of ICT

PARENTS AS PARTNERS

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Do you know your child's online social lives?

✓ **Content Sharing sites**

✓ **Social Networking sites**

✓ **Messaging apps**

From EU Kids Online Final Report (2009) Research: Active Mediation Strategy

Key findings:

- Children's exposure to online risks tends to be less when parents actively mediate their children's use.

- Active mediation is linked to MORE (not fewer) online activities and skills

Activity 1:

View Videos from [Child Exploitation and Online Protection (CEOP)](#) or [ThinkUKnow](#) YouTube Channels together with your child and discuss the following questions after viewing each video:

1) Why do you think the incident happen?

2) What would you do if you are the character in the video?

3) What do you think the parent of the character should do/could have done? Why?

Activity 2:

Use the self-assessment checklist with your child to engage him/her in an open discussion on his/her digital lifestyle so that you can better support him/her home cyber wellness education

Self-assessment Checklist on Internet Use

S/N	Self-assessment checklist on Internet Use	Yes	No	Some-times
1	In the past year, has your schoolwork suffered because you spent too much time online?			
2	In the past year, have you become restless or irritable when trying to cut down or stop your online activities?			
3	In the past year, have you ever skipped your studies or co-curricular activities (CCA) because of your online activities?			
4	In the past year, have you ever lied to family or friends about how much go online?			
5	In the past year, do you need to spend more and more time or money on online activities to feel the same amount of excitement?			
6	In the past year, have you gone online to escape from problems, bad feelings, or stress			
7	In the past year, are you thinking about your online activities more and more?			
8	In the past year, have you ever needed to borrow money because of your online activities?			
9	In the past year, have you ever stolen money because of your online activities?			
10	In the past year, have you tried to go online less often or for shorter periods of time?			
11	Referring to (10), were you successful?			

Source: Adapted from Choo, H., Gentile, D.A., Sim, T., Li, D., Khoo, A., & Liau, A.K. (2010). Pathological Video-Gaming Among Singaporean Youth. Annals Of The Academy Of Medicine Singapore, Vol 39(11), pp. 822-829.

From EU Kids Online Final Report (2009) Research: Active Mediation Strategy

- **Be informed** and aware of healthy online practices and activities.
- **Discuss** online activities with your children to stimulate better critical thinking skills
- **Encourage** your children to be active participants, instead of passive recipients, of online content and interactions
- **Role model** positive online behaviour.

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From EU Kids Online Final Report (2009) Research: Other Parenting Strategies

Monitoring	Technical Mediation	Restrictive Mediation
Ensure that passwords are secure and updated regularly	Set parental control on devices to regulate children's use	Set rules for ICT usage to control the amount of time spent online
'Friend' their children on social media platforms.	Set parental filter on web browsers to sieve out inappropriate content	Do not allow children to have their own personal device or data-plan.
Check the cache regularly		

Reinforcing Learning at Home

"Family Time" activities in Primary Lessons:	Sample Activities
P1 Lesson on _Surf Safe_ Pupils share the three Surf Safe Rules with parents/guardians and have them sign on the journal page	
P4 Lesson on _Too Much Too Little_ Pupils enlist the help of family members to keep track of their 'Screen Time' habits. Pupils initiate conversations with their family members to have them reflect on the role of media-related technology in their everyday lives.	

Every Parent, A Supportive Partner

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