

# Cyber Wellness Strategies

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SH/Student Well-Being



SEEK|STRIVE|SERVE

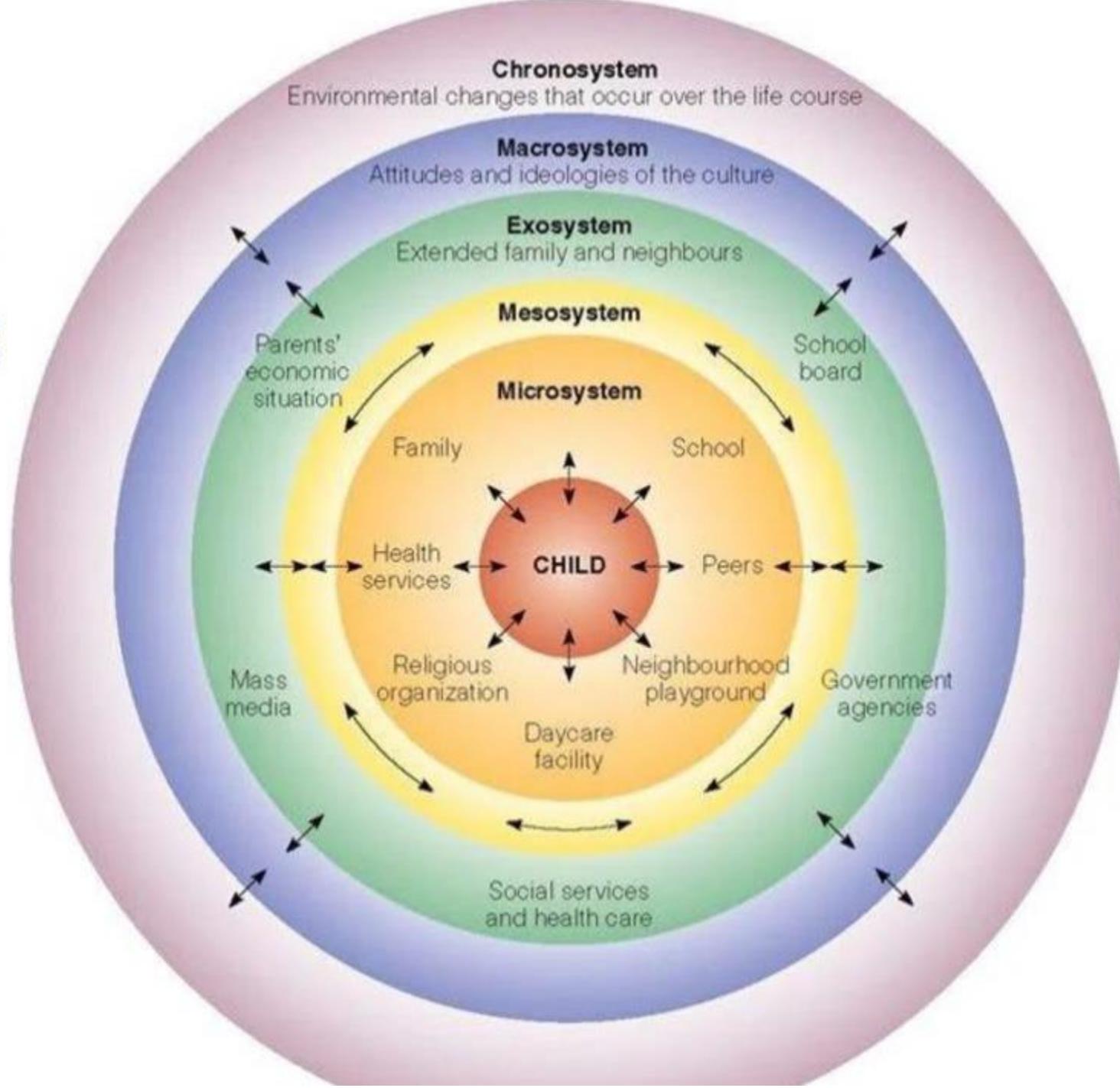


# CONTEXT SETTING



# How our children are influenced by their environment

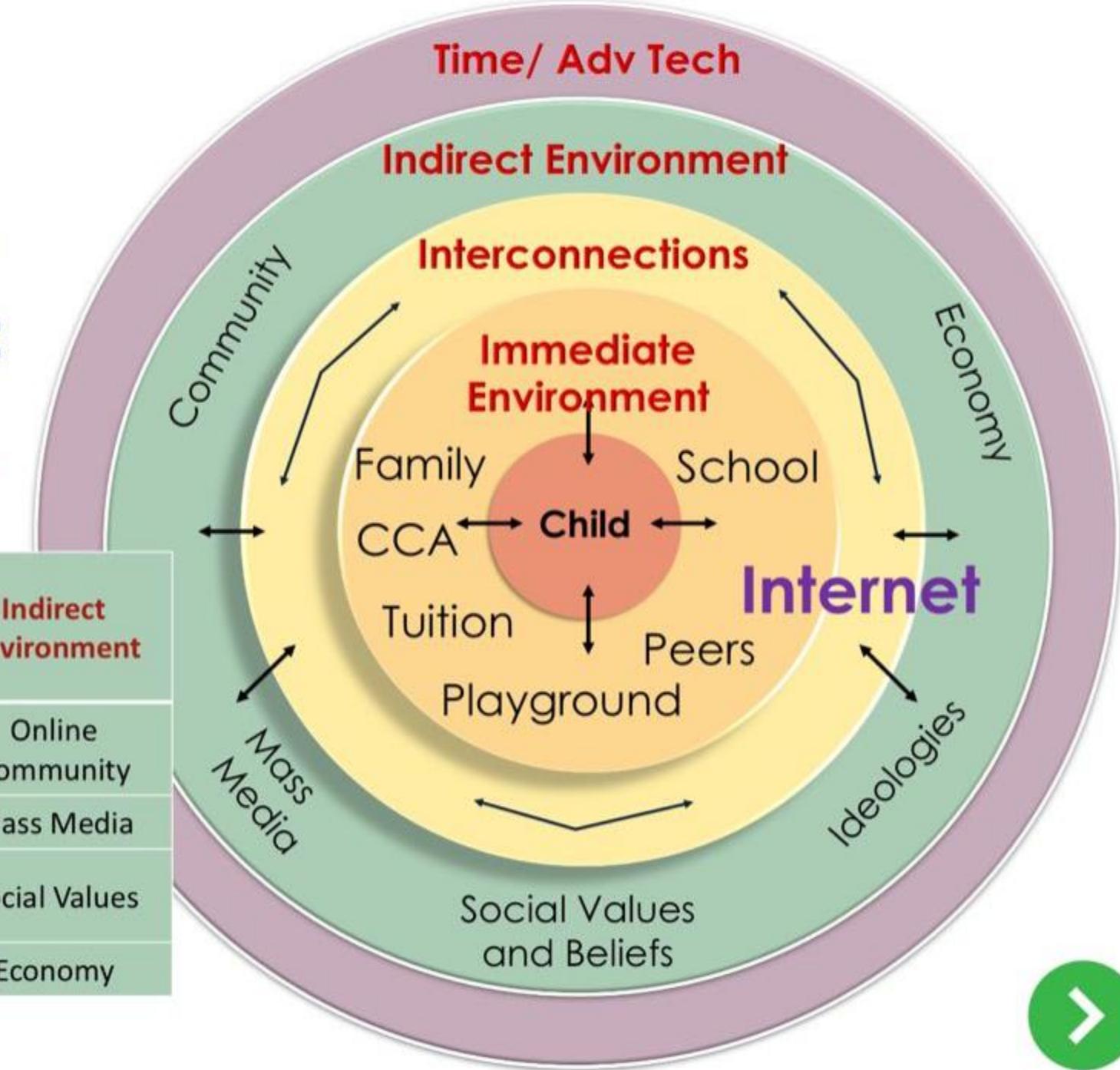
Bronfenbrenner's ecological systems theory posits that an individual's development is influenced by a series of interconnected environmental systems, ranging from the immediate surroundings (e.g., family) to broad societal structures (e.g., culture).



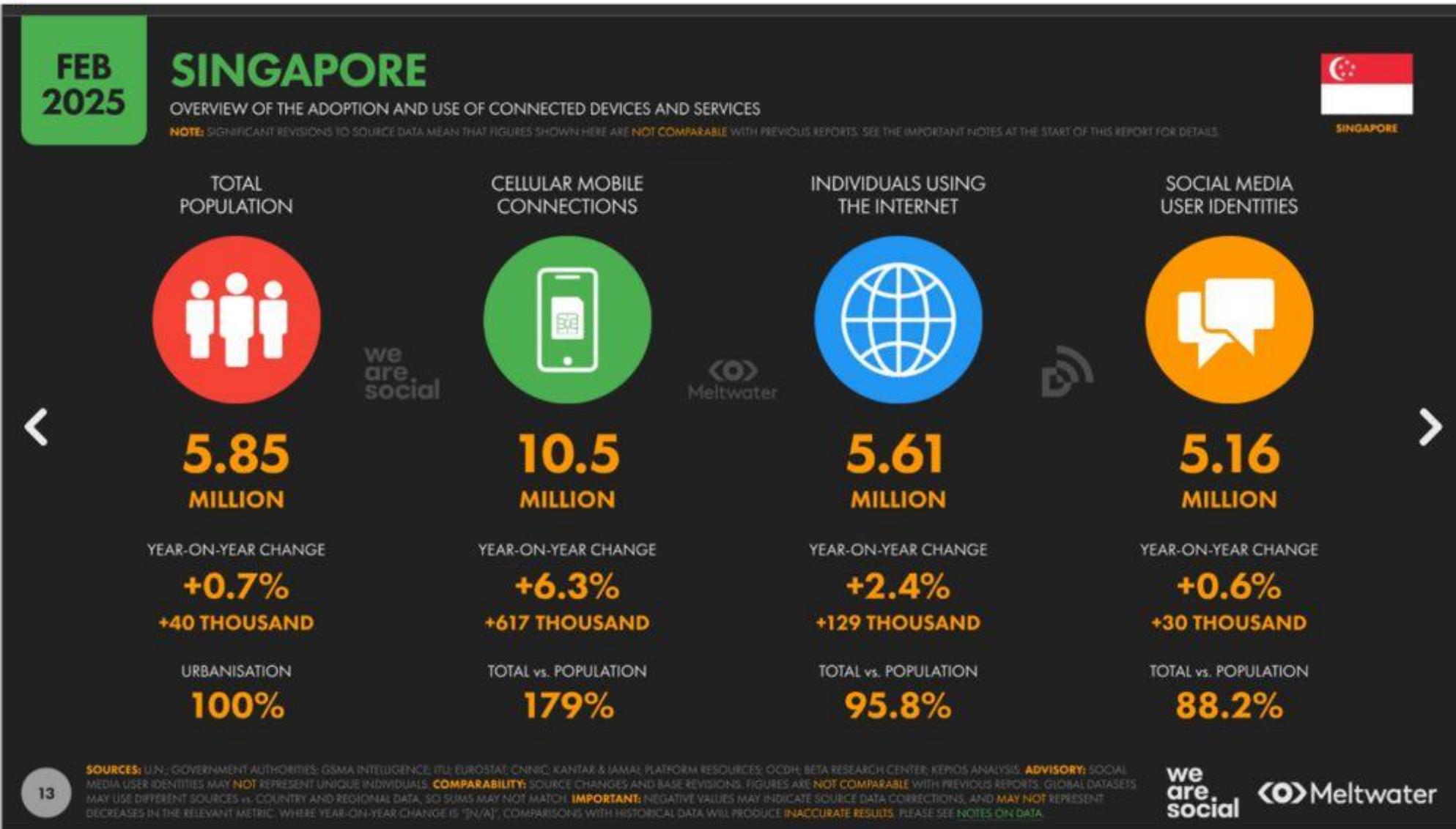
# How our children are influenced by their environment

How about the Internet ?

Immediate Environment	Interconnections	Indirect Environment
Social Media	Parent ↔ School (e.g. Classdojo)	Online Community
Online Games	Peers ↔ CCA	Mass Media
Virtual Classrooms	Parents ↔ Tuition	Social Values
Messaging Apps		Economy



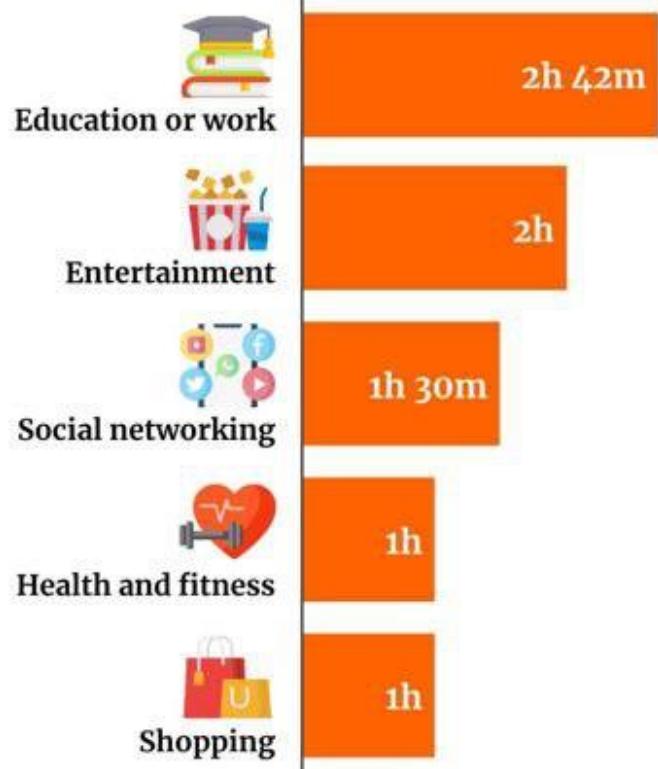
# The online space is becoming an integral part of our lives



If they sleep (8 hrs) and are in school (7 hrs),  
they have (9 hrs) outside of school...



What teens are using their screens for  
on a typical day

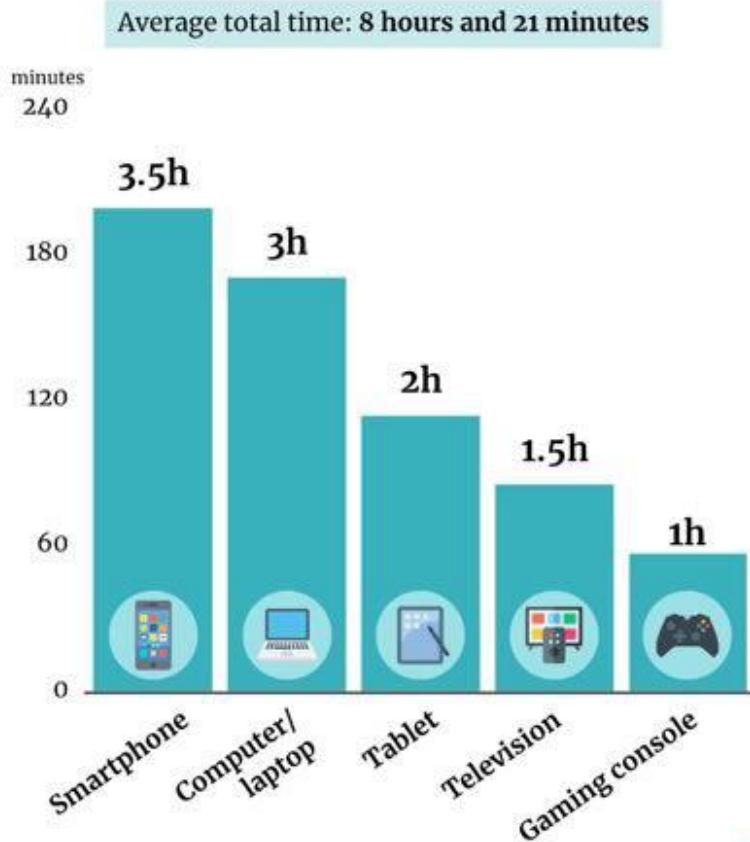


Infographic: Clara Ho

Source: Institute of Policy Studies



Devices teens use on a typical day



Infographic: Clara Ho

Source: Institute of Policy Studies

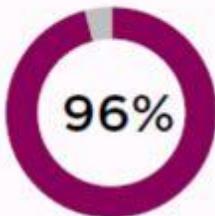


Singapore teenagers spend nearly 8.5 hours a day on screens: CNA-IPS survey - CNA

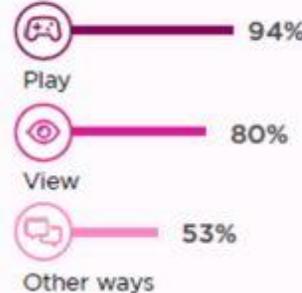
# Each generation has more game enthusiasts who engage with games in multiple ways

Gen Alpha  
(born 2010 or later)

Game enthusiasts

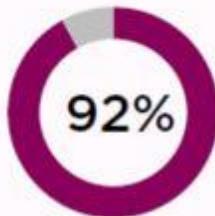


96%



Gen Z  
(born 1995 - 2009)

Game enthusiasts

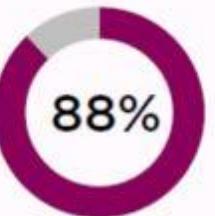


92%



Millennials  
(born 1981 - 1994)

Game enthusiasts

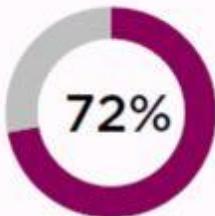


88%

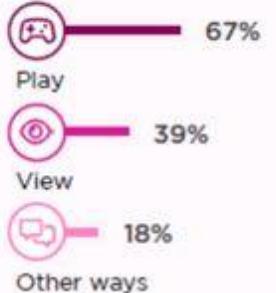


Gen X  
(born 1965 - 1980)

Game enthusiasts

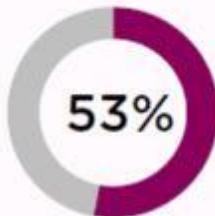


72%



Baby Boomers  
(born 1945 - 1964)

Game enthusiasts



53%



# Gaming can be used for Good and Wrong



THE STRAITS TIMES

PDF

THE STRAITS TIMES

PDF

Gaming for change: Singapore youth enterprise teaches social issues through video games



2 teens dealt with under ISA: How terrorist groups target youth online through games, chats



Two Singaporean teenagers have been issued orders under the Internal Security Act for terrorism-related activities. One is a 15-year-old. He is the youngest person to be dealt with under the ISA for terrorism-related activities.

# Youths are frequently encountering vulgarities or violent content (33%) and have faced in-game bullying (17%) – While 25% of parents do not know who their children game with.

THE STRAITSTIMES

Singapore's first youth gaming survey: 17% feel bullied online, 14% engaged strangers beyond games



**1 in 2**

youth games daily,  
most for more than  
two hours each time



**1 in 3**

plays online  
games with  
strangers



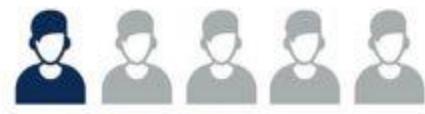
**Up to 14%**

of youth meet or chat  
with strangers  
outside of the games



**1 in 3**

teen gamers between 13 and 18 years  
old frequently comes across vulgarities  
or violent content online



About **1 in 5**

teen players between 13 and 18 years  
old says he/she faces in-game bullying



**1 in 4**

parents does not know who  
the children game with

- 1. Even when at home, victims may still experience harassment.**
- 2. Only 8% who experienced in-gaming bullying spoke to their parents**

#### THE STRAITSTIMES

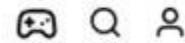
The relentless nature of cyber bullying and why Singapore schools must remain vigilant



<https://www.straitstimes.com/singapore/the-relentless-nature-of-cyber-bullying-and-why-singapore-schools-must-remain-vigilant>



today



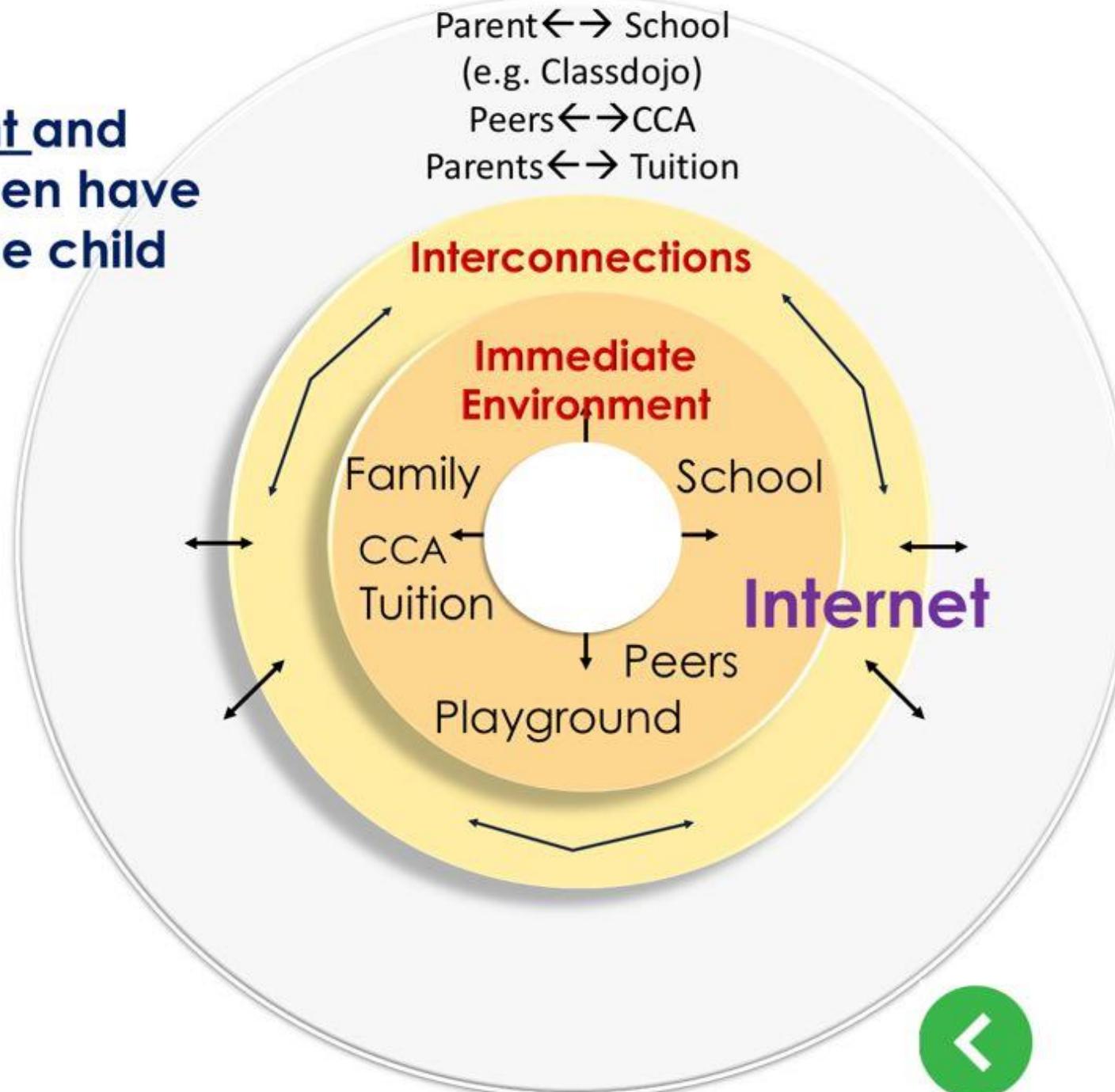
**1 in 5 youths experienced  
bullying in online games, but  
small minority tell their parents  
about it: MCI survey**



<https://www.todayonline.com/singapore/1-5-youths-experienced-bullying-online-games-small-minority-tell-their-parents-about-it-mci-survey-2361831>

The immediate environment and the interconnections between have the greatest influence on the child

Parent ←→ School  
(e.g. Classdojo)  
Peers ←→ CCA  
Parents ←→ Tuition





# Family plays an important role

THE STRAITSTIMES

PDF

≡

Dinner with the kids: Family meals improve well-being, bonding and even grades



THE STRAITSTIMES

PDF

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Parents play critical role in teaching values, habits to children: Maliki Osman



THE STRAITSTIMES

PDF

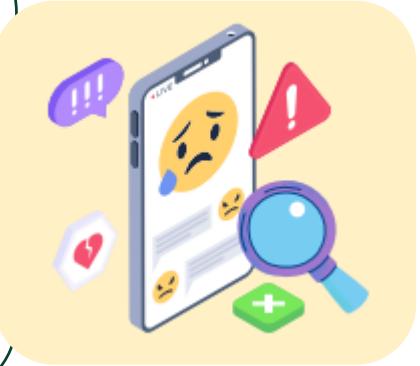
More collaboration, conversation needed on how teens use social media: Ong Ye Kung



My daughter is **always looking at her smartphone**. She is constantly checking her social media and chatting with her friends online. Her life seems to revolve around that, and she isn't interested in anything else. What can I do?



Recently, my son keeps himself in his room. For consecutive few days, he complains of stomachache and didn't go to school. I suspect that he might be **cyberbullied**.



My son is **addicted to gaming**: on his laptop, his smartphone, etc. When home from school, he heads straight to his room to play, ignoring his chores and homework until I remind him.



My daughter's teacher called to inform me that my daughter has been **using unkind words to her peers online**. What can I do?



I caught my son **watching some inappropriate content**. While I've told him it's not appropriate, how can I discourage him from searching for it online?



**Do you...**



Take your child's device away without warning?

**OR**



Mete out the consequences that were previously agreed upon?

**Do you...**



Assume misbehaviours are due to excessive device use?

**OR**



Engage in conversations to understand why your child is using devices excessively?

# Do you...



Entertain yourself with your device and minimise interactions with family?

OR

Role model healthy screen use habits and positive interactions with family?

# Do you...



Expect change to take place immediately?

OR



Recognise that change takes time but know when to seek school's help?

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# 1. Practice appropriate device usage

- **Talk to your child** about what they feel is an appropriate amount of time to spend on their digital devices per day, given their commitments (e.g., studies, CCA, art class).
- **Share your concerns** with your child and **reach a common understanding** on:
  - when they should turn off their laptops/phones
  - when device usage should be paused
  - when to take breaks from screen
  - what they can do online; what they should avoid



## 2. Manage over-reliance on devices

Is your child....

**Constantly online and only happy when they are online?**



**Visibly restless or irritable when asked to cut down on gaming/online activities?**



**Using gaming/online activity to avoid dealing with their personal problems?**



## 2. Manage over-reliance on devices

- **Plan offline activities and do it together**

Encourage your child to participate in outdoor activities or other suitable replacement activities. Help them achieve it by scheduling these activities and doing it together with them.

- **Manage your expectations**

It's tough to alter habits overnight – give your child time to adjust their digital habits.

Acknowledge and show appreciation when you see them putting in effort to change their habits.



### Instead of

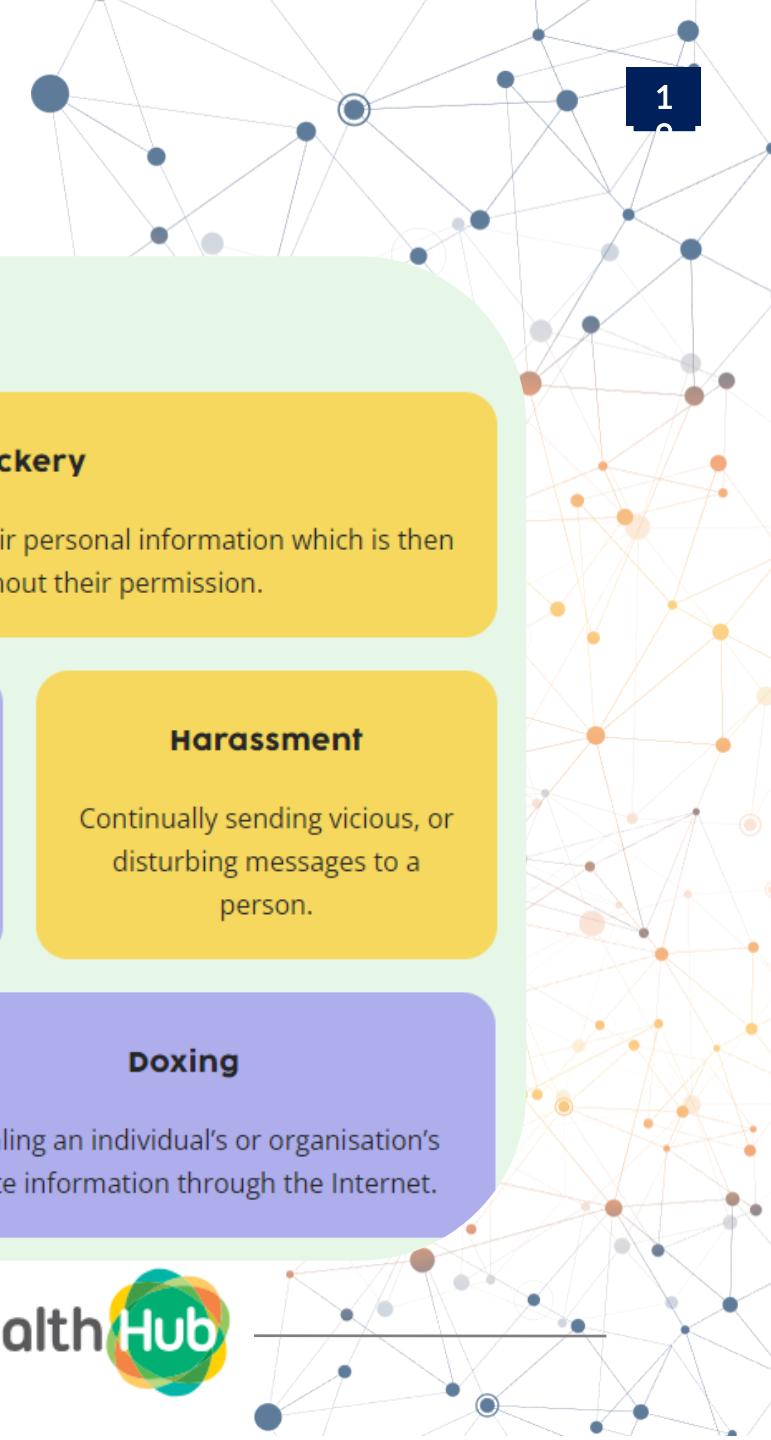
Stop playing games on your computer.

### Try

Let's take a walk at the park together.



# 3. Handling Cyberbullying



## Forms of Cyberbullying

Cyberbullying can come in many forms. Here are some examples:

### Denigration

Spreading rumours or untruth statements that can hurt a person's reputation.

### Trickery

Fooling someone into sharing their personal information which is then posted online without their permission.

### Cyber stalking

Using online platforms to harass or stalk a person.

### Impersonation

Ruining a person's reputation by posting offensive or aggressive messages under the person's name.

### Harassment

Continually sending vicious, or disturbing messages to a person.

### Flaming

Sending messages that aim to provoke an online argument.

### Exclusion

Intentionally excluding someone from an online group.

### Doxing

Revealing an individual's or organisation's private information through the Internet.

## Cyber bullying (29%) & Sexual content (28%)

are the most common types of online harmful content

**-Most prevalent on social media services (57%)**

**Survey by MCI finds that two thirds of Singapore users encountered harmful online content**

Table 1: Categories of Harmful Online Content Encountered

Categories of harmful online content encountered in the past 6 months.  
(% of all respondents)



# 3. Handling Cyberbullying



**Stop what we are doing online**



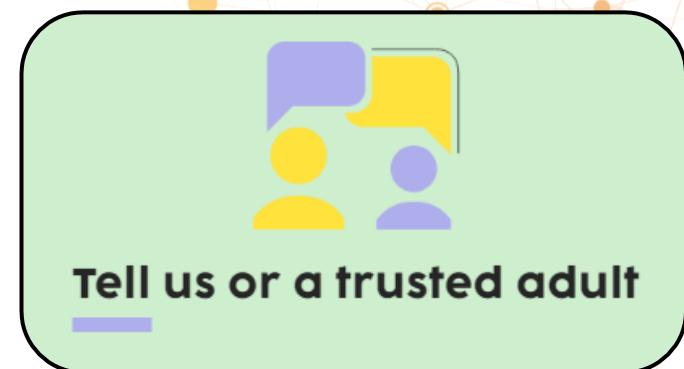
**Block the person**



**Save the evidence**

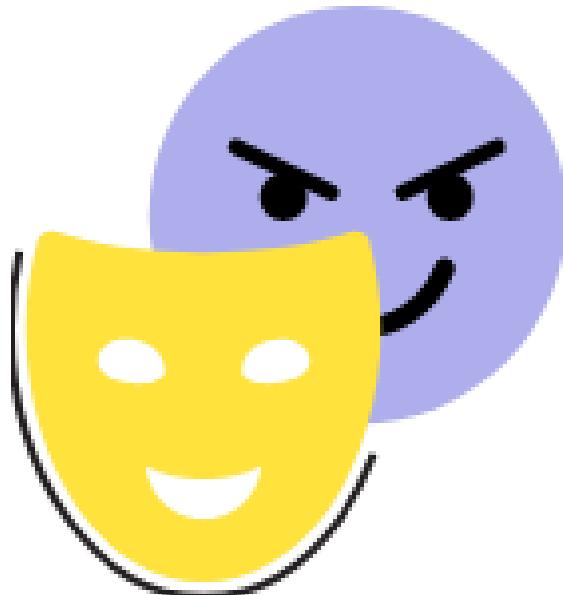


**Report**



# 4. Handling Cyberbullying

What if our child is a cyberbully?



**Start a conversation with them**

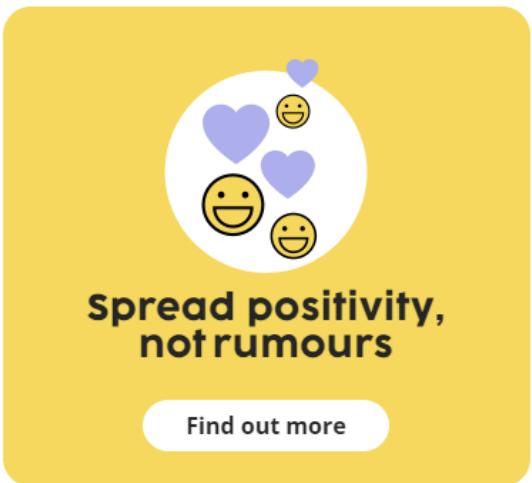
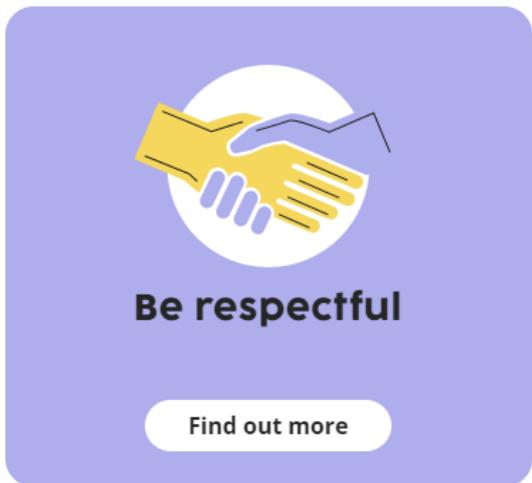
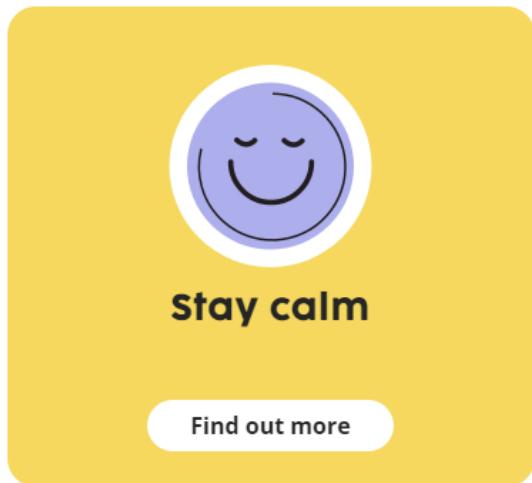
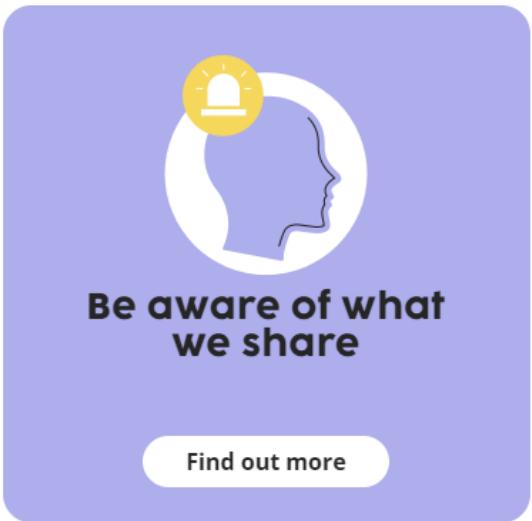
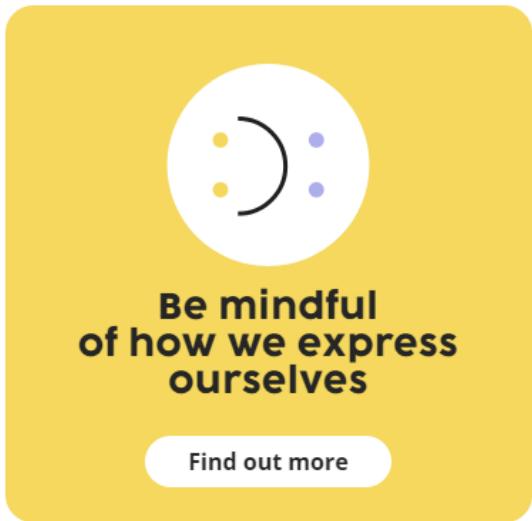
**Educate them**

**Implement and enforce consequences**

**Have our child make up to the victim and  
apologise for their actions**

**Monitor our child's activities online**

# 4. Show Cyber Kindness



# 5. Encountering Inappropriate Content.

## Examples of inappropriate content

It includes but is not limited to:

- Violent acts
- Risk-taking stunts
- Encouragements of self-harm
- Sexual content
- Hurtful remarks or negative stereotypes
- Illegal activities such as drug abuse



# 5. Encountering Inappropriate Content

- **Find out** if it was accidental, intentional or shown by someone
- **Avoid** blame or punishment as this may make them less likely to tell the truth next time
- **Process feelings** with them
- **Explain** to them why the content is inappropriate
- **Work with them** to plan on what should be done
- **Assure them** that we will be there



# Why is cyber wellness important?

Cyber wellness is important as it can help our child navigate the online world safely and responsibly. Being safe and responsible in the online world can mean:

Posting online cautiously

Managing our time online

Staying mindful of the content we consume

This is also important as digital media can affect our child's mental well-being. Research has found that a child's excessive use of digital media is associated with:

Problems socialising with friends

Trouble managing emotions

Low self-esteem

While it is impossible for our child to have a device-free life, we can help them develop healthy habits and relationships with their digital devices through cyber wellness education.

# In school...

*These are the key messages which students will understand:*

a  
b  
c

Embrace the affordances of technology while maintaining a balanced lifestyle between online and offline activities

Be a safe and responsible user of technology and maintain a positive online presence

Be responsible for personal well-being in the cyberspace



## Cyber Use

- maintain a healthy balance of their online and offline activities  
(i.e. excessive use of technology)

## Cyber Identity

- develop a healthy online identity
- express oneself online appropriately to be authentic and achieve congruence between online and offline identity

## Cyber Relationships

- develop safe, respectful, and meaningful online relationships  
(e.g. address cyber bullying, build positive relationships)

## Cyber Citizenship

- understand the cyber world and make informed choices about participation in online activities  
(e.g. accessing online content with malicious intent/inappropriate websites with content that is violent, sexual or harmful in nature)
- recognise and protect oneself and others from online risks associated with people who may have malicious intent  
(e.g. hackers, scammers, online predators)
- have a positive presence in the cyber community and be a positive influence

## Cyber Ethics

- create and share online content in a responsible manner  
(e.g. not sharing content from questionable sources and not propagating deliberate online falsehoods)
- respect copyright

# In summary...

- Provide opportunities for a variety of offline activities
- Activate parental controls in all computing devices
- Role-model good digital habits
- Establish the ground rules for your child's Internet use, together
- Navigate the Internet with your child to understand his/her use
- Talk with your child about his/her Internet use

**“Thinking children”** can happen when there are **“listening parents”**.



Esther Foong-Tan  
Family Life Educator  
and Mother of 2



Scan this QR code to access resources on cyber wellness shared by Healthhub



Manage their screen time <a href="#">READ MORE</a>	Knowing when to draw the line <a href="#">READ MORE</a>	Be mindful of what they are watching <a href="#">READ MORE</a>	Advise them when they encounter inappropriate content <a href="#">READ MORE</a>	Lead by example <a href="#">READ MORE</a>
Establish good screen-time practices for the family <a href="#">READ MORE</a>	Ensure they are sufficiently prepared to use social media <a href="#">READ MORE</a>	Netiquette <a href="#">READ MORE</a>	Handling peer pressure online <a href="#">READ MORE</a>	Mind their digital footprint <a href="#">READ MORE</a>
Dealing with cyberbullies <a href="#">READ MORE</a>	Forms of cyberbullying <a href="#">READ MORE</a>	How to help our child deal with cyberbullying <a href="#">READ MORE</a>	What if our child is a cyberbully <a href="#">READ MORE</a>	

### Useful resources for cyber wellness





Ministry of Education  
SINGAPORE

Scan this QR code to  
access the various  
parent kits by MOE.



SERANGOON SECONDARY  
SCHOOL

## Parent kit

View the various parent kits available.

Education Stages   Learning   **Technology**   Parent-Child Relationship   Well-Being   Personal Growth

Resources on developing cyber wellness & cyber etiquette, dealing with cyberbullying and managing the use of devices - including Personal Learning Devices (PLDs)

Raising A Digitally Smart Child



Supporting Your Child During the Exam Season



parentingwith.moesg Follow Message

250 posts 28.4K followers 8 following

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3

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## Your Child's First Phone: Setting Up for Success

Saturday, January 10th, 2026

11am to 12pm (SGT)

[Register for the Zoom Webinar Here](#)



This session is brought to you by Digital for Life, in collaboration with Cyberlite.

### What You'll Learn

- ✓ How to decide if your child is **ready for their own device**
- ✓ Parental controls, privacy settings, and **screen time limits** that actually work for your family
- ✓ How to talk about **inappropriate content** before your child encounters it
- ✓ Build **healthy habits** by teaching responsible device ownership and create routines that stick

