



Cyber Wellness

It's more than saying no to devices

KHENG CHENG SCHOOL 擎青学校



A COMMUNITY OF COMPASSIONATE LEADERS AND INNOVATORS

Why Should We Be Concerned about Cyber Wellness?

The data may surprise you.

Did you know?

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

67% of children aged 7 to 9, and **85%** for those aged 10 to 12 in Singapore use **smartphones** every day, and are active on **social media**.

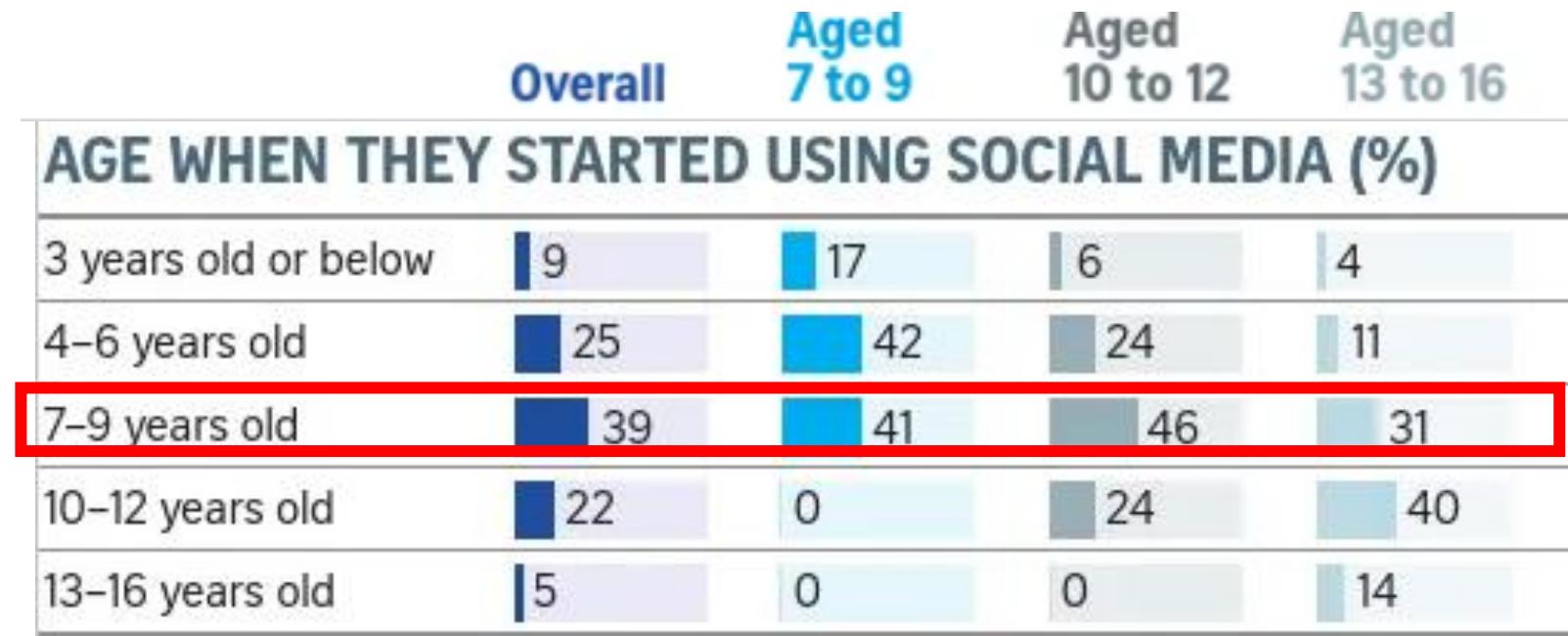
However, research has shown that both **screen time** and **type of screen use** (educational vs recreational) can impact our **children's well-being**.

Source: Milieu Insights, [reported by the Straits Times](#) (Feb 2021)

What does this mean?

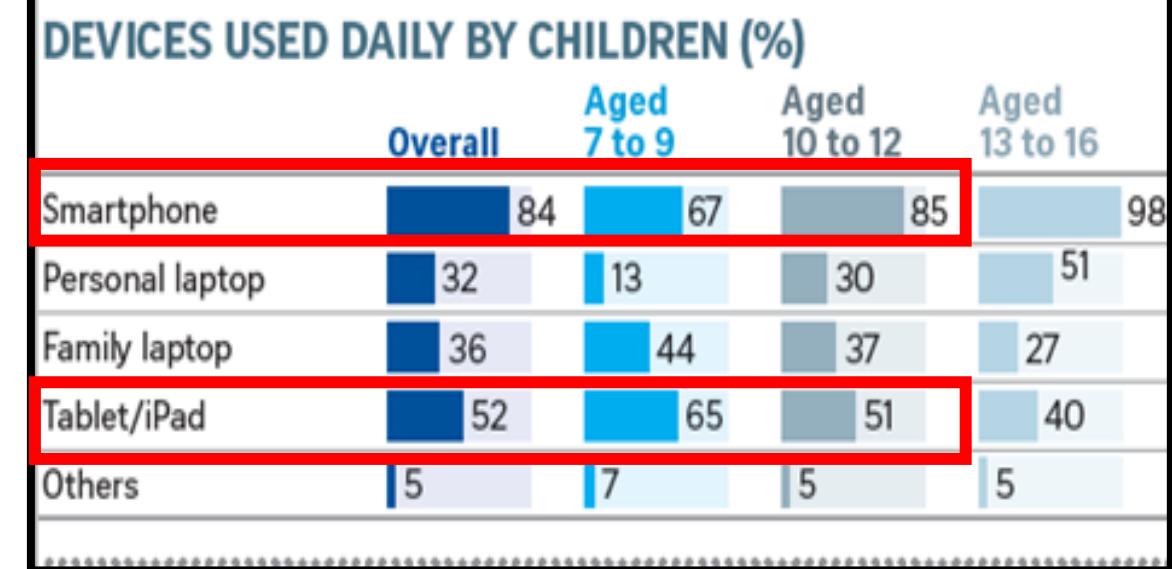
We need to help our children achieve **balanced and purposeful** screen use.

#1 **Resources** on balanced and purposeful screen use are available at the end of the presentation.



CURRENT REALITY
Children are going online from a younger age

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



Did 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.

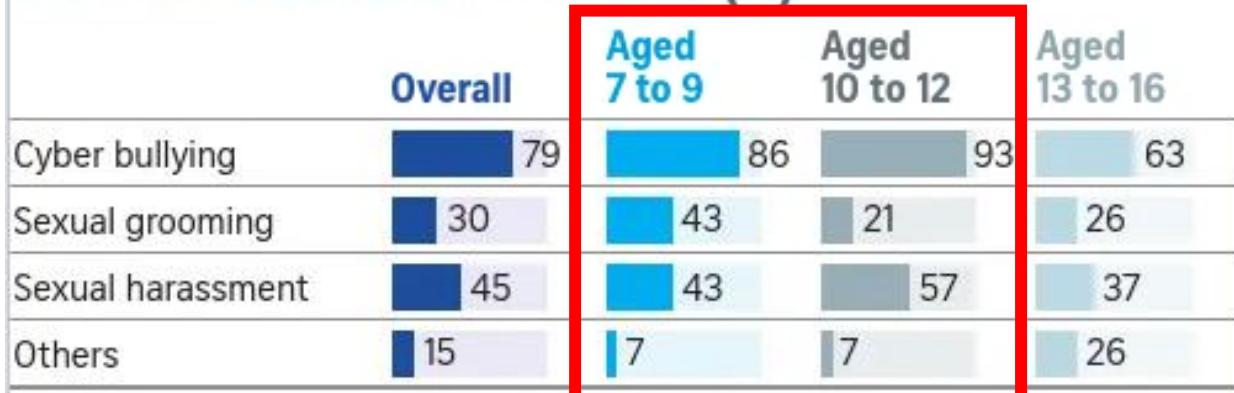
However, **not all parents are aware** of the **online risks**.

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.

#2 Resources on parental controls are available at the end of the presentation.

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 pornographic materials

1 in 4 children has overshared their personal information

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



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

Did you know?

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

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

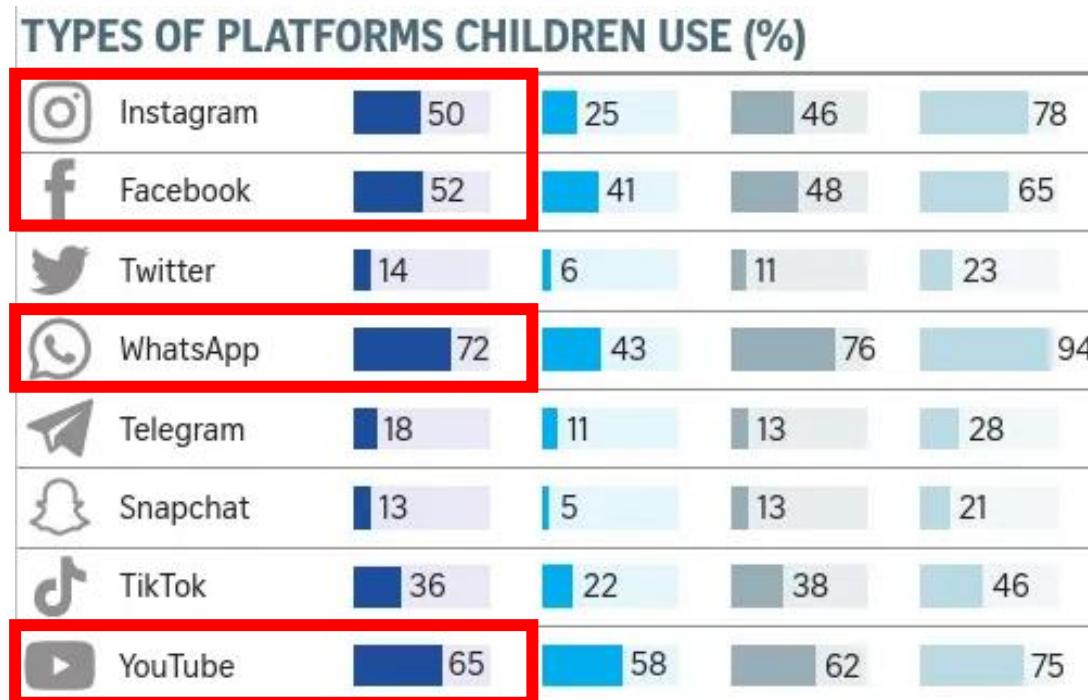
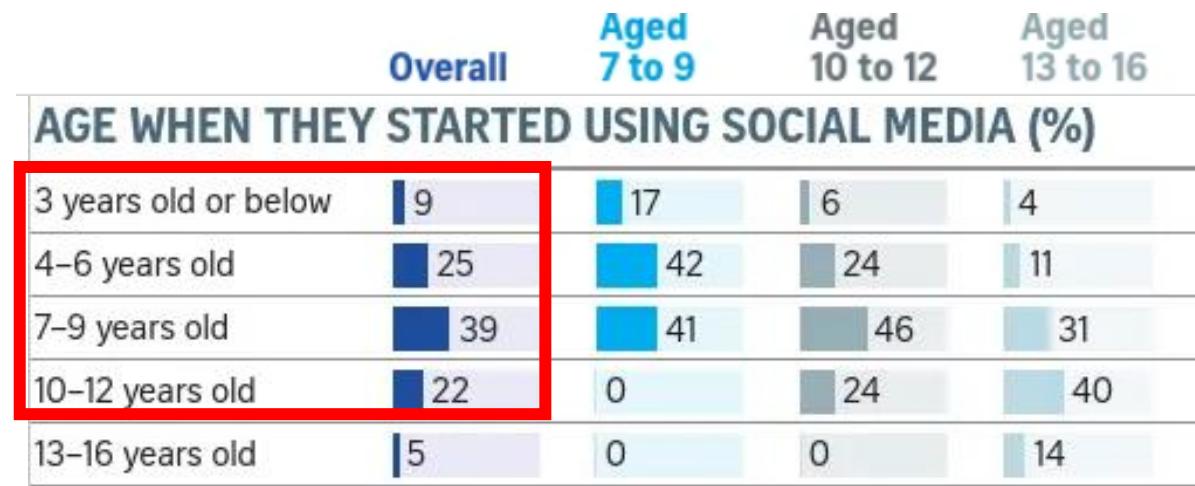
But the **majority of our children** have access to social media **before the recommended ages**.

Research shows that **screen use (smartphone and social media access) in young children** is associated with: insufficient good quality sleep, sedentary behaviours, obesity, and mental health and well-being .

What does this mean?

We need to ensure our children's use of devices and platforms are **age-appropriate**, and have **open conversations** with them about their digital habits.

#3 Resources from Grow Well SG are available at the end of the presentation.



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)

What is Cyber Wellness?

Cyber Wellness is the ability of our children and youth 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>

What Will Your Child Learn in School?

Find out what your child will learn about **Cyber Wellness** during **CCE (FTGP)*** lessons and other programmes.

*Character and Citizenship Education (Form Teacher Guidance Period)

Primary 3 and 4

During
CCE(FTGP)
lessons,
students will
be taught:

Balanced use of digital devices

- Time management and spending time on screen-free activities

Netiquette

- Show respect to others online
- Be considerate when posting opinions online
- Reflect on how our interactions can affect others online

Stand up against cyber bullying

- What to do when encountering cyber bullying
- How to speak up and stand up against cyber bullying

How to stay safe online

- Steps to take to determine if an online friend is trustworthy

My Healthy Screen Time Pledge

I, _____ (my name) pledge to be responsible and practise self-control when it comes to using the computer or the mobile phone.

Tick (✓) 3 things you would like to start practising. I pledge to:

- set aside time to complete my homework, rest, exercise and spend time with my family.
- stop my screen time when having my meals and practise the 20-20-20 rule*.
- put my devices away at least 60 minutes before bedtime.
- stop my screen time when I have reached the time limit my parents/guardians have set for me.
- set the alarm for 30 minutes and stop my screen time when it goes off.
- stop my screen time when I am feeling tired.
- seek help from my family when I need support/reminders to manage my screen time responsibly.
- Other(s): _____

REMINDER TO SELF!

Paste this pledge at a place where I can see it every day.

* 20-20-20 rule: Look at something 20 feet (approximately 6 metres) away for 20 seconds after 20 minutes of screen time.

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Do My Best



Discuss your child's healthy screen time pledge at home and cultivate accountability.

School Programmes and Initiatives

KCS Cyber Wellness Education Programme

1. Assembly Talks

- School-wide talks to raise awareness on current cyber wellness issues and responsible online behaviour.

2. CCE Lessons

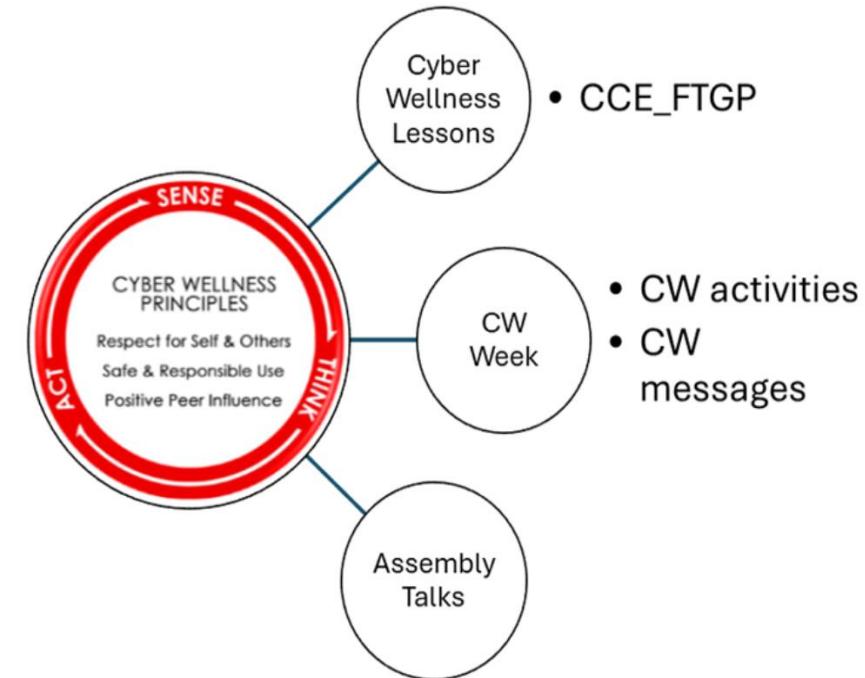
- Cyber Wellness topics are integrated into Character and Citizenship Education (CCE) lessons.

3. Cyber Wellness Week

- Organised by the Cyber Wellness (CW) Team and CW Ambassadors featuring interactive activities and campaigns.

4. Awareness Campaigns

- Cyber wellness awareness posters displayed around the school
- Ad-hoc awareness messages shared via the school website and educational platforms (e.g. SLS)



School Rules on Digital Device Use

Use of Mobile Phones & Smart Watches

❖ Approval Required

Students who need mobile phones or smart watches to communicate with Parents/Guardians after school must:

- Obtain a **Mobile Device Contract**
- Seek **approval from their Form Teacher**

❖ Usage Guidelines

Devices must be **switched off** at all times during school hours. Devices must be **kept out of sight** during all school activities e.g. lessons, recess, CCA, other school programmes

❖ Devices may only be used:

At the **security posts, school gates or with a teacher's permission**

❖ Strictly prohibited in examination rooms

School Rules on Communication

Communication with Parents

- Parents Gateway (PG)
- Official school/teacher's email (available on the school website)
- Student Handbook
- School's main phone line during **office hours**

Communication with Students

- Student's official email or school-based platforms (e.g. Google Classroom) as the default mode of communication outside classroom lessons.

When communicating with your child, please be mindful of the following:

➤ **Minimise smartphone use**

Excessive screen time may affect students' rest and family time.

➤ **Age restrictions**

Ensure your child meets the minimum age requirements for social media platforms.

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 regular and genuine conversations with your child

- to better understand what they do online,
- how to stay safe,
- how to use technology in a responsible manner.

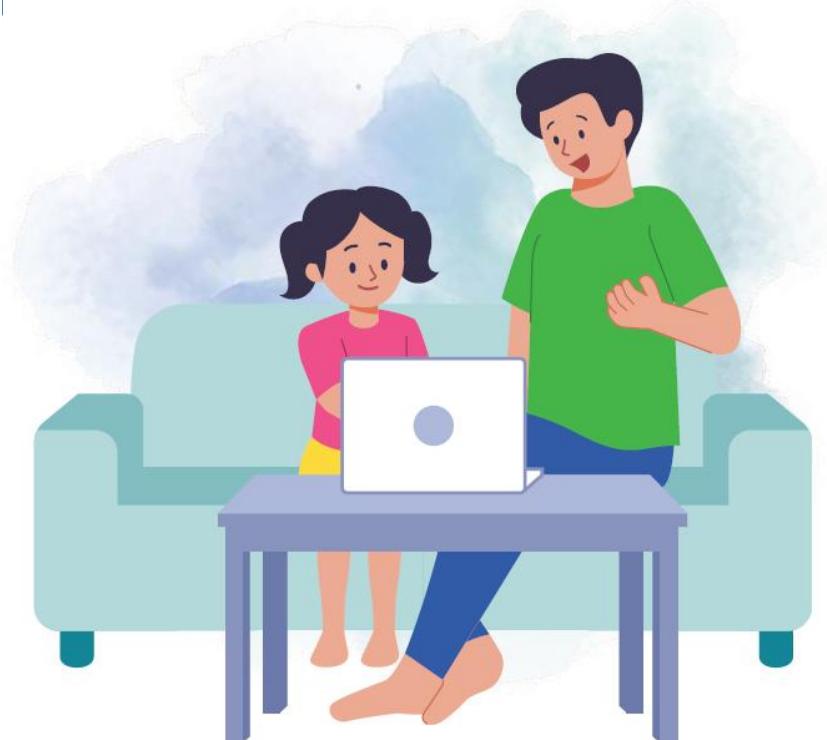


Communicate your actions and rationale.

- Let your child know **you care for them and want them to be safe online.**



Discuss with your child as you set parental controls to manage device use and stay safe online.



#4 Resources on having open conversations about digital habits are available at the end of the presentation.

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 use of devices and social media, and good online behaviour for your child/ward.

- E.g. parents/guardians not using devices during mealtimes, respectful online communication



Role modelling respectful conversations.

- You are in the best position to role model these skills through daily interactions with your child.
- **Listen to understand first**, instead of jumping straight into giving advice and solutions.



#5 Resources on role modelling respectful communication are available at the end of the presentation.



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.



Provide a safe space for conversations

- Children may hesitate to share their true thoughts and feelings with their parents, as they fear being judged or misunderstood.
- Let your child know that it is **normal to feel or think the way they do**. Help them **feel safe** expressing themselves with you.

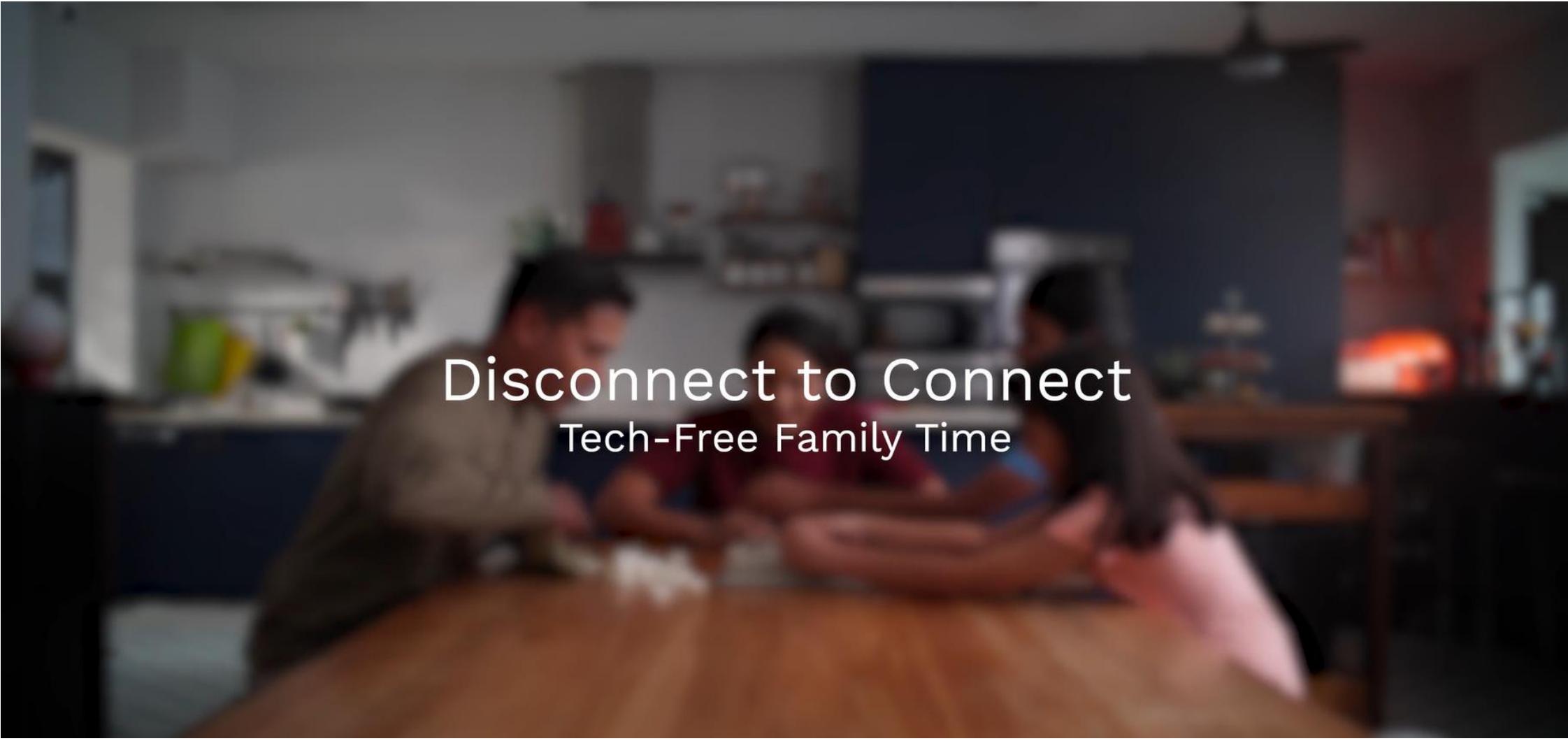


Provide a balanced mix of engaging online and offline activities

- **Discuss and develop a timetable** with your child to moderate their time spent on screens.
- Children aged 7 – 12 should have **consistent screen time limits** (less than 2 hours daily, excluding school work).



#6 Resources on providing a safe space for conversation are available at the end of the presentation.



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**](#)



Unlocking their First Smartphone or Watch

How can we prepare ourselves and our children?

At what age should I give my child their first smartphone or watch?

Based on MOH's Guidance on Screen use in Children, parents should not give children mobile devices with unrestricted access to internet and applications. Parents can **delay the provision of smartphone and smartwatches** to their children.

Consider these questions:

Are they ready?	Can your child: <ul style="list-style-type: none">• keep track of their belongings independently?• handle their own responsibilities without constant reminders?• obey rules and guidelines set in place?• differentiate between appropriate and inappropriate content?
Are you and your family ready?	Can you be a good role model for your child, and establish and enforce rules with your child's smartphone usage, including monitoring apps, screen time and internet use?

If you answer 'no' to any of these questions, it is wise to wait until your child is older – **ideally when your child is in secondary school**. Children who are already facing challenges (such as low self-esteem, poor self-control, bullying, or high stress) are more vulnerable to problematic screen use.

#18 Resources from MOH – Guidance on Screen Use in Children are available at the end of the presentation.

If you determine that you and your child are ready...

Tips	Conversation starters
Reflect on safe and responsible smartphone use	“How will you show me you will use your smartphone responsibly, respectfully, and safely?”
Co-create a family screen use plan	“Let’s come up with a set of family rules on how we should use our smartphones.” “Let’s think about what should happen if anyone breaks any of the rules.”
Include the setting of Parental Controls in your conversations	“The online space can be dangerous, and we would like to keep you safe. These parental controls that we put in will help to protect you. Let’s set a date in 6 months’ time to see if we should adjust the controls.”

If you think you and your child might not be ready yet,

here are some alternatives:

- Basic phones/Smartwatches offering calling and texting functions without internet access or apps (please check school’s policies on usage in schools)
- Set a date/age to review your child’s readiness for a smartphone/watch.

How do I **monitor** my child's online activities and keep them safe?

#8 Resources on considerations for giving your child their first smartphone, parental controls, and in-app safety features are available at the end of the presentation.

When you decide that your child is ready to own a phone, it's important to **provide structure and support** and not simply hand over the device.

Experts recommend that parents:

- build on having a warm relationship with their child,
- set and communicate limits regarding phone use,
- pair rules with active supervision, and
- have regular conversations about your child's phone use.

In addition to these strategies, **take time to set up parental controls** on your child's device. Most phones allow you to:

Limit usage times	Control what time of the day and for how long the phone can be used.
Restrict content	Block access to content that is not age appropriate.
Manage activities	Allow only certain games or apps to be used, decide who can be added as friends, and determine whether private messaging is allowed.
Safeguard against unwanted spending	Restrict app store and in-app purchases.

It's important that you **actively monitor and discuss these controls** — especially at the beginning.

How do I **prepare** my child for their first smartphone or watch?



Your child's smart use of their phone starts with you

- #9** **Watch** this video to discover how to have conversations with your child about their first smartphone/watch.
[Their First Phone: A Big Call for Parents](#)



Playing Online Games

Navigating the world of digital entertainment, together.



What do I need to know about online games?

How can my child access online games?

- Online games are everywhere, and complex games can be played on-the-go via smartphones.

If my child enjoys online gaming, why not?

- While gaming is fun and can bring about positive outcomes (e.g., feeling good about their abilities and effort), **excessive gaming can lead to negative impacts**, such as excessive in-app purchases, attracting unwanted attention, increasing anxiety and the risk of cyber bullying.

Does the game have age restrictions?

- To check if a game is age-appropriate, video game ratings can be found on the IMDA website.
- Age ratings on games can be found on Google and Apple app stores. For example, Roblox, a popular mobile game, is age-rated 12+.

#10 Resources on video game ratings are available at the end of the presentation.

What can I do if I am concerned about the gaming habits of my child?

#11 Resources on conversation tips on gaming are available at the end of the presentation.

Discuss your concerns with your child through open conversations

- Discuss your concerns with your child and develop a **realistic timetable** to balance their gaming with other screen-free activities.
- **Review the plan regularly** with your child.

Tips	Conversation Starters
Ask about a game that your child seems to be playing frequently.	“What is this game about?” “Why do you find this game fun? Can you share more with me?”
Involve your child in setting rules and expectations for when they can play games, for how long, and the consequence of not following the agreed-upon rules.	“What are some suggestions on rules of gaming that you may have?” “Let’s discuss what would happen if anyone breaks the rules.”
Prompt your child to think about the risks of gaming	“Do you chat with strangers you’ve just met while playing online games? What are some possible dangers that can come?” “Can you help me understand why you spent \$300 on your game?”



What can I do if I am concerned about the gaming habits of my child?

Seek help from school and community

- If there is **no improvement** and their gaming behaviour **continues to be a cause of concern**, you may want to seek help from the school or other community partners such as **Help123 at 1800 6123 123**.

Seek professional help

- If there is **marked deterioration** and **significant impairment to the child's life**, consider seeking professional help.
- The professionals can assess the severity of the problem and recommend appropriate interventions.
 - You can approach the School Counsellor for support in this area.
 - You may call **National Addiction Management Service All Addictions helpline** at 6-RECOVER (**67326837**).

#11 Resources on entering your child's gaming world are available at the end of the presentation.



Cyberbullying

Building Resilience and Character
while creating safe spaces for our children



Did you know?

A 2025 Digital Parenting Survey (MDDI) found that **more than 50%** of parents are concerned about cyberbullying.

MOE supports parents with resources related to children's mental well-being, cyber wellness, and strengthening parent-child relationships.

Through **CCE lessons**, 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 \(12 Sep 2025\)](#)



What are hurtful behaviours and bullying?

In Singapore, local studies show that verbal/social bullying forms the bulk of the types of bullying experienced in schools and they often start as ‘harmless teasing’ or leaving someone out but escalate into bullying.



Hence, **we need to take a serious view of all forms of hurtful behaviours and bullying**, starting from once-off insensitive remarks before they become normalised or escalated.

Hurtful behaviours

Unkind and hurtful acts that include insensitive words/actions, even physical violence.

Bullying

Happens when a person behaves in a way that hurts someone repeatedly and on purpose

Forms of hurtful behaviours/bullying

Physical

Hitting someone or damaging someone's belongings, tends to occur alongside other forms of hurtful behaviours
It can extend from offline to online platforms, amplifying its visibility

Social

Leaving someone out of a group or things on purpose

Multiple forms of bullying could be experienced by the same student at the same time or sequentially.

Verbal

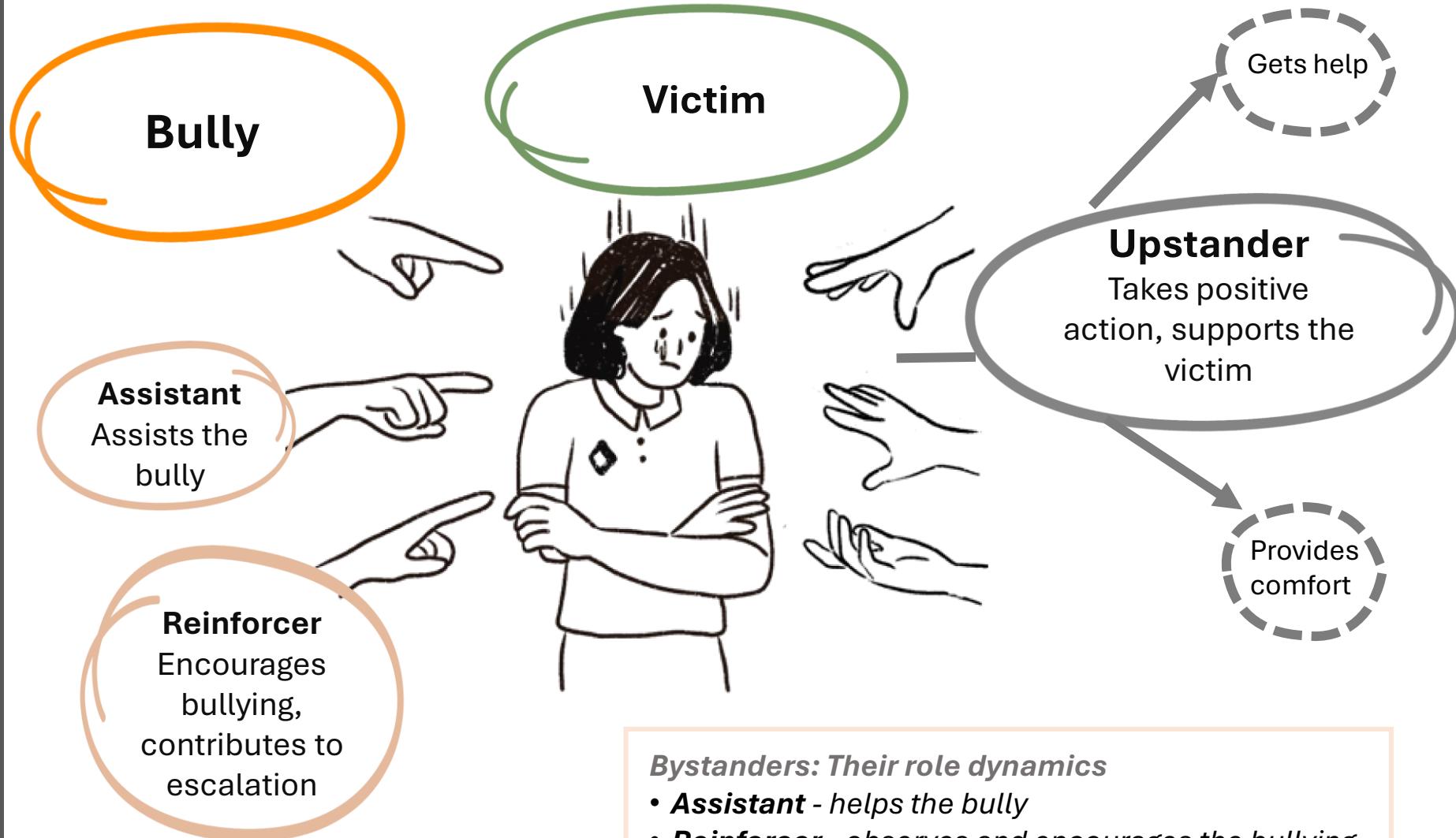
Name-calling, spreading rumours or making threats

Cyber

Hurtful behaviours/bullying that occurs when online technology (e.g. mobile phones, computers or social media) is used as a means to hurt or upset someone on purpose and repeatedly (through sharing and/or resurfacing a post)

Some common forms of cyber bullying include flaming, harassment, cyber stalking, denigration, impersonation, exclusion, trickery and doxxing.

Do you know the different roles* in bullying?



Bystanders: Their role dynamics

- **Assistant** - helps the bully
- **Reinforcer** - observes and encourages the bullying
- **Upstander** - stands up against the hurtful behaviour, comforts the victim or gets help
- **Outsider** - avoids acting or taking sides

*The terms used here are meant to provide a simplistic description and are not meant to label students.

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?

If the answer to any of the above questions is “No”, they should not post or share the content online, even if it is intended for their private social media account or private group chat.

By guiding your child to make it a habit to T.H.I.N.K. before posting or sharing anything online, your child learns to be kind and avoids hurting others with their online behaviour.



Before you post anything online, ask yourself:
would you say this in front of me or your teacher?

What are some signs of bullying?

Bully/Perpetrator

- Tends to be impulsive and aggressive
- Tends to have poor relationships or lack empathy with others
- May blame victims for their behaviour by saying things like, 'if he/she were XX, I would not have XX'
- May appear anxious while using digital devices
- Tends to hide or turn off the monitor/devices when someone approaches

Victim/Targeted

- Becomes less sociable than usual around family and friends
- May struggle with studies or lose interest in school
- Becomes upset or anxious, especially when receiving messages or using devices
- Spends less time on the activities they used to enjoy
- May experience poor health as struggling with the bully saps the energy and ability to focus

Bystander

- May fear being targeted by the bully or straining relationships
- Tends to feel anxious and powerless about being unable to stop bullying
- May feel unsafe in class/school
- May experience guilt of not defending the victim



How can I help if my child is a victim?

#13 Resources on tips and strategies to support your child when they are cyberbullied are available at the end of the presentation.

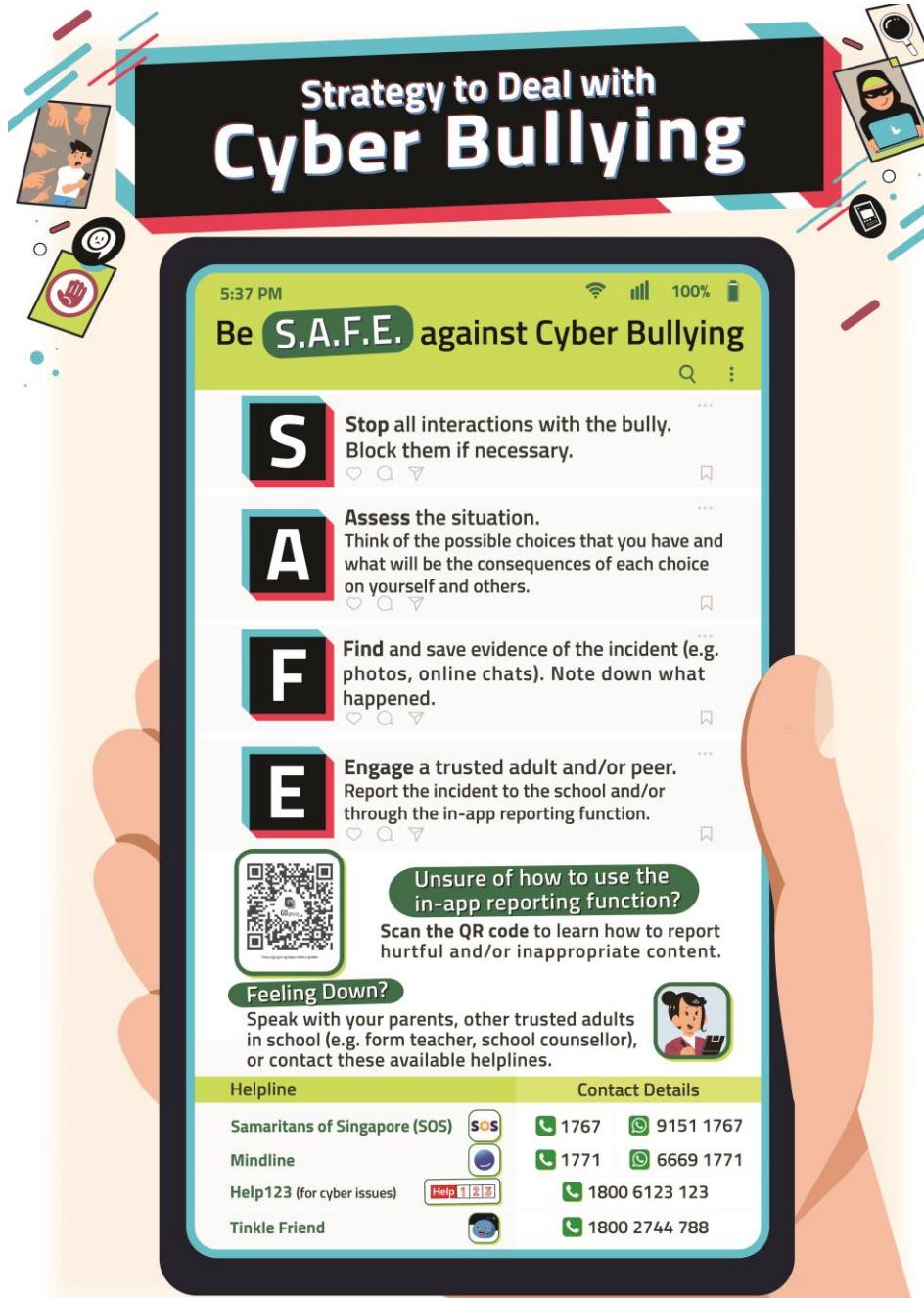
Have a conversation using **C.H.E.E.R** as a guide to understand what they are experiencing.



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 a
victim?



#14 Resources on how to report incidents through online platforms are available at the end of the presentation.

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.



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.

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



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

How can I help to guide my child to be an upstander?

If your child is involved in a cyberbullying incident as a bystander, **help them feel safe and supported.**

Remind your child **not to like, share, record or repost** the online message or media.

Guide your child to take on **upstanding behaviours** by:

- asking your child whether they want you to listen, to help with more ideas about what to do / how to support the victim or to help them to report the incident.
- letting your child know that it is okay if they don't feel safe or confident to stand up to bullying.



If you come to know that the hurtful behaviour continues, please approach the school and continue to support your child.

Telling an adult is helping, not tattling.



Additional Resources

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

Additional Resources:

Parenting for Wellness



For more bite-sized, practical tips and strategies on building strong parent-child relationships, supporting your child's mental well-being and parenting in the digital age, scan the QR code above to download a copy of the **Parenting for Wellness Toolbox for Parents**.

You can also access the **Parenting for Wellness website** on Parent Hub (hosted by HPB) for personalised access to the full content!

Scan here to
access the PfW
Toolbox for Parents:



Positive Use Guide on Technology and Social Media

Scan here to access
the Positive Use Guide:



The **Positive Use Guide on Technology and Social Media** draws on research to support families as they navigate the digital landscape together. It offers strategies for balanced screen time, how to build healthier digital habits and provides tools like self-check worksheets and curated resources. Scan the QR code on the left to access the guide on the Digital for Life website.

Positive Use Guide

Evidence-Based Insights on the Impact of Digital Devices
on Child and Adolescent Wellbeing



Centre for
Evidence and
Implementation

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>



Compilation of Useful Resources

No.	Managing Device Use	
1	Balanced and purposeful screen use	go.gov.sg/pfw-managing-safe-device-use
2a	Guide on Parental Controls on devices	go.gov.sg/pfw-web-parental-controls
2b	Information on in-app safety features	go.gov.sg/pfw-web-app-safety
3	Grow Well SG resources on purposeful screen use	go.gov.sg/growwellsg-learn-well
No.	School-Home Partnership resources	
4	Having open conversations about healthy digital habits	go.gov.sg/pfw-managing-safe-device-use
5	Role modelling respectful conversations	go.gov.sg/pfw-respectful-conversations
6	Providing a safe space for conversations	go.gov.sg/pfw-safe-space
7a	Video: real connections when conversations happen in safe spaces	go.gov.sg/video-opencommunication
7b	Video: healthy screen use starts at home	go.gov.sg/video-familyscreenuse

Compilation of Useful Resources

No.	Unlocking their First Smartphone or Watch	
8a	Things to consider when setting rules on the use of smartphones	go.gov.sg/pfw-web-involving-children-setting-rules-smartphones
		go.gov.sg/dfl-first-smartphone
8b	Screen Time settings on Apple devices (iPhone, iPad)	https://support.apple.com/en-sg/108806
8c	Google Family Link	https://families.google/familylink/
9	Video: Preparing your child for their first smartphone	go.gov.sg/video-firstphone
No.	Playing Online Games	
10	Video game ratings	https://imdaonline.imda.gov.sg/Classification/Search/VideoGames/Default.aspx
11a	Entering your child's gaming world	go.gov.sg/pfw-child-gaming-world
11b	Conversation tips on gaming concerns	go.gov.sg/gaming-conversation
No.	Accessing their First Social Media Accounts	
12a	Social Media: Is your child ready for it?	go.gov.sg/pfw-web-social-media-readiness
12b	Tools and resources for managing online safety	go.gov.sg/pfw-managing-safety-online

Compilation of Useful Resources

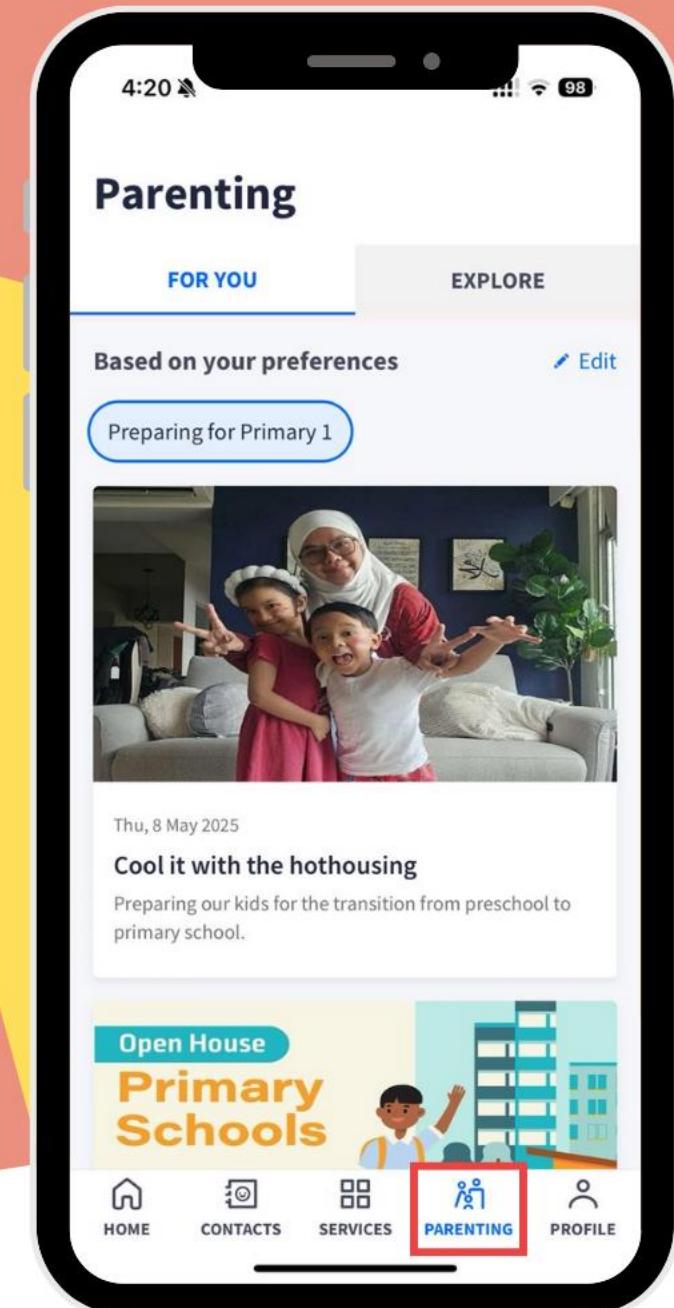
No.	Cyberbullying	
13a	Parenting for Wellness (PfW) Website Module on Cyberbullying	go.gov.sg/pfw-web-cyberbullying
13b	PfW resources – when your child is the victim	go.gov.sg/pfw-cyberbullying-victim
14	PfW resources – how to report incidents through online platforms	go.gov.sg/pfw-web-app-safety
15	PfW resources – when your child is the bully	go.gov.sg/pfw-cyberbullying-bully
No.	Additional Resources	
16a	Parenting for Wellness Toolbox for Parents (condensed info)	go.gov.sg/pfw-toolbox-for-parents
16b	Parenting for Wellness Website (full content)	go.gov.sg/pfw
17	Positive Use Guide on Technology and Social Media	go.gov.sg/positive-use-guide
18	Guidance on Screen Use in Children by Ministry of Health	go.gov.sg/pfw-screen-use-guidance
19	Online platform's online safety tools and resources	Tools and resources for managing your own safety online



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

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