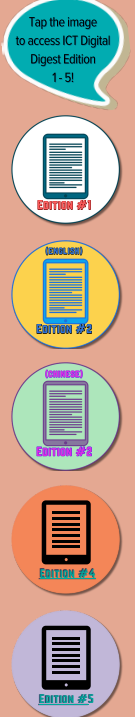




CYBER WELLNESS MATTERS

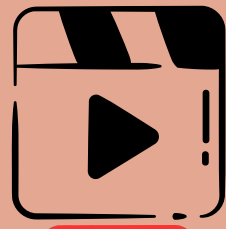
Technology can help us learn, connect and create amazing things—when we use it wisely.



YOUR CHILD HAVE A SECRET SOCIAL ONLINE?

DID YOU KNOW?

84% of Singaporeans encountered harmful online content: MDDI survey



WATCH NOW



13 and ready for social media... or not?

Ministry of Education Senior Guidance Specialist Hendriawan Selamat explains that being ready for social media is not just about age. Parents should also look at whether their children are mature, responsible, and able to use social media safely.



Scan or tap the QR code to read how parents can decide if their child is ready for social media.

Social Media: Benefits and Risks

Social media can help children learn, communicate, and share ideas with others.

However, there are risks such as cyberbullying, harmful content, and sharing personal information online. Parents should guide children to use social media safely and responsibly.



Scan or tap the QR code to explore tips on helping youths use social media safely and responsibly.



HELPING YOUR CHILD HANDLE CYBERBULLYING



Cyberbullying can affect a child's emotions, confidence, and friendships. Encourage open communication, safe online habits, and seeking help from trusted adults when needed.

READ MORE



Discover popular social media and messaging platforms, how they are commonly used, and learn tips to stay safe on these platforms.



Social Media and Instant Messaging Safety Guide



If your child needs help with online addiction or bullying, click or tap the list icon for Help Centre contacts!

