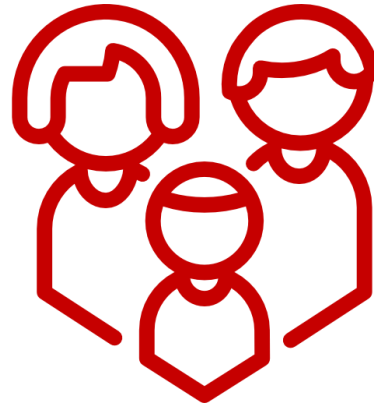


# Sharing with Parents on Helping Your Child Handle Online Content



# Outline of Presentation

- Online Usage Trends
- Online Opportunities and Risks
- Handling Inappropriate Online Content
- MOE's Cyber Wellness Education
- Parents as Partners



# Online Usage Trends

# Online Trends



- 42% of Singaporean youth spend 10 hours or more per week on online activities.<sup>1</sup>
- 92% of our youth use a social networking platform and 45% play online games daily.<sup>1</sup>
- Rising popularity of e-sports in Singapore<sup>2</sup>
- Many of our teens use dating apps<sup>3</sup>

1. National Youth Council (2017). YOUTH.sg: The State of Youth in Singapore 2017 - Statistical Handbook. Retrieved from [nyc.gov.sg/initiatives/resources/nys](http://nyc.gov.sg/initiatives/resources/nys)

2. [channelnewsasia.com/news/sport/singaporean-professional-e-sports-team-chaos-theory-game-for-9190278](http://channelnewsasia.com/news/sport/singaporean-professional-e-sports-team-chaos-theory-game-for-9190278)

3 [channelnewsasia.com/news/lifestyle/commentary-finding-love-in-singapore-one-swipe-at-a-time-9169786](http://channelnewsasia.com/news/lifestyle/commentary-finding-love-in-singapore-one-swipe-at-a-time-9169786)

# Needs of Our Youths

## Learning and leisure

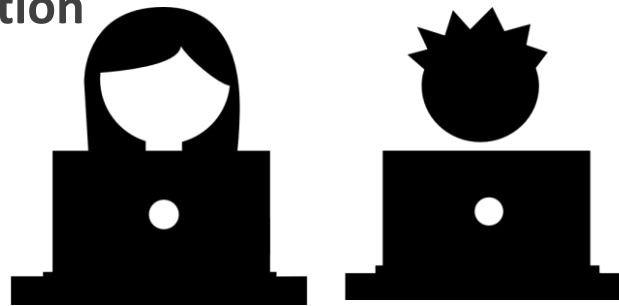
### Crafting online persona



### Exploring sexual identity



### Establishing social validation



### Developing social identity



Shek, D.T., Sun, R.C., & Yu, L. (2013). *Internet addiction*. In *Neuroscience in the 21<sup>st</sup> century*. Springer New York.

Wallace, P. (2014). *Internet addiction disorder and youth*. *EMBO reports*, 15(1), 12-16.

Wright, David. (2016). Is internet safety in school fit for purpose? *Paper presented at the 10<sup>th</sup> International Conference on Keeping Children and Young People Safe Online, Warsaw, Poland*. Abstract retrieved from [http://www.saferinternet.pl/images/artykuly/XMK/10th\\_International\\_Conference-materials.pdf](http://www.saferinternet.pl/images/artykuly/XMK/10th_International_Conference-materials.pdf)



# Online Opportunities and Risks

# Online Opportunities



Technology has opened up opportunities, such as:

- E - Learning & virtual classrooms
- More ICT-related jobs, e.g. cyber security, digital marketing
- Unparalleled access to knowledge and communities

# Online Risks



While technology offers value, it may pose some potential risks:

- Misuse of personal data / other cyber security risks
- Cyber bullying or sexual grooming / harassment
- Unhealthy online influences





# Handling Inappropriate Online Content

# What is Inappropriate Online Content?

▶▶ Let's watch:  
“eSafety for parents – Inappropriate Content”



\*Produced by the Australian Government's Office of the Children's eSafety Commissioner

# What is Inappropriate Online Content?



Inappropriate online content refers to online materials (e.g. games, text, ads, or images) that:

- Promote self-harm, violence, and illegal or dangerous activities

# What is Inappropriate Online Content?



Inappropriate online content refers to online materials (e.g. games, text, ads, or images) that:

- Are age-inappropriate, overly sexualised or pornographic

# What is Inappropriate Online Content?



Inappropriate online content refers to online materials (e.g. games, text, ads, or images) that:

- Encourage hate or discrimination based on factors such as gender, race, religion, culture or nationality.

# Why is Inappropriate Online Content a Concern?



Regular exposure to inappropriate online content may negatively influence children to:

- Follow harmful or dysfunctional behaviours, e.g. online gambling, pornography, extremist ideologies, or self-harm

# Why is Inappropriate Online Content a Concern?



Regular exposure to inappropriate online content may negatively influence children to:

- Create or post inappropriate content

# Why is Inappropriate Online Content a Concern?



Regular exposure to inappropriate online content may negatively influence children to:

- Have a distorted understanding of relationships



# Sources of Inappropriate Online Content



- Social Networking Platforms
- Video Games
- Dating Apps
- Messaging Apps



# MOE's Cyber Wellness Education

# Cyber Wellness Key Messages

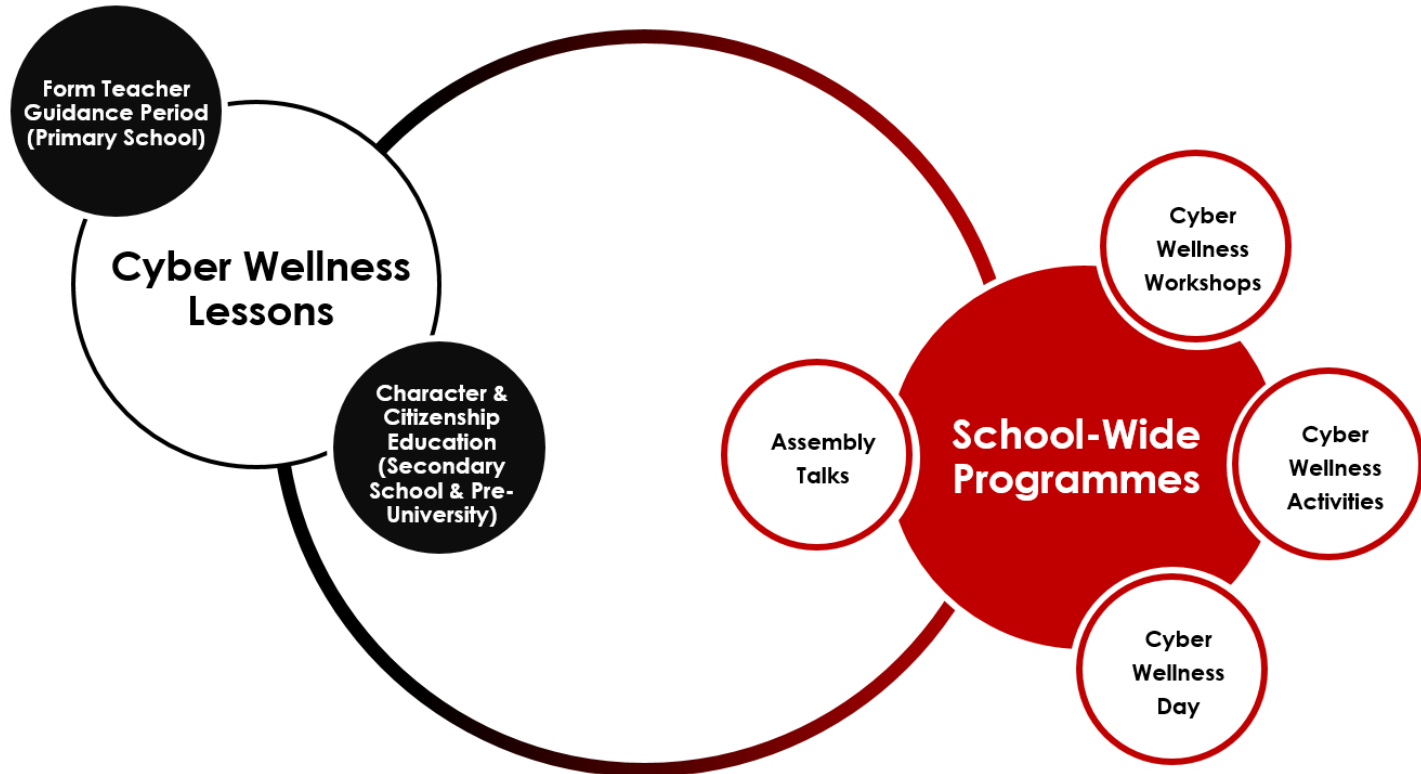
1. ICT is an integral part of the learning environment
2. Cyber Wellness Education anchored on three CW principles



These principles will anchor a child's well-being online, as they can make careful and well-considered decisions.

# MOE's Cyber Wellness Education

MOE's Cyber Wellness Education comprises the following components to reinforce the importance of Cyber Wellness and its messages.





# School-wide Programmes

## Examples of School-wide Programmes

*<< Schools are encouraged to share with parents their school-based CW programmes to create greater awareness of how their children are benefitting from the programmes. >>*

*For e.g. Schools can share with parents their school's cyber wellness student ambassador programme here (i.e. how their students have led in the promotion of cyber wellness messages and provided peer support for cyber issues.)*



# Parents as Partners

# How Can Parents Help?



Parents can help to reduce the risks and harm caused by inappropriate online content by:

- Modelling and guiding responsible, respectful and healthy media use

# How Can Parents Help?



Parents can help to reduce the risks and harm caused by inappropriate online content by:

- Conversing regularly, openly, and empathetically with the children on media use;



# How Can Parents Help?



Parents can help reduce the risks and harm caused by inappropriate online content by:

- Setting family guidelines and parental controls:
  - ✓ *what* the children view and post online
    - Install filtering software and set parental controls
    - Check game rating and reviews
    - “Friend” their children
  - ✓ *how* long the children are online
  - ✓ *who* the children meet online and offline

# How Can Parents Help?



Parents can help reduce the risks and harm caused by inappropriate online content by:

- Teaching the children to ***A.C.T.***:
  - ✓ **A***void* inappropriate content
  - ✓ **C***heck* feelings
  - ✓ **T***alk* to a trusted adult

# Key Messages to Parents



**MODEL & GUIDE RESPECTFUL,  
RESPONSIBLE & HEALTHY MEDIA USE**



**TALK OPENLY ABOUT CHILD'S  
MEDIA USE**



**SET PARENTAL CONTROLS**



**TEACH CHILD TO  
'AVOID', 'CHECK' & 'TALK'**

# Resources



## Ministry of Education

MOE's Cyber Wellness Portal contains strategies for students to identify and manage inappropriate online content.

[ictconnection.moe.edu.sg/cyber-wellness/cyber-wellness-101/handling-inappropriate-content](http://ictconnection.moe.edu.sg/cyber-wellness/cyber-wellness-101/handling-inappropriate-content)



## Media Literacy Council

MLC provides strategies for parents to block and manage their children's exposure to harmful online content.

[medialiteracycouncil.sg/Online-Safety/Inappropriate-Content](http://medialiteracycouncil.sg/Online-Safety/Inappropriate-Content)



## Clique Click

This handbook has practical tips for parents, e.g. how to set up parental controls and check media ratings, to guide their children to stay safe online.

[medialiteracycouncil.sg/-/media/MLC/Resources/Pdf/CliqueClick\\_updated7Apr17.pdf](http://medialiteracycouncil.sg/-/media/MLC/Resources/Pdf/CliqueClick_updated7Apr17.pdf)



## SchoolBag.sg

Read this article on how to minimise the negative effects when children encounter suicide games or other dark content online.

[schoolbag.sg/story/suicide-games-and-online-media-what-should-parents-do](http://schoolbag.sg/story/suicide-games-and-online-media-what-should-parents-do)

# Every Parent A Supportive Partner

