

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.¹
- 92% of our youth use a social networking platform and 45% play online games daily.¹
- Rising popularity of e-sports in Singapore²
- Many of our teens use dating apps³

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

2. 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

Needs of Our Youths

Learning and leisure

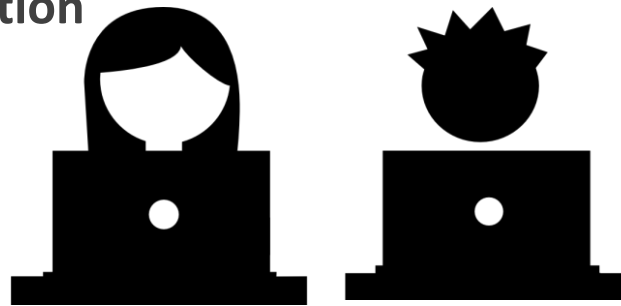
Crafting online persona



Exploring sexual identity



Establishing social validation



Developing social identity



Shek, D.T., Sun, R.C., & Yu, L. (2013). *Internet addiction*. In *Neuroscience in the 21st 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 10th 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



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

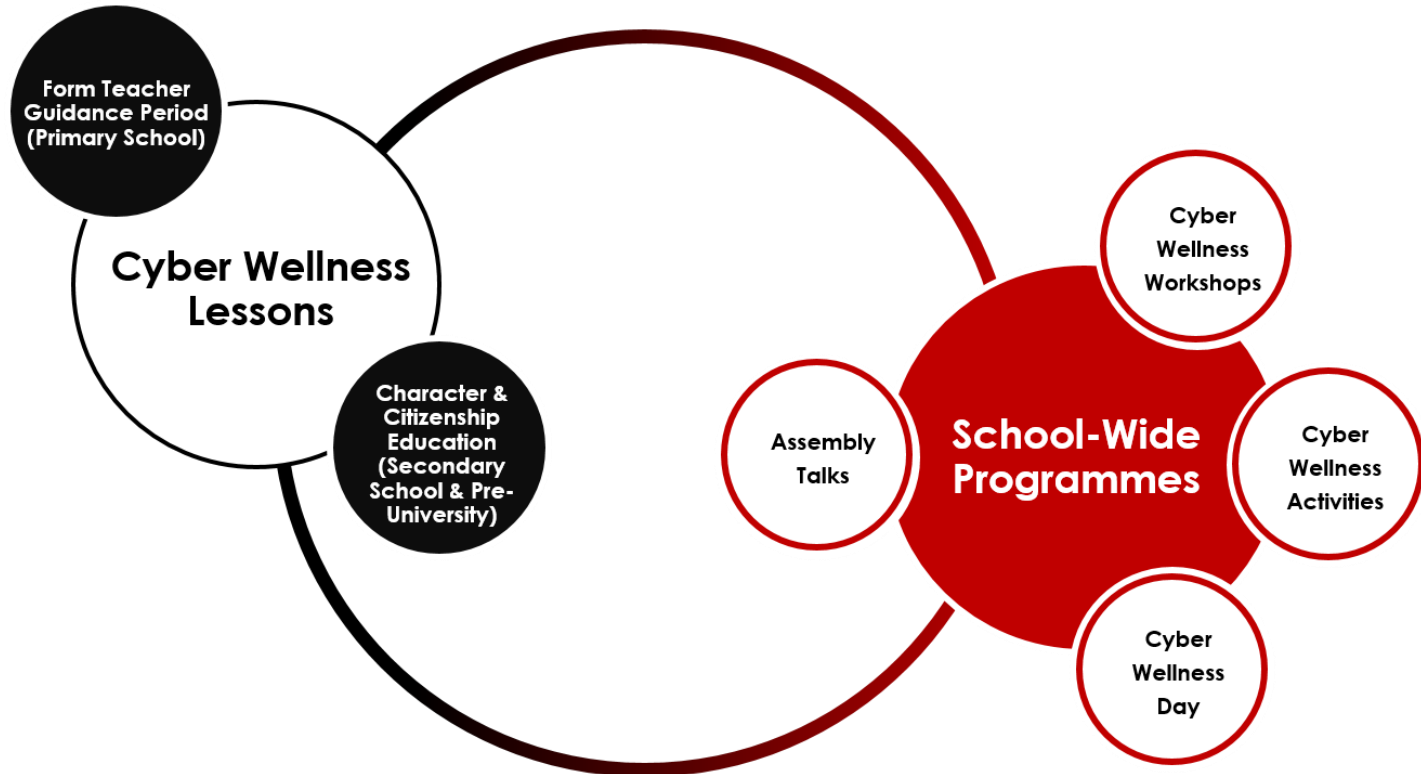
1. ICT is an integral part of the learning environment
2. Cyber Wellness Education anchored on three CW principles



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.***:
 - ✓ **Avoid** inappropriate content
 - ✓ **Check** feelings
 - ✓ **Talk** 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



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



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



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

Every Parent A Supportive Partner

