"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.](#)
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 True, Helpful, Inspiring, Necessary, Kind?**

- 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**.
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**
  - Find a suitable activity for a family outing
- **Create digital products**
  - Design a digital photo collage after a family outing or celebration
- **Organise schedules**
  - 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.

© Communications & Engagement Group, Ministry of Education