Slides (for School's Use) to Brief Parents on
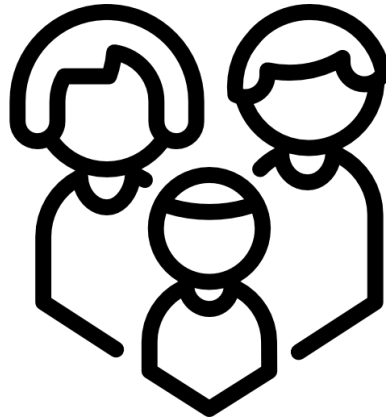
Excessive Internet Use

Sharing with Parents on

Excessive Internet Use

Outline of Presentation

To share on:

- Singapore: A Wired Nation
- What is Excessive Internet Use?
- Signs of Excessive Internet Use
- Negative Impact of Excessive Internet Use
- How to Support your Child
- MOE's Cyber Wellness Education
- School-wide Programmes
- School's Policies & Procedures
- Resources

CYBER WELLNESS
Responsible Digital Learners

Singapore: A Wired Nation

- Singapore's mobile penetration rate: 149.8% in 2016[1]

- Our children: accessed the Internet > 4-7 days a week. [2]

- Our children: started using Internet at 6.1 years old [2]

1. Department of Statistics Singapore
2. MDA Zero-to-Fourteen Consumer Experience Study 2015

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What is Excessive Internet Use?

Let's watch a video (for Primary Schools)

What is Excessive Internet Use?

Let's watch a video (for Secondary Schools)

https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx

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What is Excessive Internet Use?

This happens when an individual uses the Internet to the extent where he/she experiences problematic outcomes that negatively affect his/her life.

Signs of Excessive Internet Use

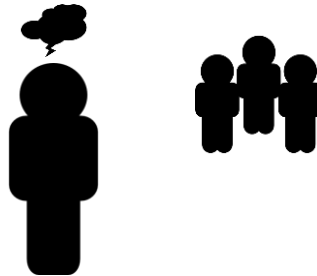Needs to spend an increasing amount of time using the Internet before achieving satisfaction

Becomes irritable or violent when disrupted from the use of Internet
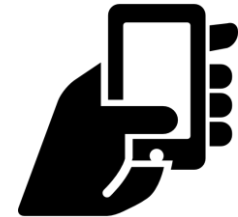
Academic performance and health are affected

Tries to go online less often but is unsuccessful

Prefers Internet use to social events or hobbies that may lead to strained relationships with family and friends

Constantly listens out for the phone when away from it, feels distressed when it cannot be found

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Negative Impact of Excessive Internet Use

Physical

- Sleep deprivation and disturbance
- Obesity and cardiovascular risk
- Carpal Tunnel Syndrome (i.e. hand and wrist pain)
- Personal health and hygiene affected

Negative Impact of Excessive Internet Use

Social

- Feelings of loneliness worsened

- Strained relationships with family and friends

Emotional

- Aggressive behaviours and poorer impulse control

- Depression symptoms

Negative Impact of Excessive Internet Use

Cognitive Skills

- Attentional problems
- Information processing problems
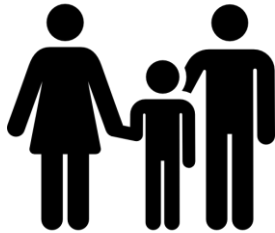
Purpose in Life

- Online activities perceived as most important aspect of life
- Loss of interest in real world activities
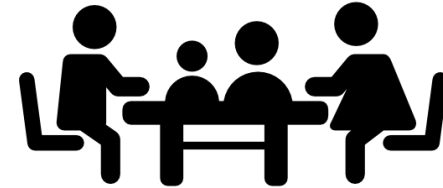
Negative Impact of Excessive Internet Use

Exposure to other risks

- Cyber Bullying
- Dangerous cyber contacts
- Inappropriate online content
- Privacy and security risks

How to Support Your Child
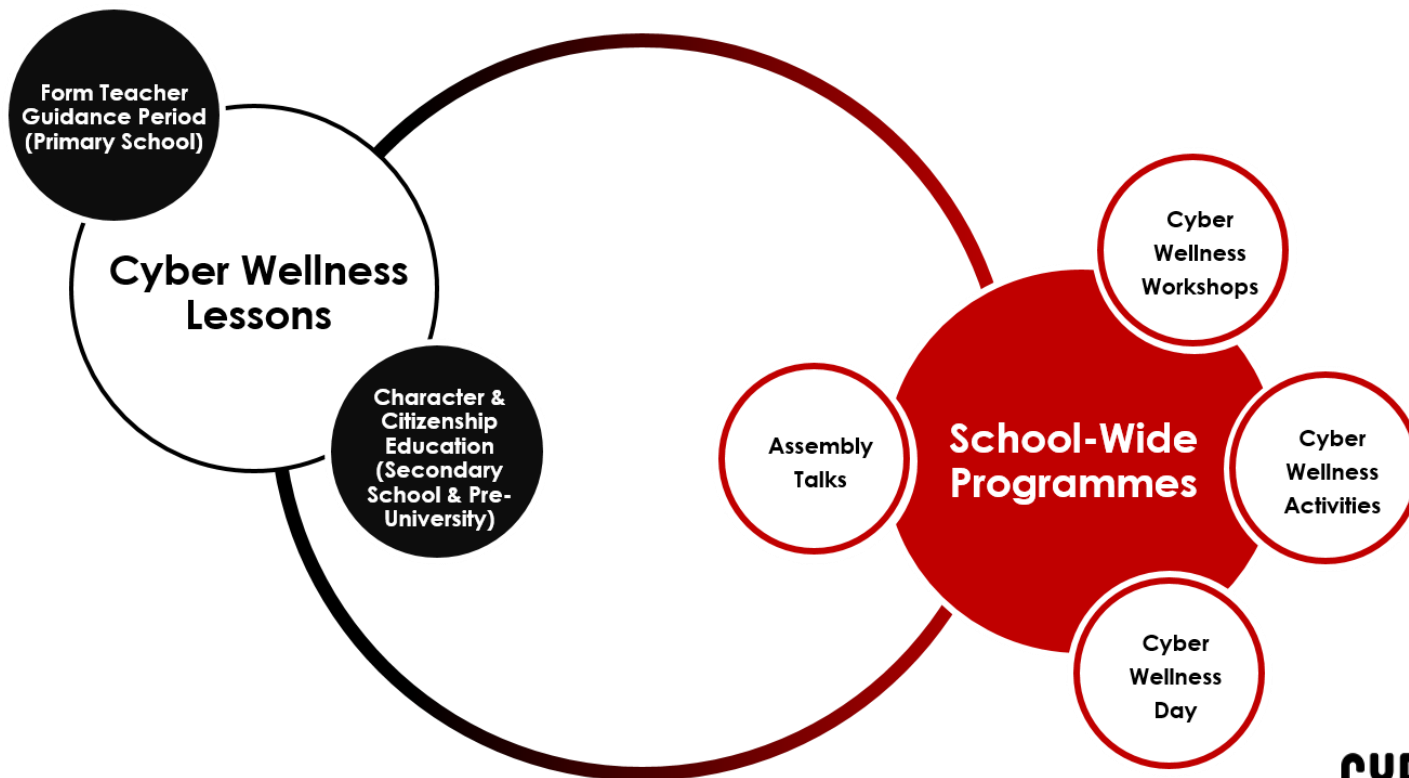
TALK

SET SCREEN TIME LIMITS

HAVE TECH-FREE TIME

ROLE MODEL

CYBER WELLNESS
Responsible Digital Learners

MOE's Cyber Wellness Education

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

Resources

Ministry of Education
ictconnection.moe.edu.sg/cyber-wellness/for-parents

Ministry of Social and Family Development
whatbothersyouth.sg/en/Pages/Online--Gaming-Addiction.aspx

Health Promotion Board
healthhub.sg/live-healthy/1037/help-your-child-untangle-from-the-web

Media Literacy Council
medialiteracycouncil.sg/online-safety/Pages/internet-addiction.aspx

National Addictions Management Service
nams.sg/addictions/Gaming-Internet-Addiction/Pages/Gaming-Internet.aspx

CYBER WELLNESS
Responsible Digital Learners

Every Parent
A Supportive Partner