

# Year Head Talk



**Gracious School , Life-long Learners**



# What to will your child do during Let's SPRING?

- Social Skills
- Growth Mindset
- Bonding Games
- Walk for Rice





# Cyber Wellness



# 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

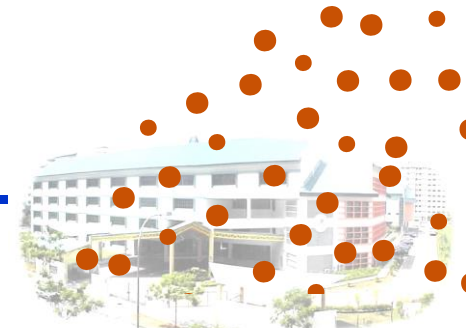
Parents might not be aware, but...

**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**
  - 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
- Importance of a balanced lifestyle in
- Protecting personal information

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



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



# What will Pri 1 and 2 students learn about Cyber Wellness during CCE (FTGP) lessons?

## ● Cyber Contacts

- Understand the profiles of strangers
- Recognise the dangers of chatting with strangers online

## ● Parents are strongly encouraged to participate in the “**Family Time**” activities in the CCE (FTGP)

E.g. Family Time in the lesson on Staying Safe in the Cyberworld



**Family 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



# What other Cyber Wellness programmes do we have for our students?

- Assembly Programmes
- Form Teachers and Year Head Talk
- Social Skills Lessons

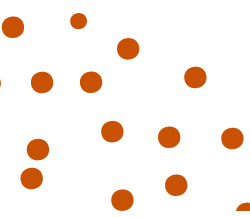




## What are the school ICT policy?



- Responsible users online and stay safe while using the internet and other digital technologies for educational, personal and recreational use
- Protect from accidental or deliberate misuse that could put them or other students at risk



# How can parents help their child develop good digital habits?

- Here are some ways:
  - Role model good digital habits
  - Have regular conversations with your child
  - Discuss and develop a timetable with your child

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## 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
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- "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.
- 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.

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

## Achieving balanced screen time

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



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

**Using parental controls to manage device use and stay safe online**

Download the Ministry  
Guidance on Screen Use in  
Information.



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

- Providing a safe space for conversations
- Role modelling respectful conversations
- Have regular and open conversations





*Thank you*

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