"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**?
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
  - Research a recipe for a family lunch/dinner

- **Create digital products**
  - Design a digital photo collage after a family outing or celebration

- **Organise schedules**
  - Organise his/her schedule in an online calendar
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.

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