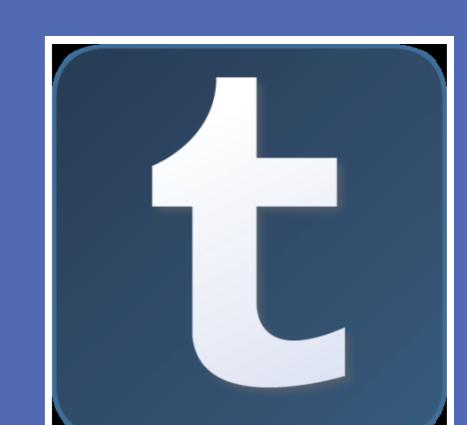


# Cyberwellness and Education Toolkit



## In a nutshell

There has been an increase in the number of teenagers using the internet in their leisure time. The internet has come with its advantages like being more informed of the world quicker and relieving stress through listening to music and playing computer games. However, overuse of these privileges causes internet addiction and increases your chances of being victims of cyber-bully and cyber-scam.

## Dangers of Internet

Share



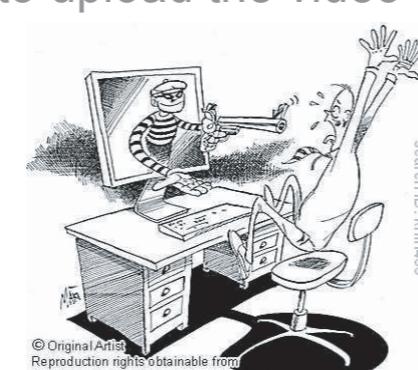
over 9000

### Cyber addiction

A person can spend a lot of time on the internet. Internet addiction is not considered as a mental disorder. Addiction may be the result of relieving oneself from school or work. People who are addicted to video games tend to be kids who are socially awkward or are not doing well in school, therefore they lose themselves into games. Examples of signs of internet addiction are students skipping school or using illegal means to keep up the gaming habit. Internet addiction can lead up to many health problems. Those addicted to video games are likely to become more depressed, anxious and develop more phobias. Females diagnosed with depression or social phobias are more likely to develop an addiction to the internet. Also for teens considered hostile, the internet allows them to, express their hostility and engage in violence through activities such as online gaming. Signs that indicate internet addiction are when teens get irritable when they try to play less or stop playing. They will also plan on the next opportunity to play. They may even steal a game or steal money to buy a game!

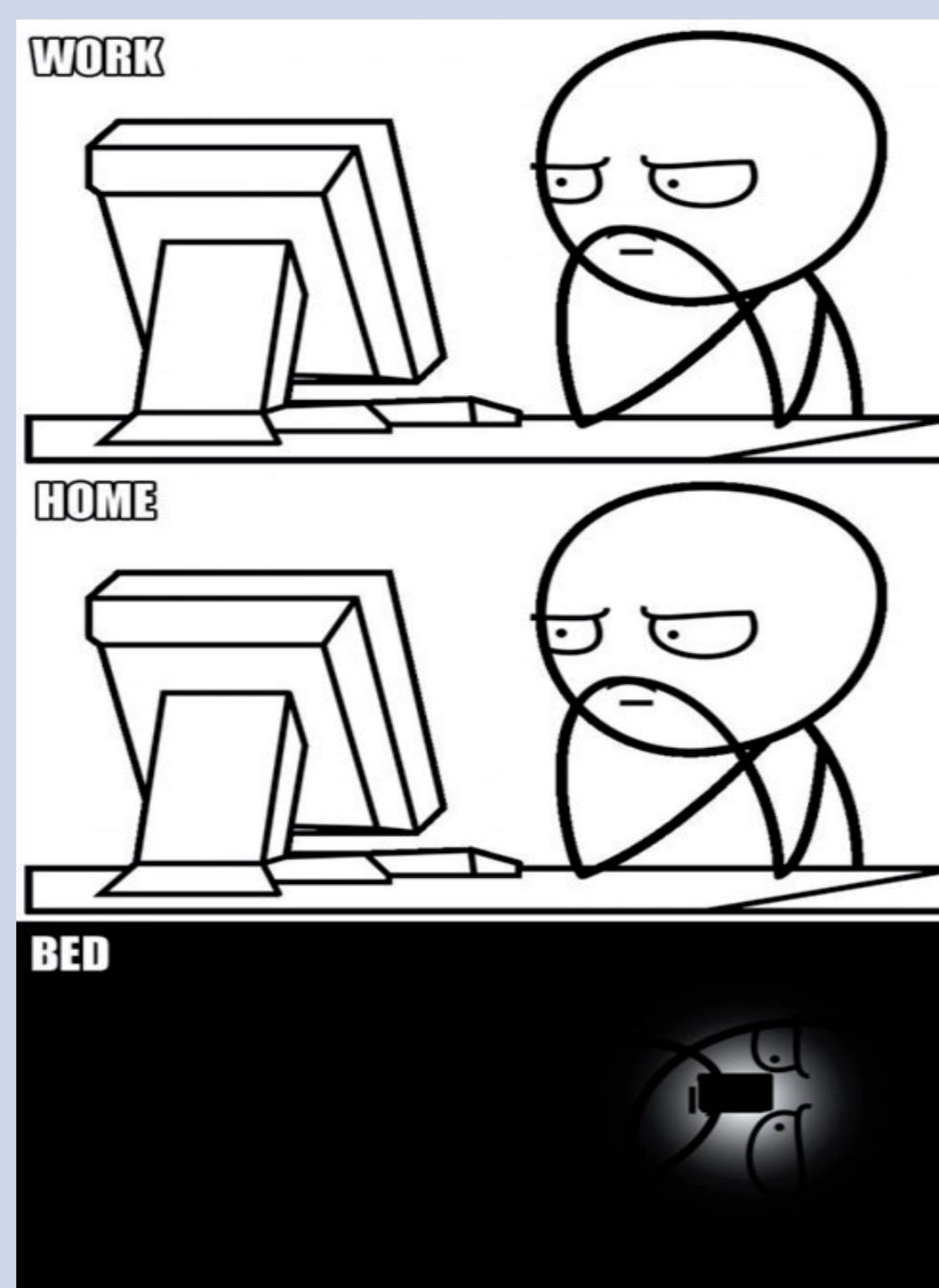
### Cyber scam

Cyber scam consists of relationship and internet scamming. Some teenagers will create a lot of different accounts so as to successfully scam innocent people without exposing their identities. Teenagers use the victims' smartphones as they want the victim to help them pay the money for the game credits. Another type of internet scam consists of sexual scandals. For example, some students created an internet chat room to meet girls. If the bait responds, the creator will call the bait to strip in front of the webcam. Meanwhile the creator will secretly record the actions. They will then blackmail the victim for a sum of money and threaten to upload the video on the internet.

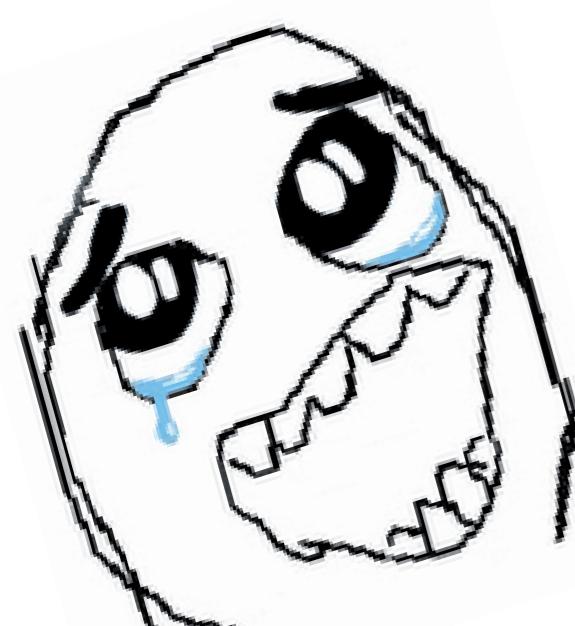


### Cyber-bullying

There is an increase in cyber bullying cases in the modern society. Technology has given bullies a whole new platform for their actions. In severe cases, the victims will commit suicide or develop a mental disorder such as depression and social phobia. They will also harm themselves such as self-mutilating, taking drugs and consuming alcohol. There has been a case whereby an American teenager, Amanda Todd, was cyber-bullied by the public. Before she committed suicide, she developed anxiety, major depression and panic disorder. She also tried confiding in drugs and alcohol before deciding to turn to suicide to solve her problem. This is one type of consequence of a victim of cyber bullying.



## SOLUTION



One of the ways of achieving cyber wellness is to avoid giving too much self-information. This will prevent us from being a victim of cyber scams and also to a certain extent of cyber bullying. Also, it will help to limit our exposure to the internet. This will help us to prevent ourselves from being victim of cyber scam, cyber addiction, cyber bullying and more. Also, by having adults around us to ask for their advice is excellent because they will know how to deal with such problems. Last but not least, organizations such as the government can have educational programs on how to deal with these cyber problems. Thus, these will ensure that we will have the knowledge of how to deal with these cyber problems if we encounter them. For the educational activities that will appeal to the students, the government can have schools give out magazines as well as organize games about cyber wellness. Individual schools can have a talk that is related to cyber wellness. The media can create videos about the cyber world through the cyber world. Having these management strategies, it can allow the teenagers to learn the measures about preventing addiction. They can also know how to stand up and face the bully.

## SCIENCE AND TECHNOLOGY SYMPOSIUM 2013



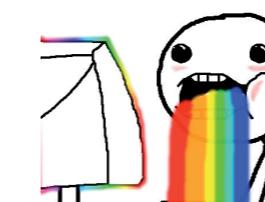
Presented by:  
Cher Kwan Hui  
Audrey Koo Li Xian  
Ng Wei Zhou  
Wong Sook Won

Designed by:  
Low Wei Ying  
Samuel Loh Yun Feng

Supervisor: Ms Sandra Lim  
Mentor: Ms Julia Yeo



## What's on your mind?



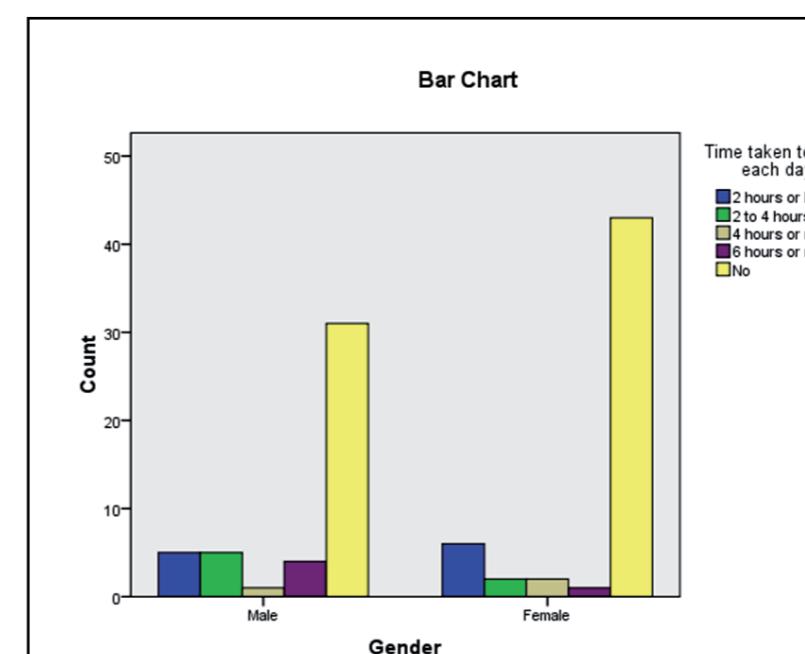
### What's on your mind?

I'm often asked, "What is life like without the Net?" It seems strange that humans have evolved and adapted for thousands of years without this simple connectivity, and now we in modern society struggle to comprehend existence without it. It is not my place to speculate on whether or not the hacker community should stop taking itself so seriously, but I certainly became entangled within it and had forgotten how easy it was simply to close a laptop cover. I hope, then, that others in a similar situation may decide to take a short break from the web (perhaps just for a week) and see if similar effects are found. It can't hurt to try existence without it.

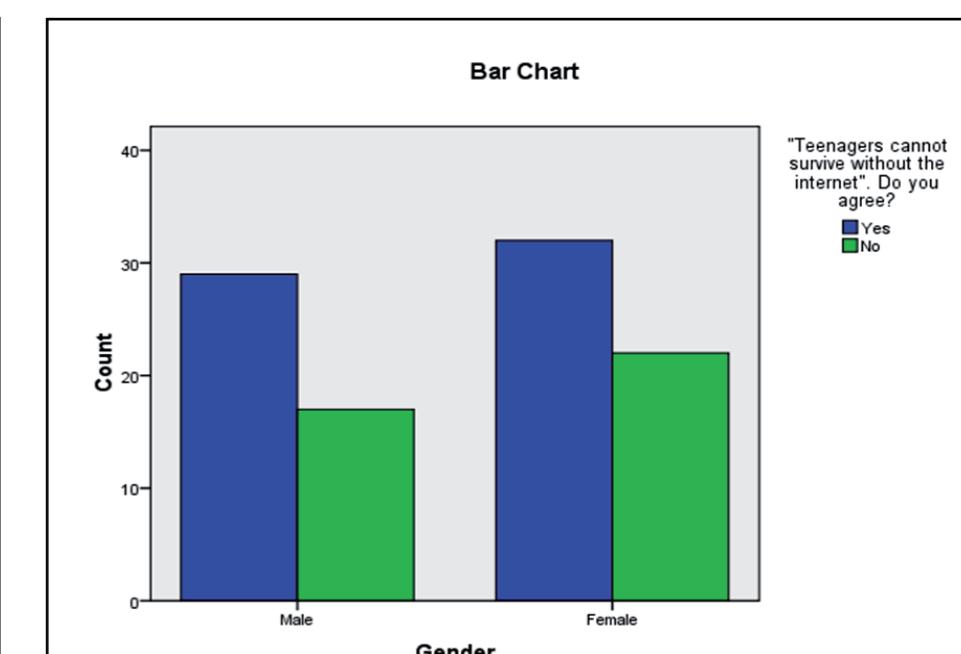
## Questionnaire

The following survey was taken to collect data about teenagers' awareness of cyberwellness and their online activities. The participants are mainly Zhonghua students and we have gathered certain results from them, based on the survey. The following information presented has been extracted from the results of the survey.

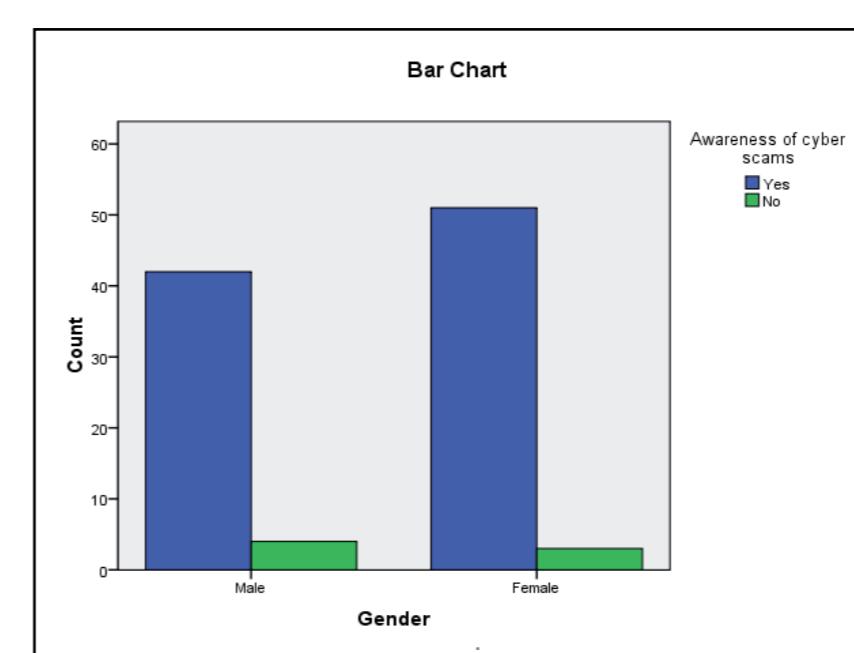
### How long do the students use the internet every day?



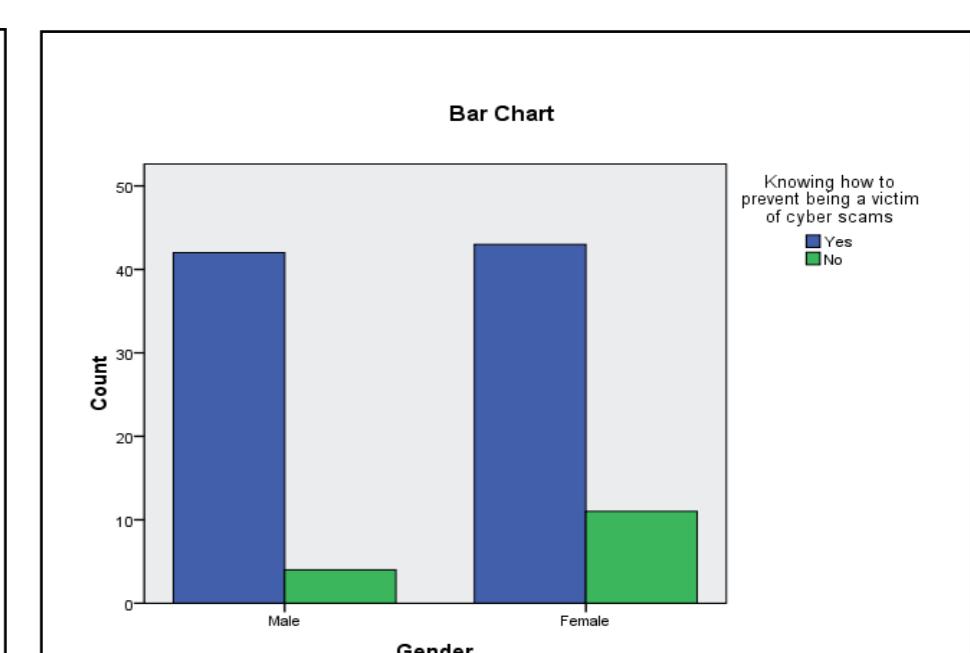
### Do you agree with the public saying that "Teenagers cannot survive without the internet"?



### Are you aware of cyber scams?



### Do you know how to prevent being a victim of cyber scams?



## Conclusion

We have gathered results from our survey. Firstly, males tend to spend more time on the computer as compared to females. Secondly, most of our participants cannot survive without the Internet.

Thirdly, there are still students who are not aware of cyber scam. Lastly, though more teenagers know how to prevent themselves from being a victim of cyber scam, there are still some reports of cyber scam. We can prevent these by having educational events to educate youths about cyber wellness so that they will not become further victims of the dangers of the cyber world.