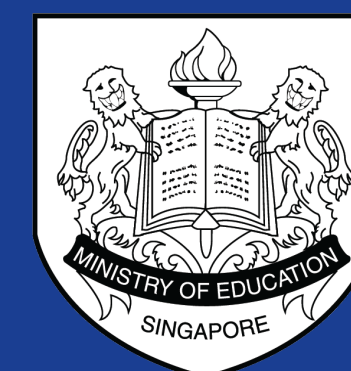




## Parent Kit

# Cyber Wellness for Your Child



Ministry of Education  
SINGAPORE

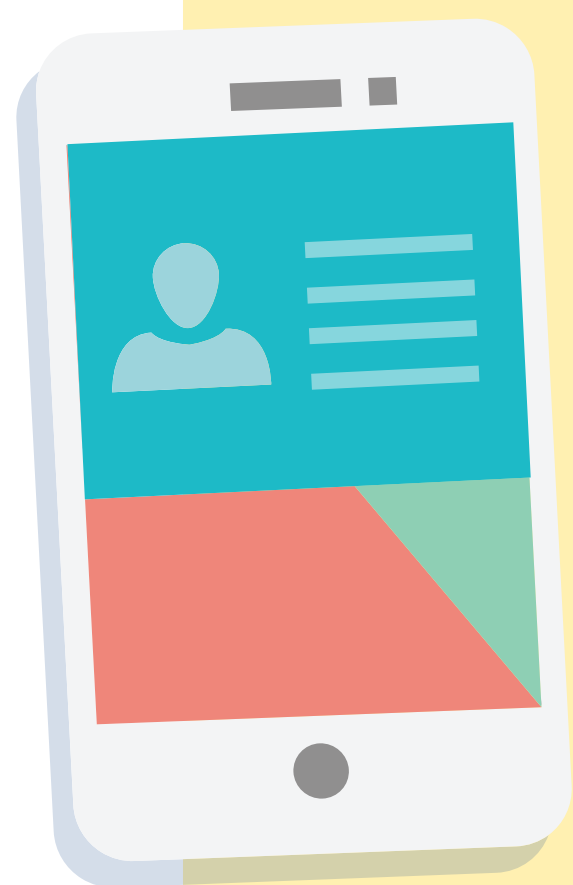
**"How do we ensure that our young make the right choices, and survive well in the online world? (...) Schools can work with parents and make a big difference."**

– 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.

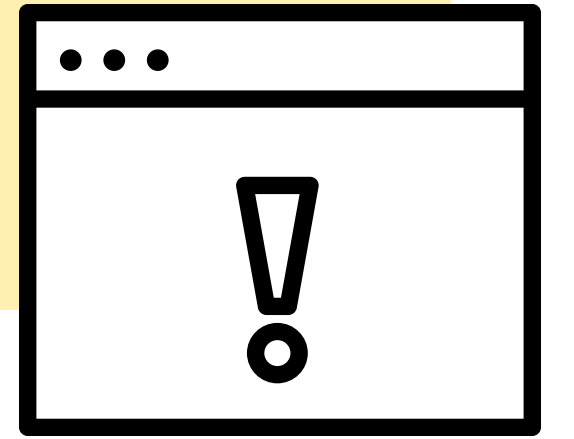


**Want more parenting tips on Cyber Wellness?**  
[Click here.](#)



- 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?

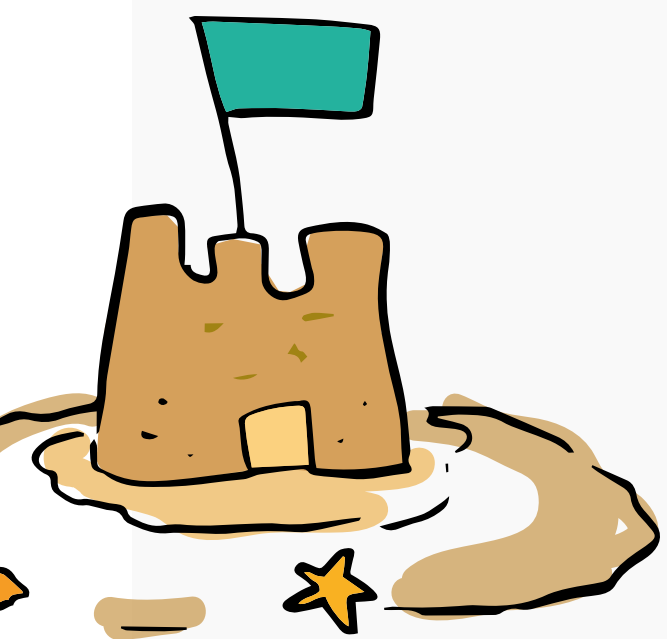
## Engage your child in the use of technology for everyday situations

Get him/her to:

**Research and critically evaluate online information**

**Create digital products**

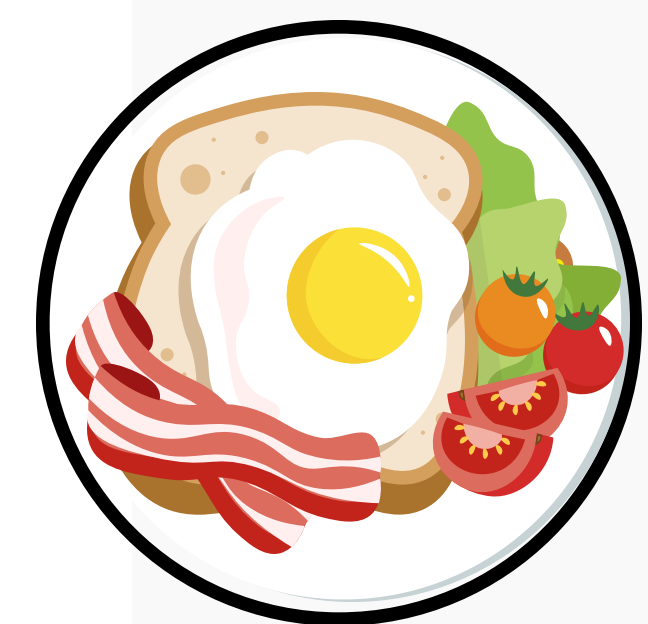
**Organise schedules**



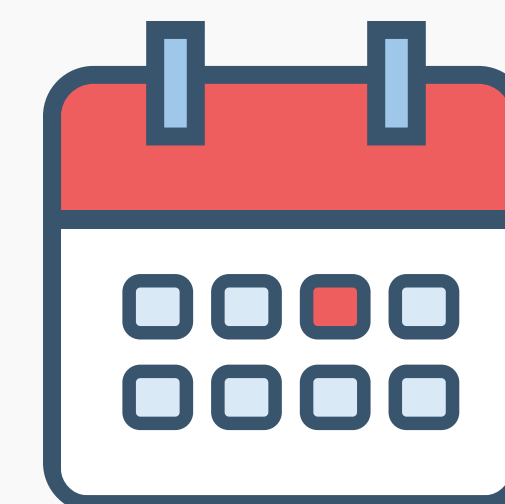
Find a suitable activity for a family outing

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.**

