MARSILING PRIMARY SCHOOL

P1 Parents' Briefing on Cyber Wellness (CW)

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WHAT IS CYBER WELLNESS?

CYBER WELLNESS PRINCIPLES

SENSE

THINK

ACT

Respect for Self & Others

Safe & Responsible Use

Positive Peer Influence

Sense – Think – Act Process

Sense: Identify the possible risks of harmful behaviours online and learn how to protect oneself

Think: Analyse, evaluate and reflect on the online situation based on the three CW principles

Act: Translate understanding into actions so as to be safe and have a positive presence online

CCE 2021 FRAMEWORK
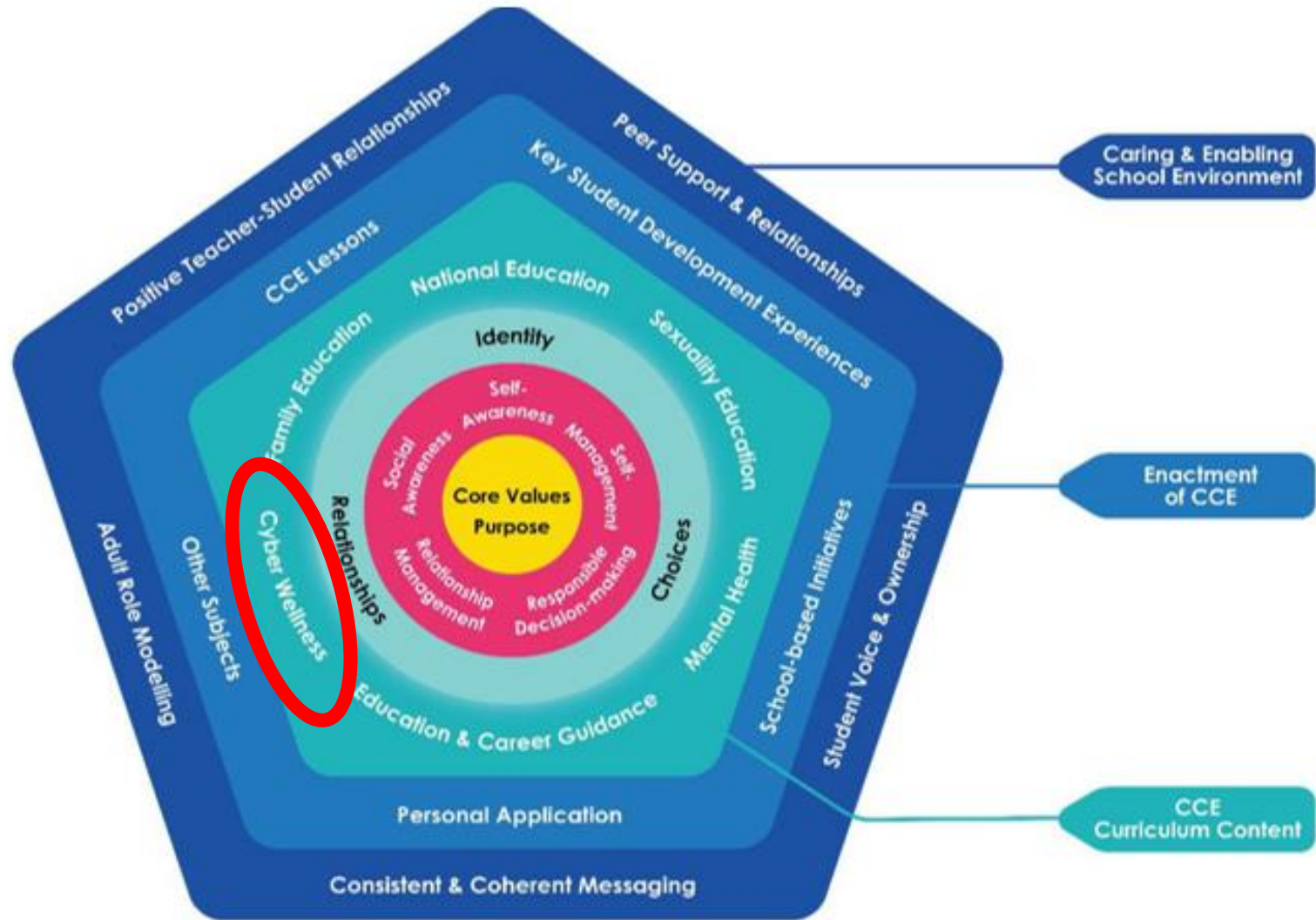
● Respect ● Responsibility ● Resilience ● Integrity ● Care ● Excellence

What will our P1 and P2 students learn about Cyber Wellness during CCE (FTGP) lessons?

Students will be taught:

- Basic online safety rules (Talking to only people you know)

- Protecting personal information (Understand the risks of disclosing personal information)

- Importance of a balanced lifestyle in exercise, sleep and screen time for health and well-being

My Online Safety Code

I ask my parents/teachers before I go online to play games.

I do not give my password to anyone I meet online.

I set a limit for my screen time.

I always ask my parents or teachers whenever I am unsure about what I see online

CYBER WELLNESS @ MPS

What will our P1 and P2 students learn about Cyber Wellness during CCE (FTGP) lessons?

Cyber Contacts

- **Understand that the profiles of strangers that we see online may not be their real identities**

- **Recognise the dangers of chatting with strangers online**

Do I Know You? 2

What Do We Know about Tricky People?

- It is difficult to tell tricky people from the way they look.
- Tricky people tend to ask children for help even though there are other adults who could help them.
- Tricky people gain children's trust by offering sweets, money or things they like.
- Tricky people may ask children to keep secrets.

What Do We Know about Tricky People Online?

- It is difficult to identify tricky people based on their behaviour since we cannot see them online.
- The things tricky people write or share about themselves are not true.
- Tricky people may share information (e.g. links, photos) that is not suitable for children.

Understand and Care for Myself 15

CYBER WELLNESS @ MPS

What will our P1 and P2 students learn about Cyber Wellness during CCE (FTGP) lessons?

Family Time Activity!

- Parents are encouraged to try the "Family Time" activities in the CCE (FTGP) Journal with your children to emphasize the different cyber wellness messages at home

Family Chat Time!
Share 'My Online Safety Code' with your parents/guardians, siblings and other family members.

I can...
- **share** with my family members how I can be safe in the cyberworld.
- **remind** my family members to follow the safety rules together.

We did this together!

Parent's / Guardian's signature

E.g. Family Time in the lesson on Staying Safe in the Cyberworld

Staying Safe in the Cyberworld ②

This set of rules helps us to stay safe online.

My Online Safety Code

🔒 I ask my parents/ teachers before I go online to play games.

🔒 I do not give my password to anyone I meet online.

PASSWORD
DO NOT SUBMIT

🔒 I set a limit for my screen time.

🔒 I always ask my parents or teachers whenever I am unsure about what I see online.

Staying Safe in the Cyberworld ②

Family Time

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_____
Parent's / Guardian's signature

A Note to
Parents/Guardians:

The following resources and activities offer tips on how you can prepare your child/ward for the digital world.

- **Helping your child/ward navigate the online world** (https://go.gov.sg/cw-parent-tips-part1)

- **Switching off to switch on** (https://go.gov.sg/cw-parent-tips-part2)

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What are good digital habits?

Good digital habits start from home.

Supporting our children early in this process will help them greatly as they grow older.

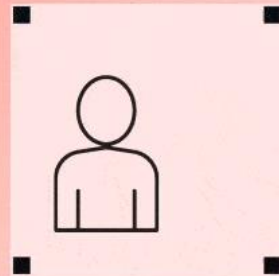5 GOOD INTERNET HABITS FOR CHILDREN

To limit their screen time

To be safe online

To be honest with you about their activities

To turn off devices during family gatherings

To practise critical thinking

EDUCATION DESTINATION ASIA

How can parents help our children develop good digital habits?

Based on MOH's **Guidance on Screen Use** for 7-12 year olds, parents are encouraged to:

- Use **parental control settings** to monitor and ensure children access to age-appropriate content;
- Develop a **timetable or screen use agreement** to balance screen time and family bonding and;
- **Avoid screen use during mealtimes** and one hour before bedtime.

Co-viewing with our children is also important. Knowing what our children are viewing will create more opportunities for conversations.

Resources on Screen time

For more information, you can scan here for MOH's Guidance on Screen Use

Have an open communication with our children.

Open communication is critical in building a positive-child relationship.

● **Talk to our children** about their online activities in everyday conversations:

- *Did you enjoy the video that we watched together just now? What did you like/not like about the video?*
- *Have you seen or heard anything online that bothered or worried you? Tell me about it.*

Have an open communication with our children.

- Create a **safe environment** for our children to express their thoughts and feelings.

  - Find a place where your child is **more comfortable to talk**

  - Teach child to **use words to describe different emotions,** e.g. "I see you're frowning, are you feeling sad?"

Have an open communication with our children.

- Let them know that **you are there for them** when they need support, care or help.

  - Regularly **show interest** in their thoughts and feelings.

  - **Listen to understand**, make eye contact, nod to show you have heard them.

Parenting Instagram live on The HeART of Conversation

How to role model good digital habits for our children?

- Children often **mirror** what their parents do.

- We **can role model positive digital habits** for our children.

- It is equally important to **role model the positive online behaviours** that we want to see in our children.

- Show them how we use the Internet in a **safe, responsible and kind way**.

How to role model good digital habits for our children?

- You can encourage good habits by **spending time outdoors** or engaging in non-technology based activities, (e.g. sports or a board game).

- You can **role model positive online behaviours and habits** for your child.

RESOURCES FOR PARENTS

More tips on how we can support our children to be responsible users of the **cyber space**.

Parenting in the Digital Age
Parenting Tips for Website.pdf
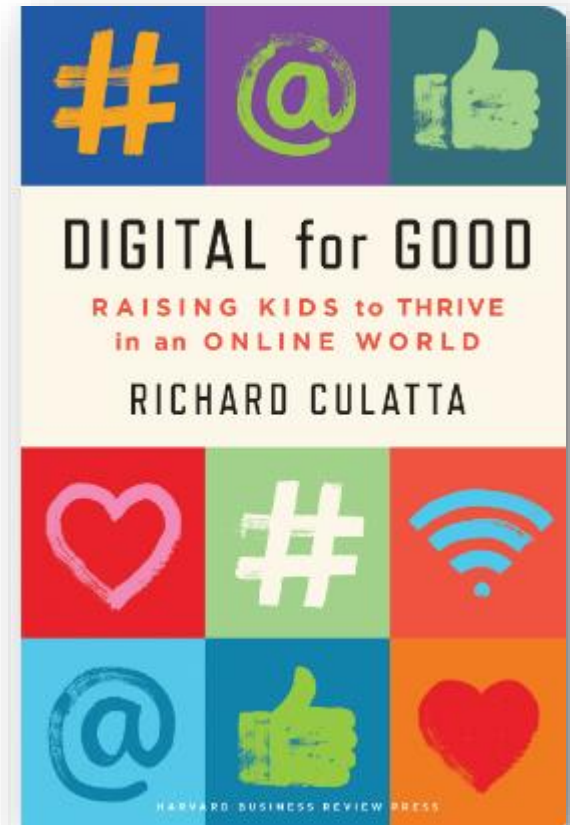Parents can set a good example at home in the use of technology and play an active role in guiding their child to navigate cyberspace safely.

To complement the cyber wellness curriculum in schools, here are the steps for PARENTing in the digital age:
https://www.schoolbag.sg/story/understanding-cyber-wellness (Click on the link the article.)

Parenting Instagram post on supporting our children to be responsible users of the cyber space.

TECH-WISE PARENTING
RAISING KIDS IN A RAPIDLY CHANGING DIGITAL WORLD

DIGITAL for GOOD
RAISING KIDS to THRIVE in an ONLINE WORLD
RICHARD CULATTA
HARVARD BUSINESS REVIEW PRESS

In the rapidly changing world, parental practices are becoming more challenging, as children find themselves confined to narrow spaces devoid of open-air activities.

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Effect of Technology on Family time

Positive or Negative

https://www.edsys.in/effect-of-technology-family-time-positive-negative/

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POSITIVE AND NEGATIVE IMPACTS OF TECHNOLOGY ON FAMILY TIME

MORE CONNECTIVITY

INCREASED INTERACTION WITH DISTANT RELATIVE

REACH FAMILY IN TROUBLE

SECURITY SYSTEMS AT HOME

Ecole Globale
International Girls' School

EXTENSIVE SCREEN TIME

DECLINE IN FACE TO FACE INTERACTION

INTERRUPTED FAMILY TIME

SETTING WRONG EXAMPLES

https://www.ecoleglobale.com/blog/positive-and-negative-effects-of-technology-on-family/

● **Respect** ● **Responsibility** ● **Resilience** ● **Integrity** ● **Care** ● **Excellence**

MARSILING PRIMARY SCHOOL

Thank You

#teamMPS