

Punggol Cove Primary School

**A Day At The Cove  
Primary 1  
&  
Parents Briefing on Cyber  
Wellness**



# Classroom Programme for A Day at The Cove

Activity
Choral Reading / Dramatisation
Class Work
Individual Work (together with parents)
Students settle back with teacher
Reading of big book 'Mrs Wishy Washy'
End of session! 😊

Punggol Cove Primary School

# Parents Briefing on Cyber Wellness



# Did you know?

**67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media**

DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

Source: The Straits Times, 7 Feb 2021

**Parents may not be aware of the online risks**

Parents might not be aware, but...

**1 in 3** children has chatted with strangers online


**1 in 3** children has been exposed to pornographic materials

**1 in 4** children has overshared their personal information

Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023

# What is Cyber Wellness?



- **Cyber Wellness is about our students being able to navigate the cyber space safely.**
  - **Our curriculum:**
    - Aims to equip students with the knowledge and skills to harness the power of Information and Communication Technology (ICT) for positive purposes
    - Teaches students to maintain a positive presence in cyberspace
    - Guides students to be safe and responsible users of ICT.
- 



# What will our Pri 1 students learn about Cyber Wellness during CCE (FTGP) lessons?

During CCE(FTGP) lessons, students will be taught:

- **Basic online safety rules**
  - Talking to only people you know
- **Importance of a balanced lifestyle** in exercise, sleep and screen time for health and well-being
- **Protecting Personal Information**
  - Understand the risks of disclosing personal information



E.g. Lower Primary Lesson on Staying Safe in the Cyberworld

# What will our Pri 1 students learn about Cyber Wellness during CCE (FTGP) lessons?

## ● Cyber Contacts

- Understand that the profiles of strangers that we see online may not be their real identities
- Recognise the dangers of chatting with strangers online

## ● Parents are encouraged to try the “Family Time” activities in the CCE (FTGP) Journal with your children to emphasise the different cyber wellness messages at home



E.g. Family Time in the lesson on Staying Safe in the Cyberworld

# What other Cyber Wellness programmes do we have for our students?

- **Cyber Wellness Lessons during Assembly** – Teaches students to maintain a positive presence in cyberspace through proper **netiquette** as they learn online and stay safe in the Cyberworld.
- **New Mict Lessons** – Equip students with the knowledge and skills to harness the power of Information and Communication Technology (ICT) for positive purposes to learn about animal conservation of endangered species and take on the role of ambassadors to share what they have learnt through **e-posters** to be **featured on interactive boards**.



# What are the school rules on digital device use?

- Use of mobile devices is prohibited within the school premises.
- For students offences involving the use of mobile devices, when the school has reason to believe that laws have been violated, but the student and/or parents refuse to cooperate with the school in its investigation, the school may report to the police for assistance.
- For inappropriate content posted online that involves a school, students or staff of school, such as derogatory or hurtful remarks, the school may contact the author of the content or the host of the website to request for the contents to be removed.

# How can parents help our children develop good digital habits?

- **Good digital habits start from the home.**
- **Based on MOH's Guidance on Screen Use for 7-12 year olds, parents are encouraged to:**
  - Use parental control settings to monitor and ensure children's access to age-appropriate content;
  - Develop a timetable or screen use agreement to balance screen time and family bonding and;
  - Avoid screen use during mealtimes and one hour before bedtime.
  - Co-viewing with our children is also important. Knowing what our children are viewing will create more opportunities for conversations.



For more information, you  
can scan here for MOH's  
Guidance on Screen Use 10

# How to have open communication with our children?

- **Talk to our children about their online activities in everyday conversations:**

- Did you enjoy the video that we watched together just now? What did you like/not like about the video?
- Have you seen or heard anything online that bothered or worried you? Tell me about it.

- **Let them know that you are there for them when they need support, care or help.**

- Regularly show interest in their thoughts and feelings.
- Listen to understand, make eye contact, nod to show you have heard them.

Parenting Instagram live on  
The HeART of Conversation



Content on this slide is a sneak preview of the Parents' Toolbox by the Interagency Taskforce on Mental Health and Well-being.  
Keep a lookout for the Parents' Toolbox which will be rolled out in phases from Q1 2024!

# How to role model good digital habits for our children?

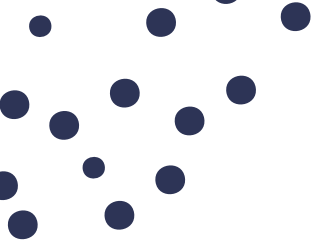
- Children often mirror what their parents do.
- We can role model positive digital habits for our children.
  - When using your devices, consider whether it interrupts your interactions with them.
- We may want to set aside time to head outdoors with them or engage in non-technology based activities together (e.g. sports or a board game).



Parenting Instagram post on supporting our children to be responsible users of the cyber space.

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**THANK YOU**

