

Cyber Wellness

It's more than saying no to devices.

First Toa Payoh Primary School

16 January 2026

Cyber Wellness

The ability of our children to navigate the **cyberspace safely**.

Three Emerging Trends

- Children **go online younger**
- Usage of social media platforms **not meant for their age** leading to a lack of **emotional control** and **online empathy**.
- There is **little adult guidance**.

Why Should We Be Concerned about Cyber Wellness?

The data may surprise you.

Do you know?

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

Screen time can impact our **children's well-being**.



What does this mean?

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



Smartphone & Social Media Usage Among Children in Singapore



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

CURRENT REALITY
Children are going online from a younger age

Early screen exposure linked to slower decision-making, higher anxiety in children: Study

But it is never too late to reverse the side effects faced by children who have had too much screen time as infants, said researchers.



A group of boys using mobile phones. (Photo: iStock/CG Tan)

Do you know?

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

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

Research has shown that insufficient good quality sleep:

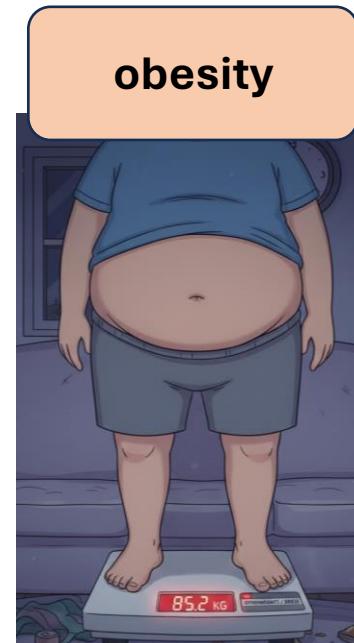
sedentary behaviours



well-being



obesity

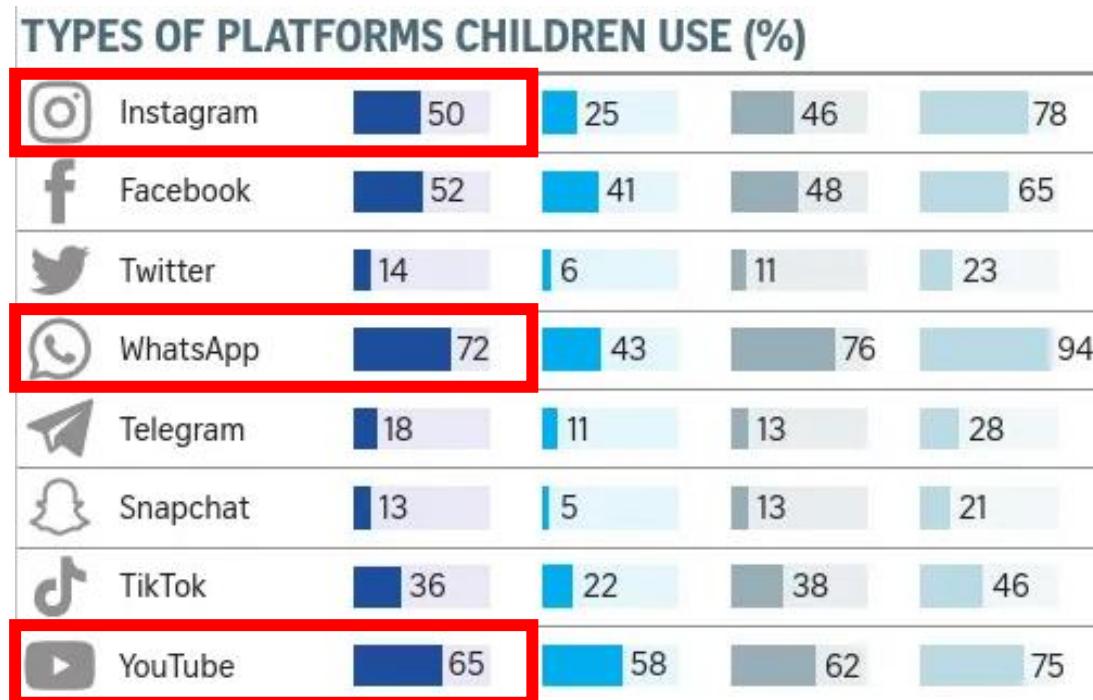
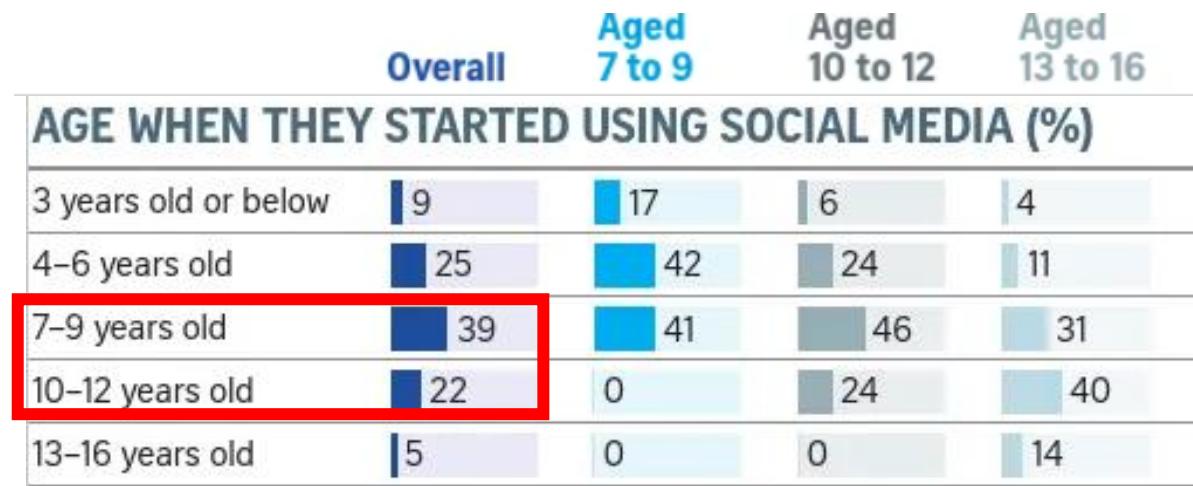


What does this mean?

We need to ensure our children's use platforms that are **age-appropriate**

- Have **open conversations** with them about their digital habits.





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)

Do you know?

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.**

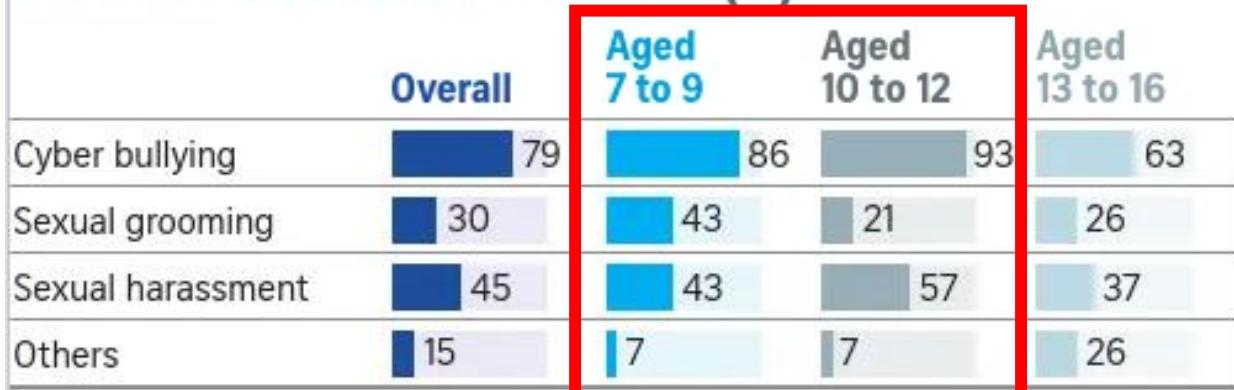


What does this mean?

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.



TYPES OF ONLINE HARASSMENT (%)



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 explicit content

1 in 4 children has overshared their personal information

Source: [MLC-TOUCH Parent Child Poll Findings](#) (30 Nov 2023)



Source: [MDDI Survey](#) (Feb 2024)

We need to guide our children more intentionally.

build **Resilience** and **Character**
while **creating safe spaces** for our children



Cyberbullying

This matters.

It is of utmost **importance** that our students understand that bullying and cyberbullying is **wrong** and **acquire skills** to:

- cultivate **empathy** and **be kind**
- manage differences and resolve disagreements **respectfully**
- be **assertive**, manage negative influences and **seek help**
- stand up against bullying and support peers affected as **upstanders** and **peer supporters**

Source: [Channel News Asia \(12 Sep 2025\)](#)



How can I guide my child to be kind and respectful online?

Ask your child if what they are about to post or share online is...
Truthful, Helpful, Inspiring, Necessary, and Kind (T.H.I.N.K.)?



IS IT TRUE?

Is this a fact or just an opinion or feeling?



IS IT HELPFUL?

Does it help you, them, or the situation?



IS IT INSPIRING?

Would it encourage, motivate, and make someone feel better?



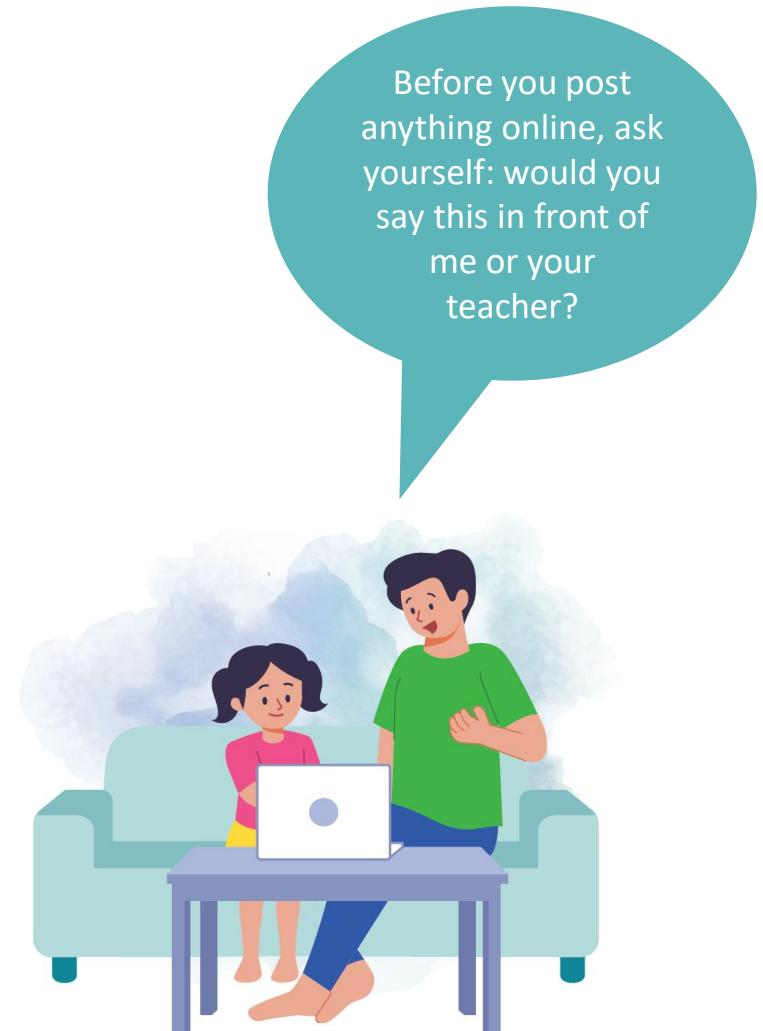
IS IT NECESSARY?

Does it really have to be said, or you just want to or feel like saying it?

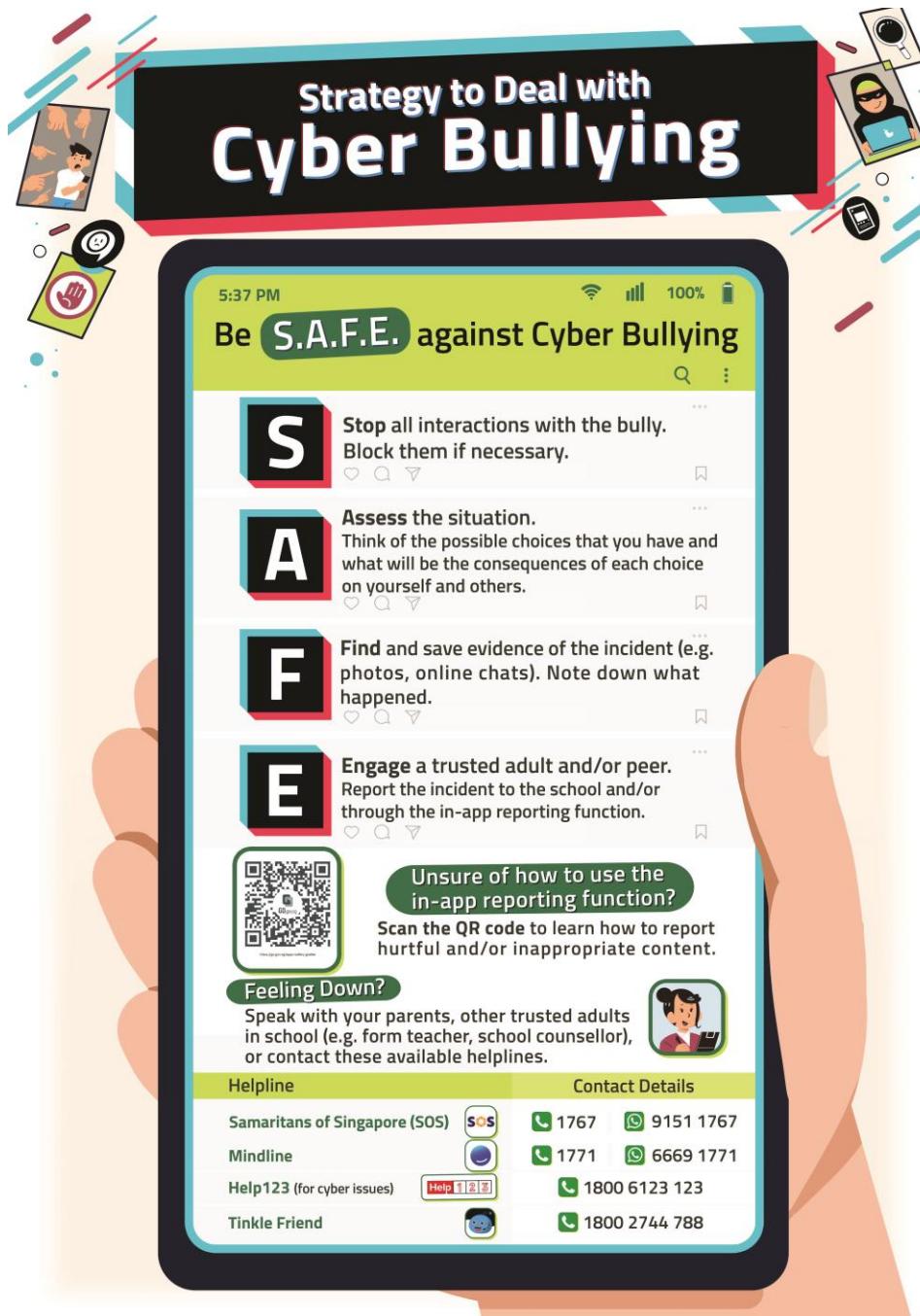


IS IT KIND?

Are you saying this with the intention to hurt someone's feelings?



How can I help if my child is a victim?



Remain calm to assess the situation and provide emotional support to your child.



How can I help if my child is a victim?

Have a conversation using **C.H.E.E.R** as a guide to understand what they are experiencing.

You can use **C.H.E.E.R** to help guide your conversation.



Calm them down

Speak in a gentle tone.



You seem upset. Let's sit down and talk about it.



Hear them out

Lend them a listening ear.



It can be difficult to talk about being bullied. I want to understand how it's been for you so we can figure out what we can do together.



Empathise with their feelings

Acknowledge their feelings.



I see that you have been hurt by their actions. How about using I-Messages* to let them know that you are upset by what they posted? Sharing how you feel may help resolve any misunderstandings.



Encourage them to seek help

If it seems that the problem is beyond what your child can manage on their own, recommend reaching out for additional support.



It seems like this has been going on for a while and is bothering you a lot. Let's get some help to resolve the matter.



Reassure them

Let them know that you will always be there to support them and listen to their problems.



I'm always here for you. If this happens again or whenever you feel bothered by it, I'm here to listen.



Remain calm to assess the situation and provide emotional support to your child.

* I-messages are used to communicate one's feelings and needs to others clearly and respectfully. For example, "I felt upset when you posted that photo of me making a funny face that made me look silly. I would need you to remove that photo, please."

How can I help if my child is the bully?

If you suspect that your child is cyberbullying others, remain calm. You can:

- **Ask questions** to **understand** what happened.
- Let them know that **bullying is unacceptable**. Encourage them to apologise sincerely and make amends to repair relationships.
- **Monitor** their **online activities** e.g. their social media posts
- **Reach out** for **extra support** from school.

That action was hurtful, but you're capable of being kind.



Parents, your child's **behaviour change takes time** and requires consistent effort. You can build their character by **setting clear expectations** about treating others respectfully and **role-modelling** positive behaviours in your interactions.



School Cyber Wellness Initiatives

Together, we can raise happy, kind and confident children, ready to thrive in the digital world.

What is Cyber Wellness?

Cyber Wellness is the ability of our children 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>

School Programmes and Initiatives

- Cyber Wellness programmes/initiatives
Safer Internet Day in Feb
- Balanced use of Technology
- Digital Safety



School Programmes and Initiatives

Be Safe Tips to stay safe

MESSENGER

PROFILE

Name: Cheery Lau Yi Mei !

Address: 365 Lorong Ayer Street 64, !

Date of Birth: 02 ✓ Jan ✓ !

About Me: I am a Prefect in Ayer Primary School and I love my class, 4M. My CCA is Tennis and I go to Ayer Swimming Complex every Saturday at 9am !

Personal information can be used by strangers to identify or locate you.

Tips to stay safe

Only chat online with people you know in real life.

Do not send personal information to strangers online.

Ignore messages or friend requests from strangers.



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Be Safe Protect against Cyber Threats

Set strong passwords.

Strong passwords prevent others from getting into your accounts without you knowing.

You can create a strong password based on a memory that is unique to you, for example, learntoRIDEbicycleat5

Log out of your accounts and lock your devices when not using them

Anyone can use your device and accounts if you do not log out.

Ignore or close suspicious pop-up messages.

Cybercriminals often use links and attachments sent via email or instant message to install malicious software on your devices.

I should think carefully before opening any attachments

Delete messages with suspicious attachments or links.



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Be Kind

Show Respect When Communicating Online



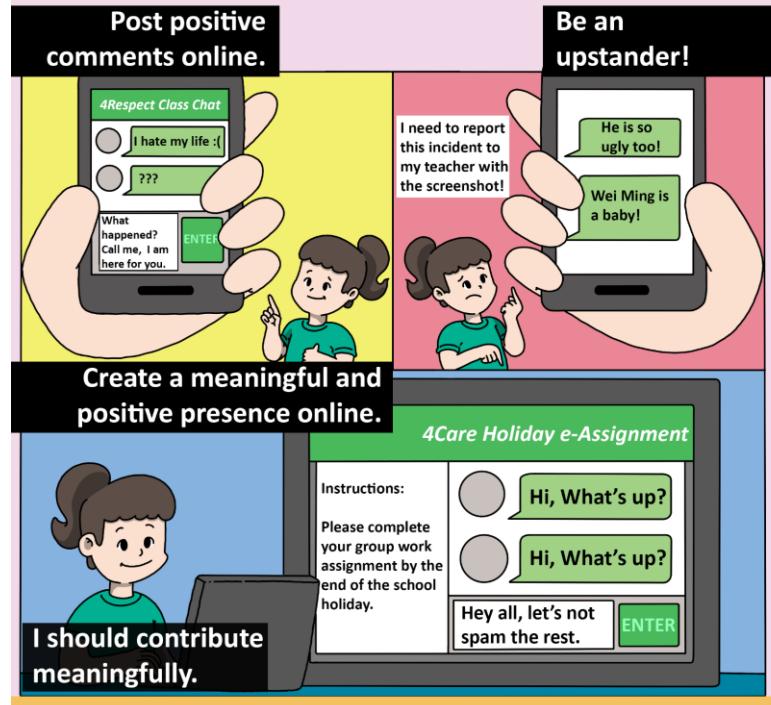
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Be Kind

Be a Positive Influence



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School Programmes and Initiatives

Be Smart

Manage Screen Time

Complete your homework before playing online games.



Put away or switch off your devices when it is time for bed.



Maintain a healthy balance between your online and offline activities.



Limit the time you spend online.

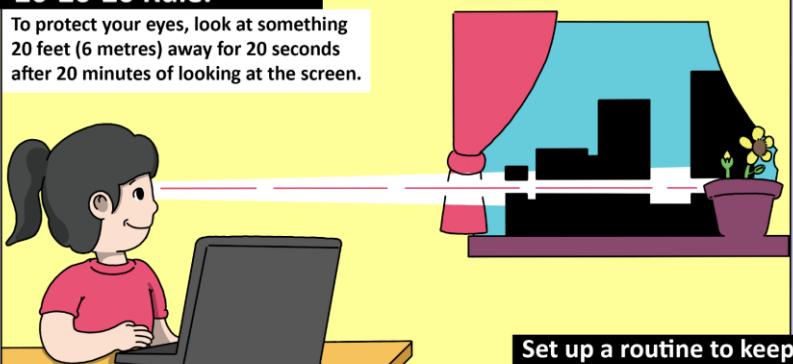


Be Smart

Practice Healthy Online Habits

20-20-20 Rule.

To protect your eyes, look at something 20 feet (6 metres) away for 20 seconds after 20 minutes of looking at the screen.



Have a healthy balance of online and offline activities.

Taking part in a combination of online and offline activities will help you to remain healthy. Plan for tech-free time.



Set up a routine to keep your device use in check.

Put your device away during mealtimes, and commit to cutting off screen time 1 hour before bedtime.

School Programmes and Initiatives



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How Can We Partner Up?

Together, we can raise happy, kind and confident children, ready to thrive in the digital world.

3 areas we can work together on to foster School-Home Partnership

1 Respectful Communication

Our children do best when schools and parents work hand in hand to support them.

2 Role Models

3 Real Connections



Respectful Communication

Listen, understand, and foster kind words and actions between you and your child.



Have open conversations with your child

- what they do online
- how to stay safe



Let them know your rules come from **care not control**.



Involve your child when setting parental controls, so they **feel guided, not controlled**.



Role Models

You play a key role helping your child **establish healthy digital habits** and learn to **use technology in a positive and meaningful way**.



Role model healthy device habits and respectful online behaviour.

- not using devices during mealtimes



Role modelling respectful conversations.

- Daily interactions with your child.
- **Listen to understand first**, instead of jumping straight into giving advice and solutions.





It's not just what you say,
but how you show your care.

- #7 Watch this video on YouTube about having conversations grounded in love and respect that can help your child feel heard.
[Timing Matters: It's Not Just What You Say](#)

Real Connections

Cultivate strong relationships and healthy habits in this digital age.



Create a safe space for conversations

- Children **fear being judged or misunderstood.**
- **Reassure** your child. Let them know their **thoughts and feelings** are valid.



Provide a balanced mix of engaging online and offline activities

- Work with your child to create a screentime timetable.



Real Connections

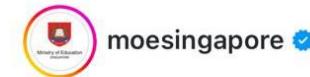
Cultivate strong relationships and healthy habits in this digital age.

Making the switch: Screens on weekends only

Replace screen with other activities

Make mealtimes screen-free

Role modelling: no screens for mum and dad too!



...



—
How we're breaking the
vicious screentime cycle

• • • •



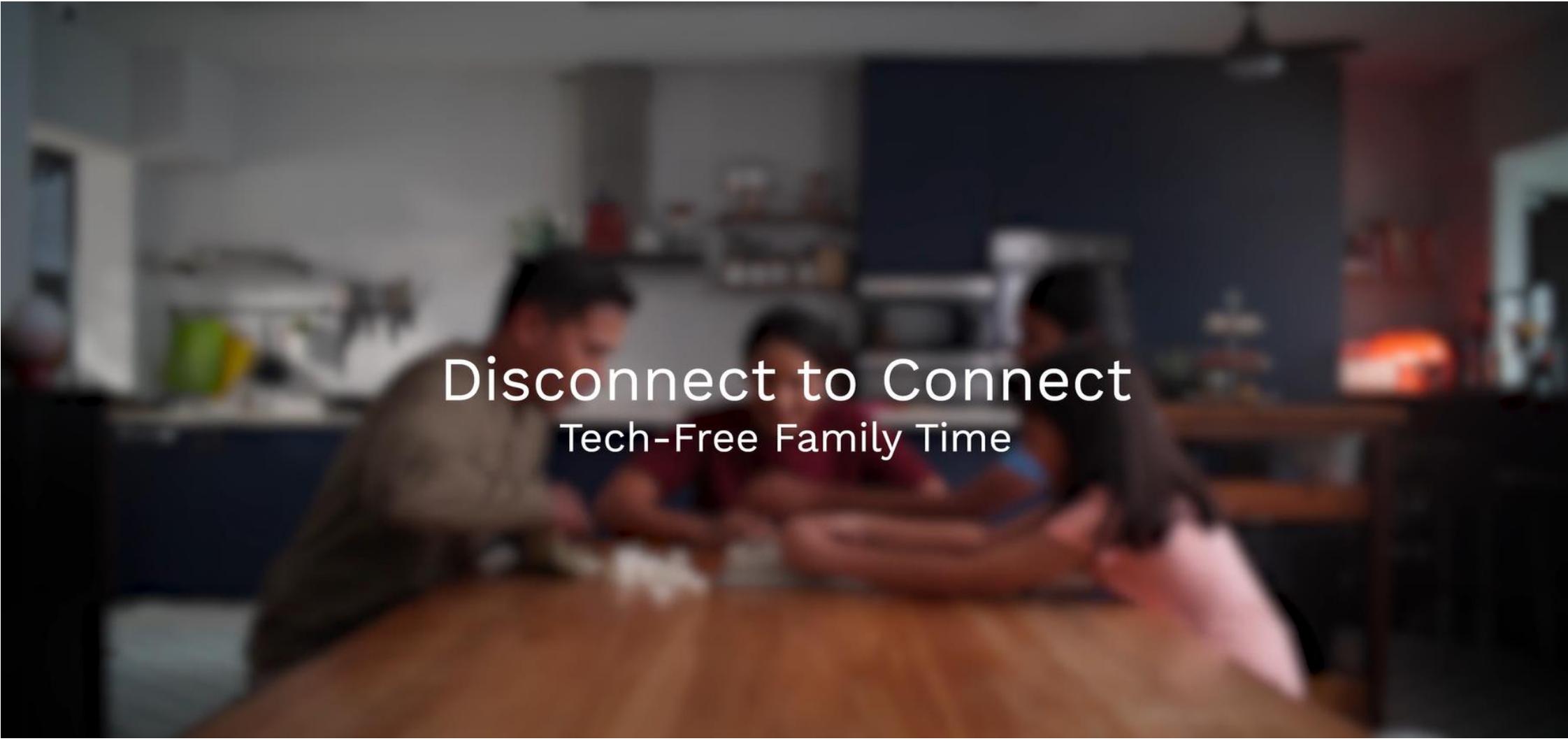
19 hours ago

moesingapore Screens are a lifeline for busy parents. But too much screen use can disrupt sleep and affect children's health.

The Health Plan under Grow Well SG offers small, practical steps to help families unplug and unwind. Four parents who have tested these strategies share their struggles, successes and lessons learnt.

Read the full story on Schoolbag.

19 hours ago



Disconnect to Connect

Tech-Free Family Time

#7 **Watch** this video on YouTube about setting routines and family agreements that will help your child learn when to switch off, and how to stay present:

[**Ctrl + Alt + Disconnect: Press Pause Together**](#)

Additional Resources

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

Parenting Control Apps

Additional Resources:

Source: DigitalForLife.gov.sg



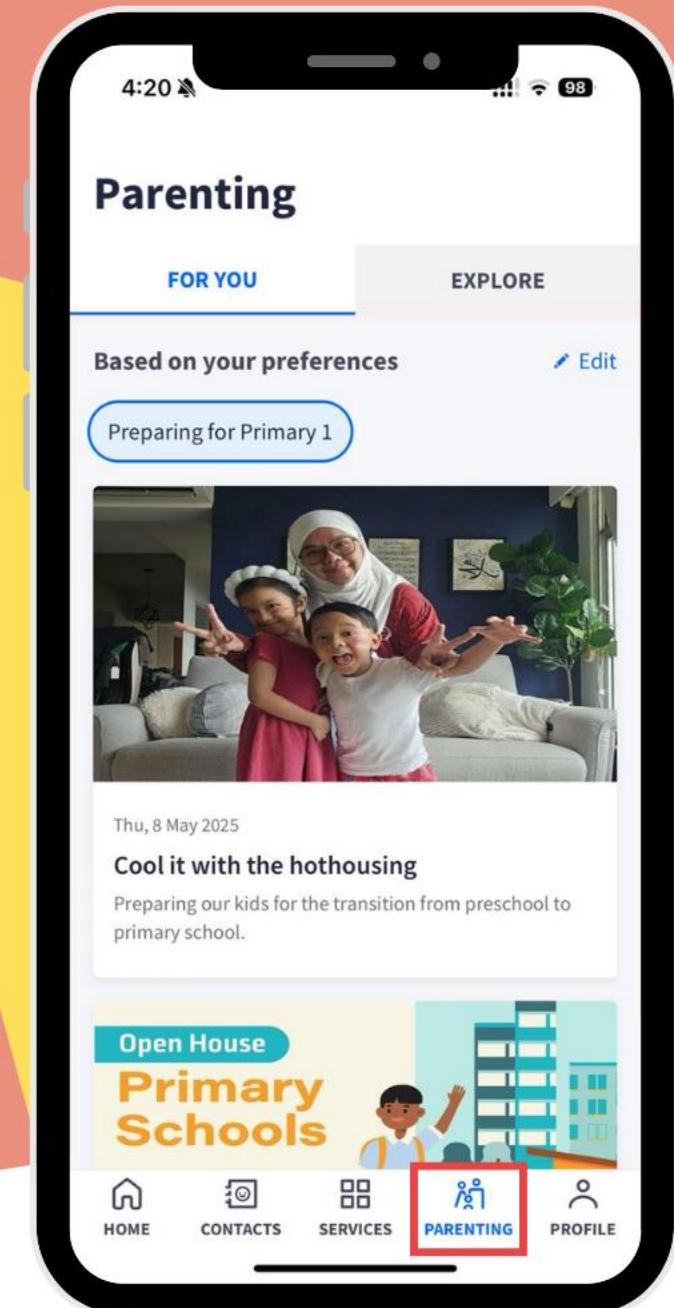
	Qustodio	Net Nanny®	Kaspersky Safe Kids	Norton Family	Google Family Link
Platforms	Android, iOS, Mac, Windows, ChromeOS, Kindle	iOS, Mac, Windows	Android, iOS, Mac, Windows	Android, iOS, Windows	Android, iOS, Windows
Free Version Available? (free features denoted by*)	Yes	No	Yes	No	Yes



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.



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.*

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

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



<https://go.gov.sg/cwresources-parents>

