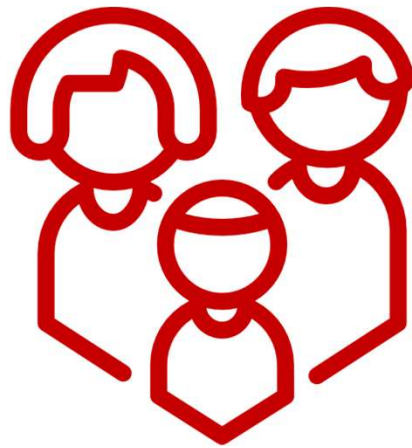# Sharing with Parents on

Helping Your Children
with Appropriate Online Expression

Outline of Presentation

- Online Trends

- Online Opportunities and Potential Issues

- Appropriate Online Expression

- MOE's Cyber Wellness Education

- Parents as Partners

CYBER WELLNESS
Responsible Digital Learners

Online Trends

Online Trends

Based on a National Youth Council Survey conducted in 2016:

- 42% of youths spend more than 10 hours a week outside of school on online activities.

- 90% of youths use a social networking sites such as Facebook, Twitter, or Instagram on the Internet on a daily basis.

- 45% of youths play online games daily.

National Youth Council (2017). YOUTH.sg: The State of Youth in Singapore 2017 - Statistical Handbook.

Retrieved from nyc.gov.sg/en/initiatives/resources/national-youth-survey/

CYBER WELLNESS
Responsible Digital Learners

Online Opportunities and Potential Issues

Online Opportunities
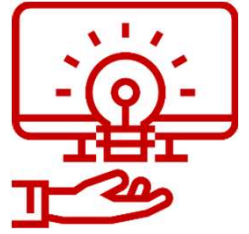
Technology has opened up opportunities, such as:

- Learning (e.g. Massive Open Online Courses (MOOCs) and educational videos/ games)

- Communication and social networking

- Self-expression and spreading positivity and goodwill on social media

CYBER WELLNESS
Responsible Digital Learners

Potential Issues

While technology offers value, youths may potentially engage in inappropriate online expressions such as:

- Using vulgarities

- Pretending to be someone else

- Posting insensitive content

- Going too far in attracting "Likes" online

Potential Issues

Using vulgarities

- Using inflammatory or vulgar words to provoke an online fight

- Posting of rude languages in times of disagreement can lead to unhappiness and may affect offline relationships among peers

Example : Online games (e.g. Mobile Legends, Minecraft) , Social networking sites (e.g. Snapchat, Facebook, Instagram)

CYBER WELLNESS
Responsible Digital Learners

Potential Issues

Pretending to be someone else

- Creating a false representation of self online due to a desire to 'hide' or deceive

- The possible consequences include difficulties in face-to-face expression and communication, denying one's offline self and being too reliant on one's online self, especially if the online self is negative

Example : Online games (e.g. Mobile Legends, Minecraft) , Social networking sites (e.g. Snapchat, Facebook, Instagram)

Potential Issues

Posting insensitive content

- Creating and posting images / videos that may offend or hurt others

- Uploading pictures of someone "doing wrong" or becoming part of an online mob to shame others

    – Vigilantes' actions could be interpreted as a form of harassment which can be illegal

Example : Meme pages (e.g. Kiasu Memes for Singaporean Teens), Finsta (Fake Instagram account)

CYBER WELLNESS
Responsible Digital Learners

Potential Issues
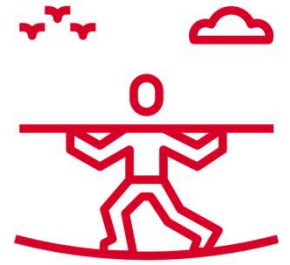
Going too far in attracting "Likes" online

- Curating picture-perfect photos or videos of oneself or others so as to garner online "Likes" (e.g. performing dangerous challenges)

- Becoming obsessed with the number of "Likes" and followers may lead to anxiety or depression as well as affect one's self esteem

Example : Social networking sites (e.g. Snapchat, Facebook, Instagram), Internet Challenges (e.g. #IceBucketChallenge, pakour) through YouTube

CYBER WELLNESS
Responsible Digital Learners

Appropriate Online Expression

What is Appropriate Online Expression?

➢ Appropriate online expression refers to online communication which is socially appropriate and does not bring about conflicting opinions and stereotypes.

- With appropriate online expression, one can create a meaningful and positive presence in the cyber community.

- Appropriate online expression is important because everything online is searchable, replicable, and contributes to a permanent digital reputation.

CYBER WELLNESS
Responsible Digital Learners

Use the Internet to Create Positive Change

MOE's Cyber Wellness Education

Cyber Wellness Key Messages

1. ICT is an integral part of the learning environment
2. Cyber Wellness Education anchored on three CW principles

SENSE

CYBER WELLNESS PRINCIPLES

Respect for Self & Others

Safe & Responsible Use

Positive Peer Influence

THINK

ACT

These principles will anchor a child's well-being online, as they can make careful and well-considered decisions.

CYBER WELLNESS
Responsible Digital Learners

MOE's Cyber Wellness Education

MOE's Cyber Wellness Education comprises the following components to reinforce the importance of Cyber Wellness and its messages.

School-wide Programmes

Examples of School-wide Programmes

<< Schools are encouraged to share with parents

their school-based CW programmes

to create greater awareness of

how their children are benefitting

from the programmes. >>
For e.g. Schools can share with parents

their school's cyber wellness student ambassador programme here (i.e. how their students have led in the promotion of cyber wellness messages and provided peer support for cyber issues.)

CYBER WELLNESS
Responsible Digital Learners

Parents as Partners

Teaching Your Child about Online Citizenship

How can Parents Help?

Parents can help by:

- Modelling respectful forms of online expression
    - e.g. not engaging in aggressive expressions while gaming online or on social media

- Sharing examples of positive online expressions with their children
    - e.g. inspirational stories from social media

CYBER WELLNESS
Responsible Digital Learners

How can Parents Help?

Parents can help by:

- Encouraging use of the T.H.I.N.K. framework before posting anything online
  - Is it True, Helpful, Inspiring, Necessary, and Kind?

- Discussing with children the need to respect differences in views, opinions and beliefs
  - Encourage them to respond politely and objectively even if they disagree with what others say

CYBER WELLNESS
Responsible Digital Learners

How can Parents Help?

Parents can help by:

- Monitoring the interactions of their children with others online e.g. on social media or online games

When Things Go Wrong …

Parents can help by:

- Affirming them
    - Build their self-esteem by focusing on their strengths

- Encouraging them to ignore negative comments
    - Remind them that they are not defined by the bad behaviour of others

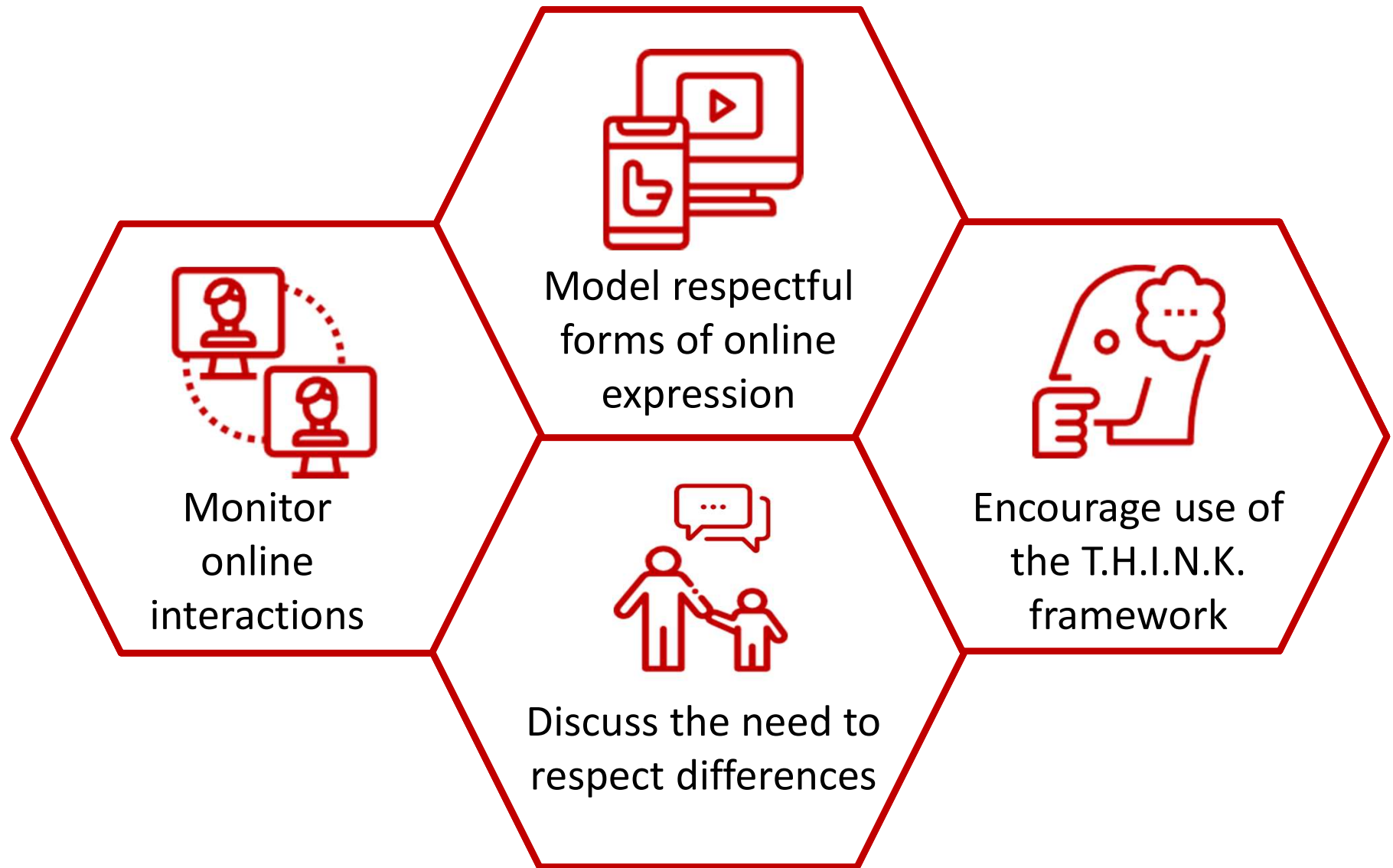- Advising them to remove the offensive post(s)/media

When Things Go Wrong …

Parents can help by:

- Having an open conversation
    - Focus the discussion on the act of inappropriate expression and not the person
    - Evoke their empathy to take the perspective of others
    - Build their self-esteem by focusing on their strengths

- Helping them to find other ways of dealing with their emotions
    - Role play trigger scenarios and discuss new behaviours

Key Messages to Parents

Monitor online interactions

Model respectful forms of online expression

Discuss the need to respect differences

Encourage use of the T.H.I.N.K. framework

CYBER WELLNESS
Responsible Digital Learners

Resources

MOE Cyber Wellness Portal
Useful tips, strategies and resources on various cyber issues.
ictconnection.moe.edu.sg/cyber-wellness

Media Literacy Council
Information, tips and resources by Media Literacy Council on managing online expression.
betterinternet.sg/-/media/Resources/PDFs/Youth-Guides/Media-Wise-Youth-Guide.pdf

Clique Click
Handbook produced by MLC to help parents guide their children on their internet journey.
betterinternet.sg/-/media/Resources/PDFs/Parents-Guides/CliqueClick-Parent-Guide.pdf

CYBER WELLNESS
Responsible Digital Learners

Give Us Your Feedback!

CYBER WELLNESS
Responsible Digital Learners