

# Cyber Wellness Strategies

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SH/Student Well-Being



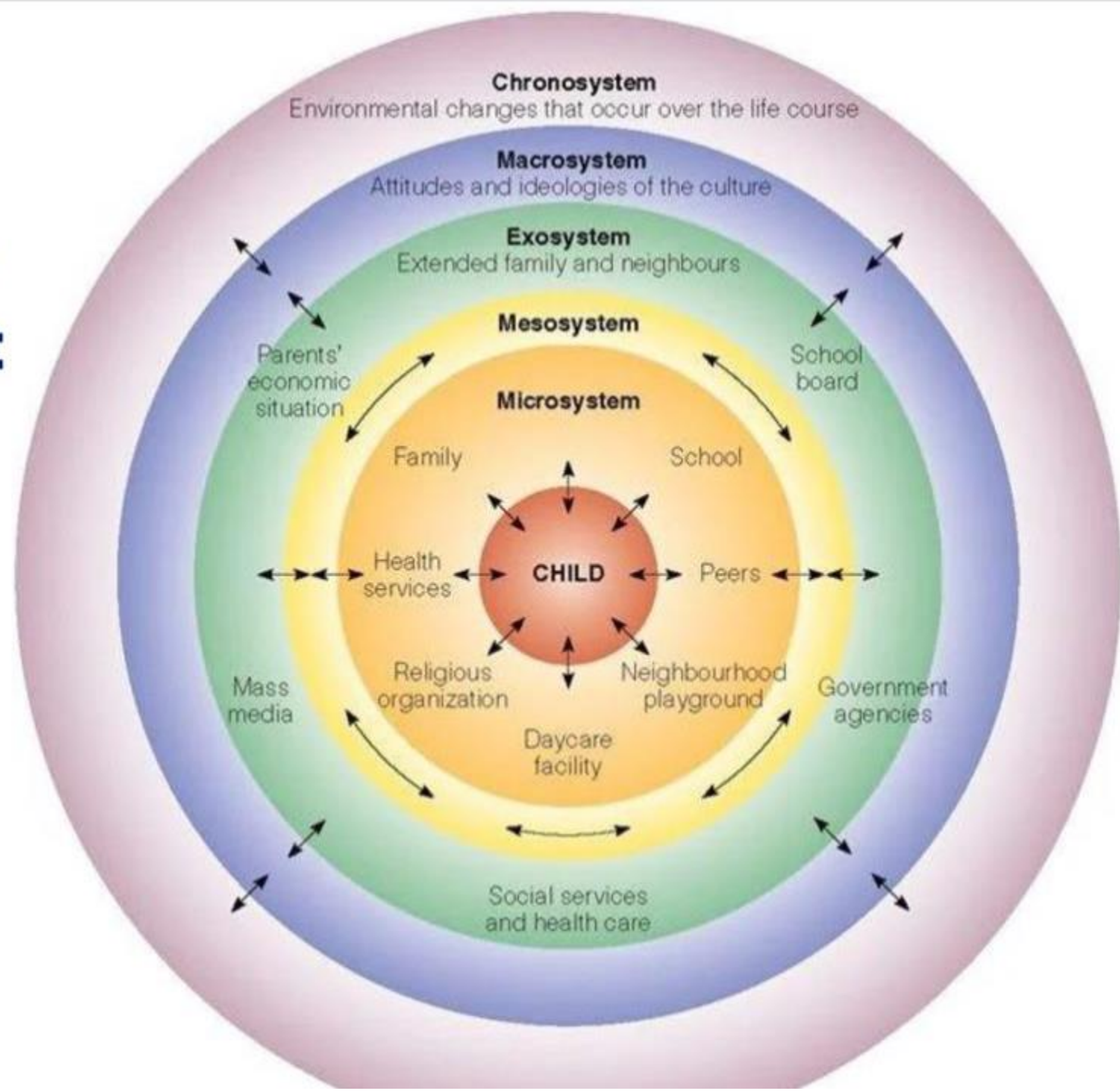
SEEK|STRIVE|SERVE

# 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).

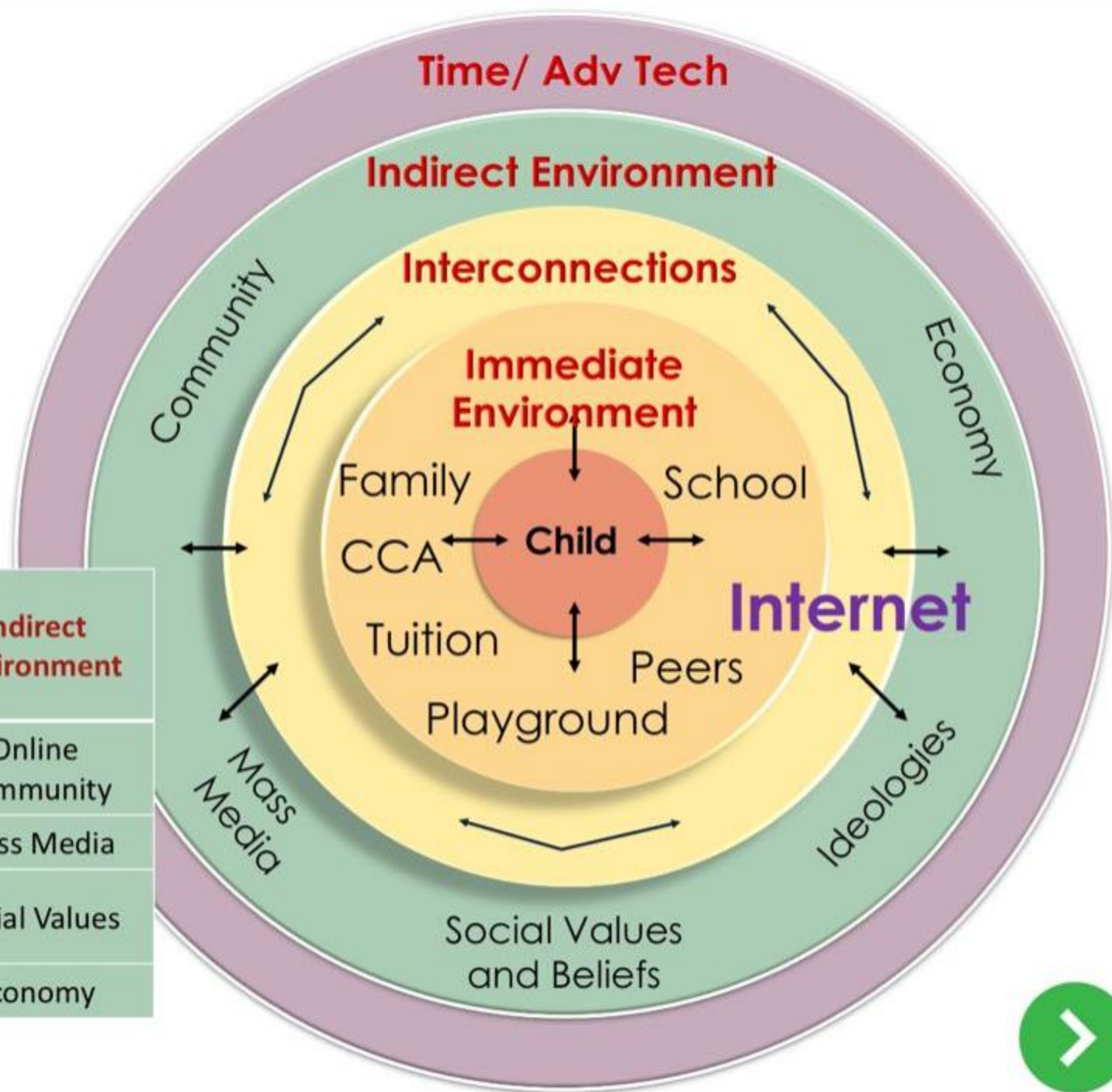




# How our children are influenced by their environment

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

FEB  
2025

## SINGAPORE

OVERVIEW OF THE ADOPTION AND USE OF CONNECTED DEVICES AND SERVICES

**NOTE:** SIGNIFICANT REVISIONS TO SOURCE DATA MEAN THAT FIGURES SHOWN HERE ARE **NOT COMPARABLE** WITH PREVIOUS REPORTS. SEE THE IMPORTANT NOTES AT THE START OF THIS REPORT FOR DETAILS.



SINGAPORE

TOTAL  
POPULATION



we  
are  
social

5.85  
MILLION

YEAR-ON-YEAR CHANGE

+0.7%  
+40 THOUSAND

URBANISATION

100%

CELLULAR MOBILE  
CONNECTIONS



Meltwater

10.5  
MILLION

YEAR-ON-YEAR CHANGE

+6.3%  
+617 THOUSAND

TOTAL vs. POPULATION

179%

INDIVIDUALS USING  
THE INTERNET



Meltwater

5.61  
MILLION

YEAR-ON-YEAR CHANGE

+2.4%  
+129 THOUSAND

TOTAL vs. POPULATION

95.8%

SOCIAL MEDIA  
USER IDENTITIES



5.16  
MILLION

YEAR-ON-YEAR CHANGE

+0.6%  
+30 THOUSAND

TOTAL vs. POPULATION

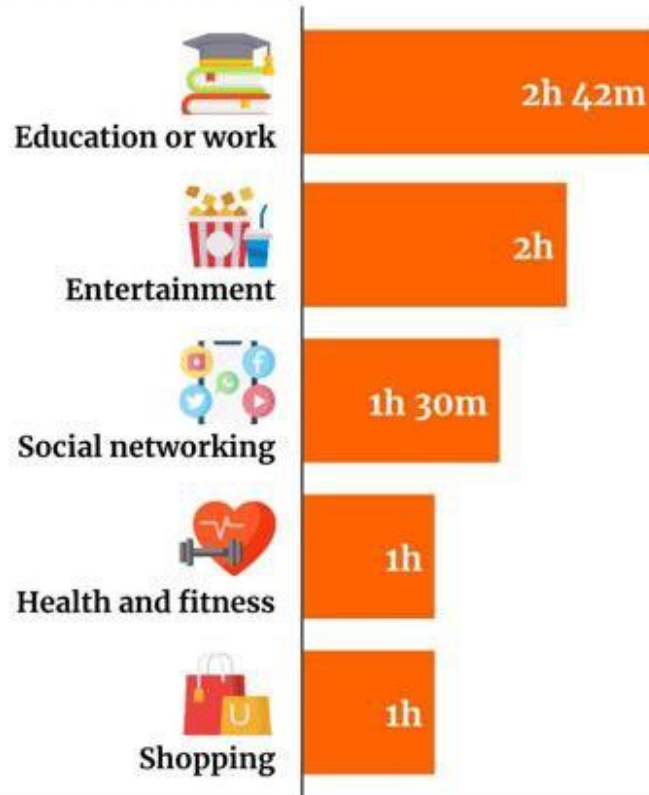
88.2%



# 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

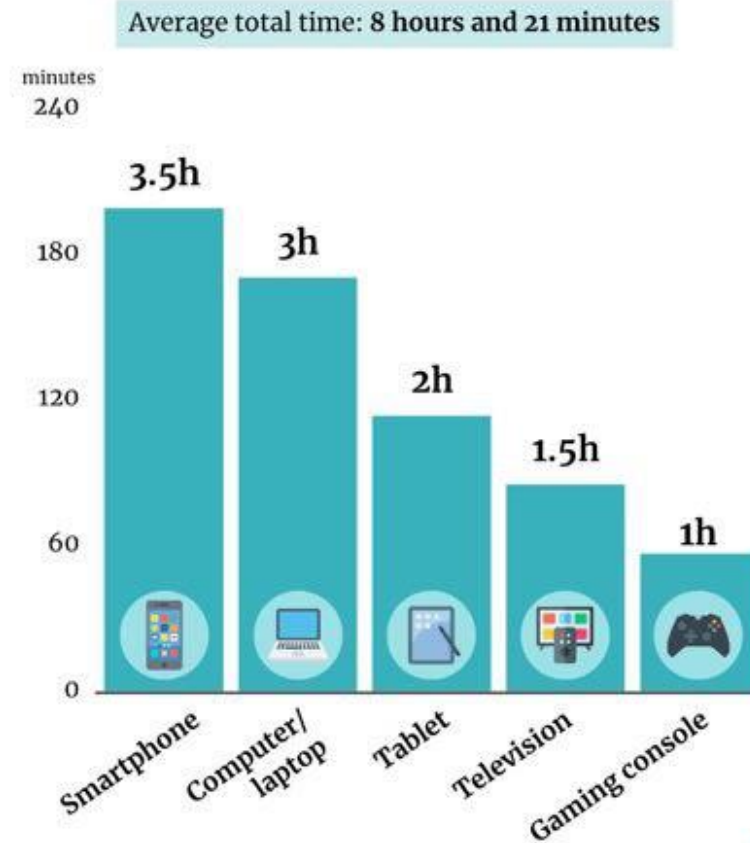


Infographic: Clara Ho

Source: Institute of Policy Studies



## Devices teens use on a typical day



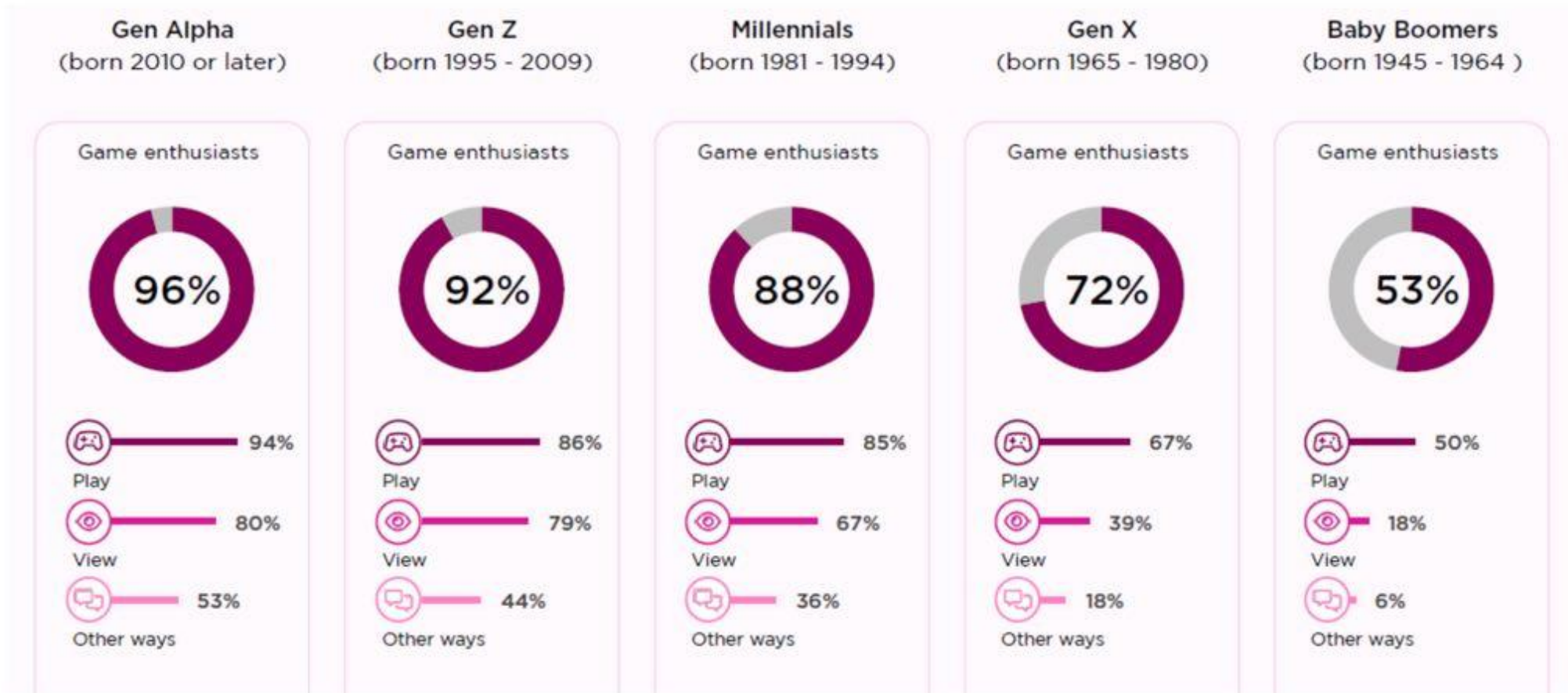
Infographic: Clara Ho

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





# Gaming can be used for Good and Wrong



THE STRAITS TIMES

PDF



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



THE STRAITS TIMES

PDF



## 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 STRAITS TIMES

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 STRAITS TIMES

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



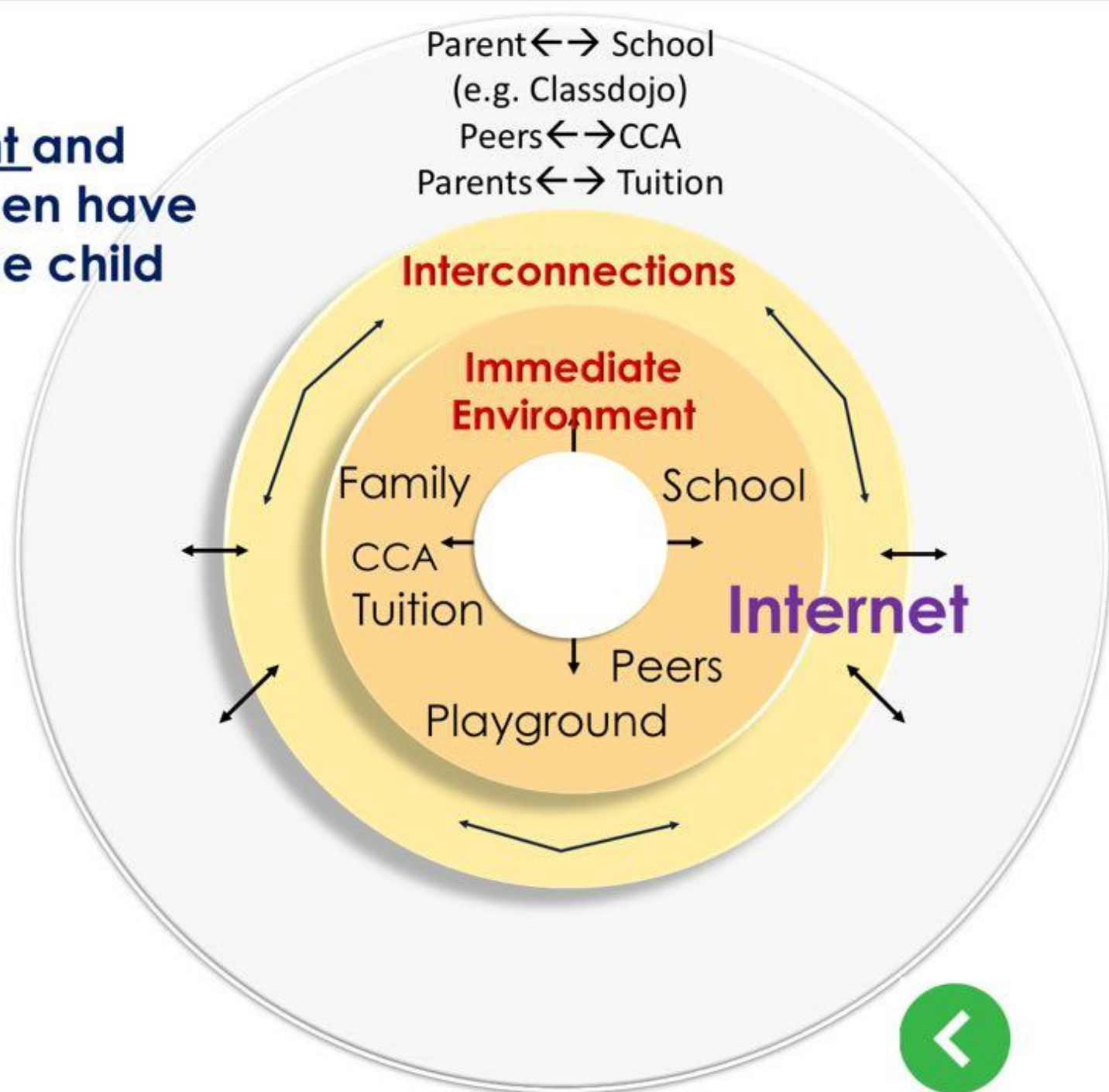
1 in 5 youths experienced bullying in online games, but small minority tell their parents about it: MCI survey



<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



# Family plays an important role

THE STRAITS TIMES

PDF

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



THE STRAITS TIMES

PDF



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



THE STRAITS TIMES

PDF

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





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?



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.



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 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?

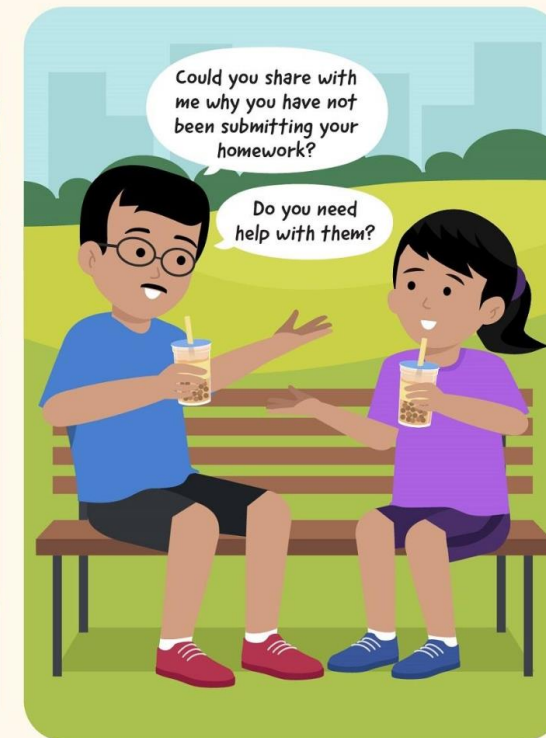
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## Do you...



Assume misbehaviours are due to excessive device use?

OR

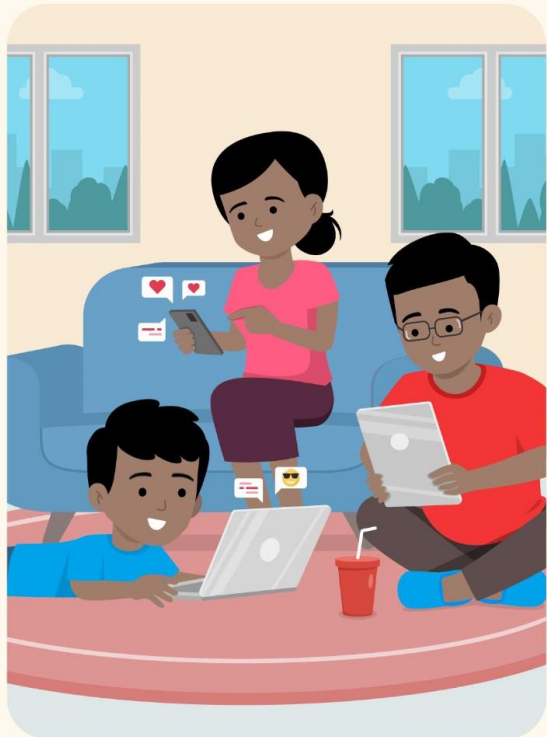


Engage in conversations to understand why your child is using devices excessively?

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## Do you...



Entertain yourself  
with your device and  
minimise interactions  
with family?

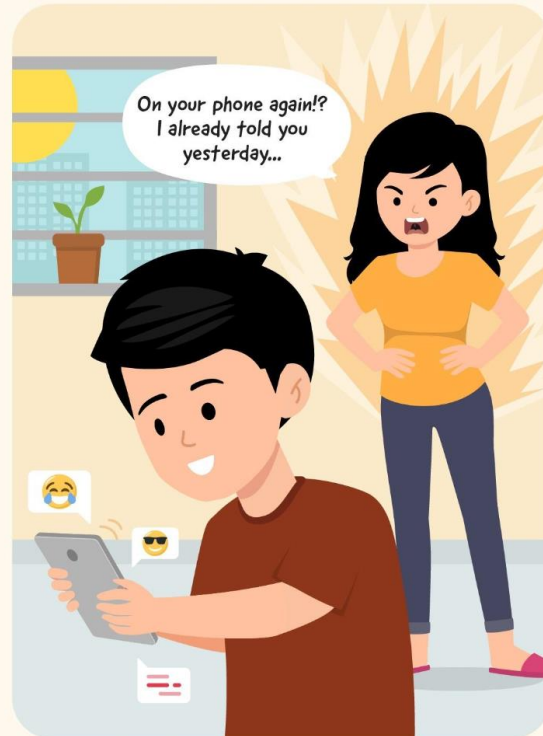
**OR**



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

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## 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

## Instead of

I will confiscate your digital devices.

## Try

Let's discuss screen time boundaries for the family together.





## 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.

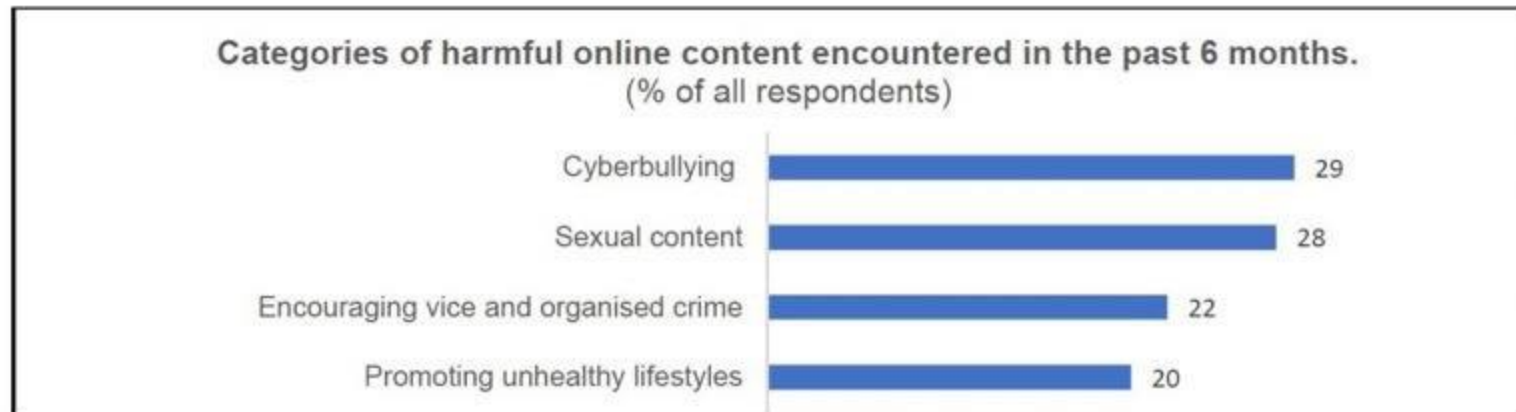
### Doxing

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





# 3. Handling Cyberbullying



stop what we are doing online



Block the person



save the evidence

**REPORT**

Report

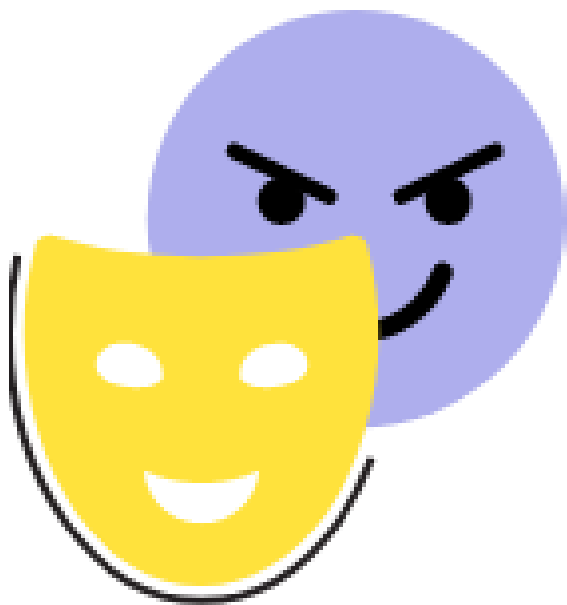


Tell us or a trusted adult

Health Hub

# 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



**Be genuine**

[Find out more](#)



**Be mindful  
of how we express  
ourselves**

[Find out more](#)



**Be aware of what  
we share**

[Find out more](#)



**Stay calm**

[Find out more](#)



**Be respectful**

[Find out more](#)



**Spread positivity,  
not rumours**

[Find out more](#)

**Health Hub**

# 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 Embrace the affordances of technology while maintaining a balanced lifestyle between online and offline activities
- b Be a safe and responsible user of technology and maintain a positive online presence
- c 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”**.



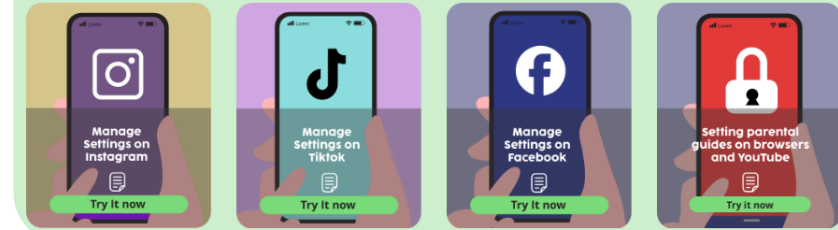
Esther Foong-Tan  
Family Life Educator  
and Mother of 2

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



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

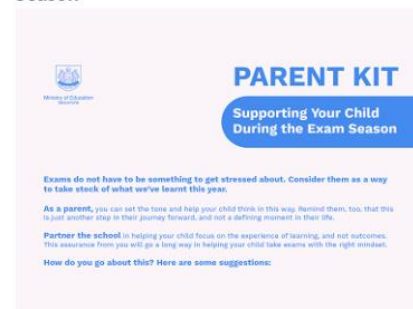
Education Stages	Learning	Technology	Parent-Child Relationship	Well-Being	Personal Growth
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Resources on developing cyber wellness & cyber etiquette, dealing with cyberbullying and managing the use of devices – including Personal Learning Devices (PLDs)

### Raising A Digitally Smart Child



### Supporting Your Child During the Exam Season



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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