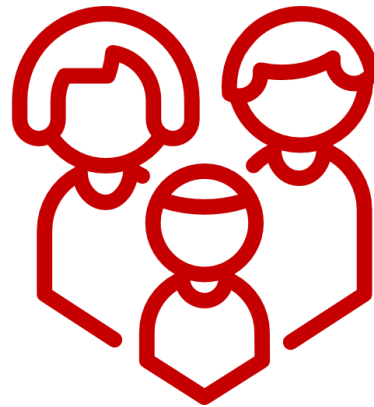


**Slides to
Brief Parents on
Developing Your Child To Be a Positive
Peer Influence Online**

Sharing with Parents on Developing Your Child To Be a Positive Peer Influence Online



Outline of Presentation

- Current Technology Trends
- Online Opportunities and Risks
- Positive Peer Influence
- MOE's Cyber Wellness Education
- Parents as Partners



Current Technology Trends

Singapore: A Wired Nation



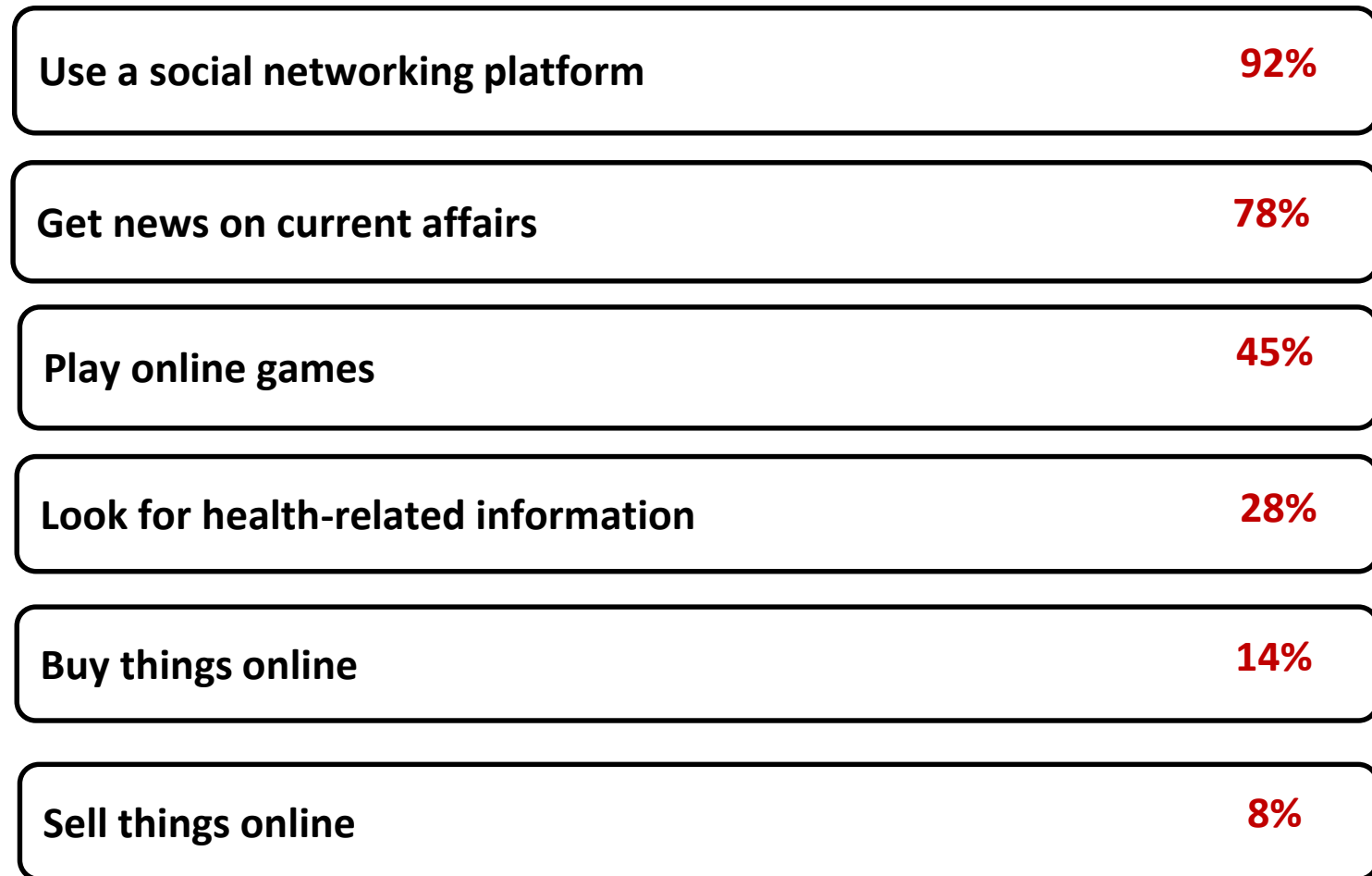
- Singapore's mobile penetration rate: 149.8% in 2016¹
- Our children access the Internet > 4-7 days a week and start using the Internet at 6.1 years old²
- 42% of our youth spend 10 hours or more per week on online activities³

1. Department of Statistics Singapore

2. IMDA Zero-to-Fourteen Consumer Experience Study 2015

3. National Youth Survey 2016

Daily Internet Use Among Youth (aged 15 – 19)



Source: National Youth Survey 2016



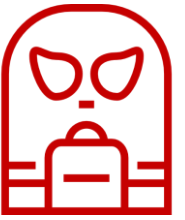
Online Opportunities and Risks

Online Opportunities

Harness technology for learning

➤ Future-Ready and Responsible Digital Learners





Online Risks

While technology offers value, it may bring some potential risks such as:

- Cyber Bullying
- Excessive Internet Use
- Danger with Online Contacts
- Inappropriate Online Content



Positive Peer Influence

What is Positive Peer Influence?

▶▶ Let's watch a video: "Cyber Ninja Strikes"...



What is Positive Peer Influence?



Peer influence is the effect an individual can have on their friends to change their attitudes, values or behaviours.

The Cyber Wellness principle of positive peer influence encourages our students to:

- Be a positive role model online
- Advocate positive online behaviour

Why is Being a Positive Peer Influence Online Important?



Being a positive peer influence online will help your child to:

- Exercise empathy
- Develop resilience and moral courage

Why is Being a Positive Peer Influence Online Important?



Being a positive peer influence online will help your child to:

- Learn responsibility for words and actions
- Leave positive digital footprints



MOE's Cyber Wellness Education

Cyber Wellness Key Messages

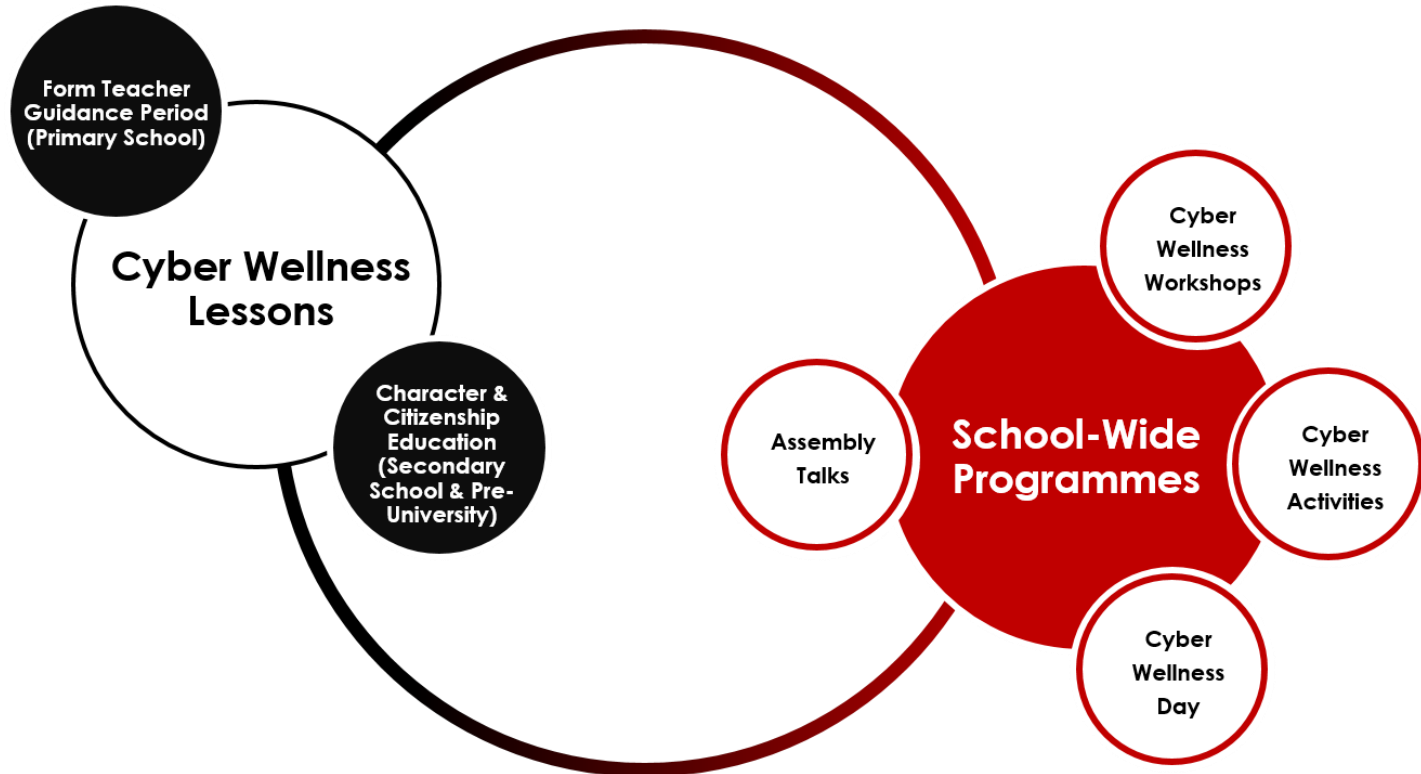
1. ICT is an integral part of the learning environment
2. Cyber Wellness Education anchored on three CW principles



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

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

- *Cyber Wellness lessons during CCE periods*
- *Cyber Wellness Sharing session by cyber wellness leaders*
- *Cyber Wellness Assembly Talk and Roadshow by Fei Yue Community Services*
- *Circle time on topics related to cyber wellness*



Parents as Partners

How Can Parents Help?



Encourage your child to:

- Be **S.U.R.E.*** before sharing.
 - **Source**
 - **Understand**
 - **Research**
 - **Evaluate**

*The S.U.R.E. campaign is an initiative by the National Library Board to promote the importance of information searching and discernment.

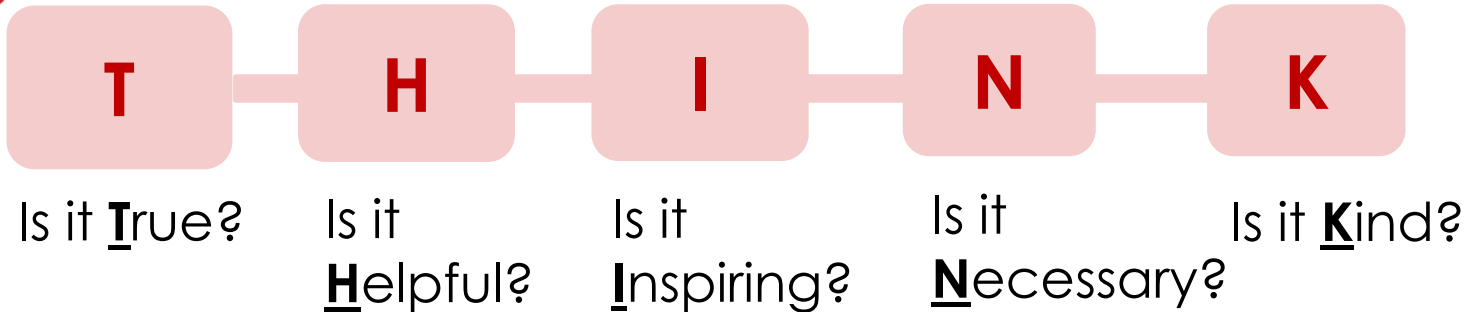
<http://www.nlb.gov.sg/sure/sure-campaign/>

How Can Parents Help?



Encourage your child to:

- **T.H.I.N.K.** before posting. Ask: “Is it **T**ue? **H**elpful? **I**nspiring? **N**ecessary? **K**ind?”



How Can Parents Help?



Encourage your child to:

- Be an upstander for friends who are cyber bullied



C

Calm them
down

H

Hear
them out

E

Empathise
with them

E

Encourage
them to
seek help

R

Refers to a
trusted adult

How Can Parents Help?



Encourage your child to:

- Use technology for good, such as:
 - Helping seniors to use technology
 - Supporting good causes
 - Spreading positive messages online

Key Messages to Parents



**VALUE THE IMPORTANCE OF BEING
A POSITIVE PEER INFLUENCE ONLINE**



**ENCOURAGE YOUR CHILD TO BE A
POSITIVE PEER INFLUENCE ONLINE**



MODEL POSITIVE ONLINE HABITS



**GUIDE YOUR CHILD TO USE
TECHNOLOGY FOR GOOD**

Resources



Ministry of Education

Check out MOE's Cyber Wellness Portal for up-to-date cyber wellness tips and resources for parents.

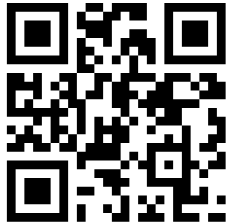
ictconnection.moe.edu.sg/cyber-wellness/for-parents



Media Literacy Council

Check out the Media-WISE SMART guide for Youths for tips on how your children can stay safe and kind online.

medialiteracycouncil.sg/-/media/MLC/Resources/Pdf/Youth/Media-Wise.pdf



National Library Board

Pick up some research skills and learn more about the S.U.R.E. method from NLB's eLearn Centre.

nlb.gov.sg/sure/elearn-centre

Every Parent A Supportive Partner



Helplines for Cyber Wellness related issues

No	Name of Organisation	Details	Operating Hours	Contact Number
1.	eCounselling Centre (eC2) (Fei Yue Project 180)	An online facility offering free counselling to youths. Please visit www.ec2.sg or www.egen.sg for more information.	Mon to Fri: 2.00pm – 5.30pm	Fei Yue Community Services 6787–1125
2.	Help123 Cyber Wellness Community Support	A one–stop platform to address cyber wellness concerns faced by youths, parents or educators. Users can get relevant information on cyber issues and interact with trained counsellors through web chat or phone.	Mon to Fri: 10.00am – 6.00pm (except public holidays): Chat Online at: www.help123.sg Mon to Fri: 2.00pm – 10.00pm (except public holidays)	1800–612 3123
3.	MeToYou Cyber Care (a programme by Montfort Care@27 FSC)	MeToYou Cyber Care is a cyber–wellness programme for youths aged 12 to 18 years old.	Mon to Fri: 9.00am – 6.00pm	6270–8327 / 9173–1766
4.	Tinkle Friend Helpline (manned by Singapore Children’s Society)	A national toll free helpline and chatline for all primary–school–aged children in Singapore. It provides support, advice and information to lonely and distressed children, especially in situations when their parents or main caregivers are unavailable.	Mon to Fri: 2.30pm – 5.00pm Chat Online at: www.tinklefriend.com Mon to Fri: 2.30pm – 5.30pm Wed: 6.30pm – 8.30pm	1800–274 4788