



Parent Kit

Cyber Wellness for Your Child



Ministry of Education
SINGAPORE

"How do we ensure that our young make the right choices, and survive well in the online world? (...) Schools can work with parents and make a big difference."

– Minister Ong Ye Kung, Committee of Supply Debate 2020

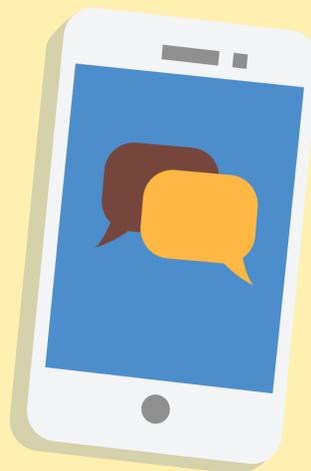


Did you know?

MOE recently announced that:



Digital literacy will feature more strongly across the curriculum.



More time will be spent discussing Cyber Wellness during Character and Citizenship Education lessons.

Students will learn skills to navigate the online space confidently, and use technology healthily.

How can you promote Cyber Wellness at home for your child too?

Tip 1: Guide your child on time spent online and online etiquette



Ask your child what he/she enjoys doing online.

Through your conversations, you can decide together **how much time he/she should spend online**, and **teach online etiquette**.

Consider drawing up a family contract ([click here](#) for sample under #12).

Tip 2: Teach your child to stay safe online



- Remind your child **not to chat with strangers online** or share information that can allow strangers to locate him/her.

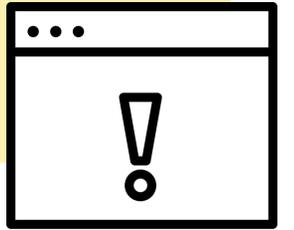


Want more parenting tips on Cyber Wellness?
[Click here.](#)



- Guide your child to **set strong passwords**, and **ignore suspicious links or files** sent by strangers or in pop-up boxes.

- Check with your child about the conversations that go on in their chat groups or social media to assess if he/she is being **bullied online**.



Tip 3: Guide your child to behave responsibly online

CONSUMING INFORMATION ONLINE

- Encourage your child to **verify information** with multiple credible sources.
- Get them to **check with you or a trusted adult** when in doubt.

POSTING INFORMATION ONLINE

- **Co-create guidelines** with your child on what he/she can post online.
- Guide him/her to use the **THINK** framework when creating the guidelines:

Is it **T** True, **H**elpful, **I**nspiring, **N**ecessary, **K**ind?

How can you develop your child's digital literacy skills?

Engage your child in the use of technology for everyday situations

Get him/her to:

Research and critically evaluate online information

Create digital products

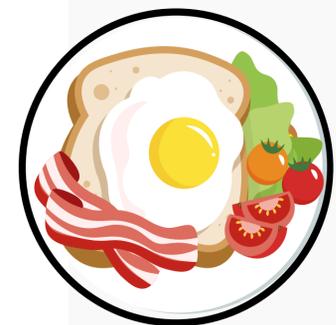
Organise schedules



Find a suitable activity for a family outing

Design a digital photo collage after a family outing or celebration

Organise his/her schedule in an online calendar



Research a recipe for a family lunch/dinner



Do you have ideas and solutions on how parents can keep their children safe in the online world?

Want to be part of a community to develop solutions for the wider parent community in the area of Cyber Wellness?

Look out for MOE's upcoming three-part engagement series -

**What's Your Take:
Navigating the
Digital Jungle!**



**Want more parenting resources?
[Click here](#) to tell us what you'd like to see.**

