# Sharing with Parents on

## Helping Your Child Handle Online Content
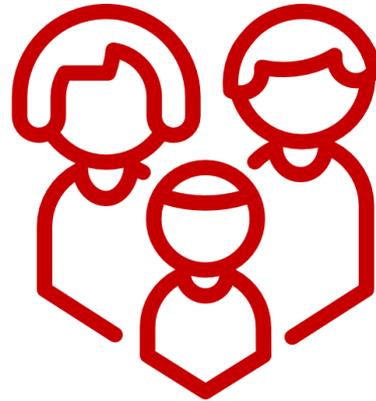
# Outline of Presentation

- 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 Singapore[2]

- Many of our teens use dating apps[3]

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

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# Needs of Our Youths

**Learning and leisure**

**Crafting online persona**

**Exploring sexual identity**

**Establishing social validation**
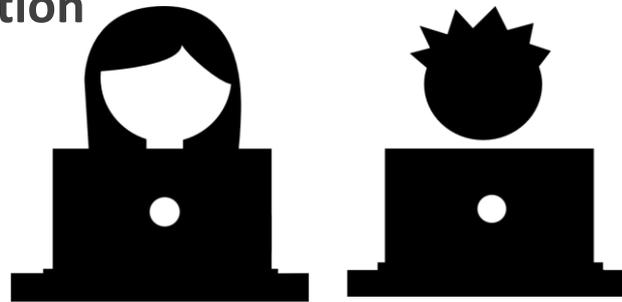
**Developing social identity**

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

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# Online Opportunities and Risks

# Online Opportunities
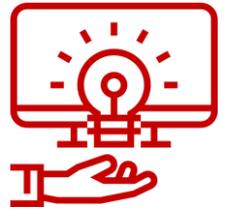
Technology has opened up opportunities, such as:

- E - Learning & virtual classrooms

- More ICT-related jobs, e.g. cyber security, digital marketing

- Unparalleled access to knowledge and communities

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# 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

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# 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

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# 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

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# 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

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# Sources of Inappropriate Online Content

- Social Networking Platforms

- Video Games

- Dating Apps

- Messaging Apps
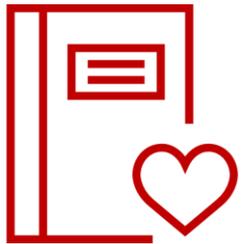
# MOE's Cyber Wellness Education

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# 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.

SENSE

CYBER WELLNESS PRINCIPLES

Respect for Self & Others
Safe & Responsible Use
Positive Peer Influence

THINK

ACT

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# MOE's Cyber Wellness Education

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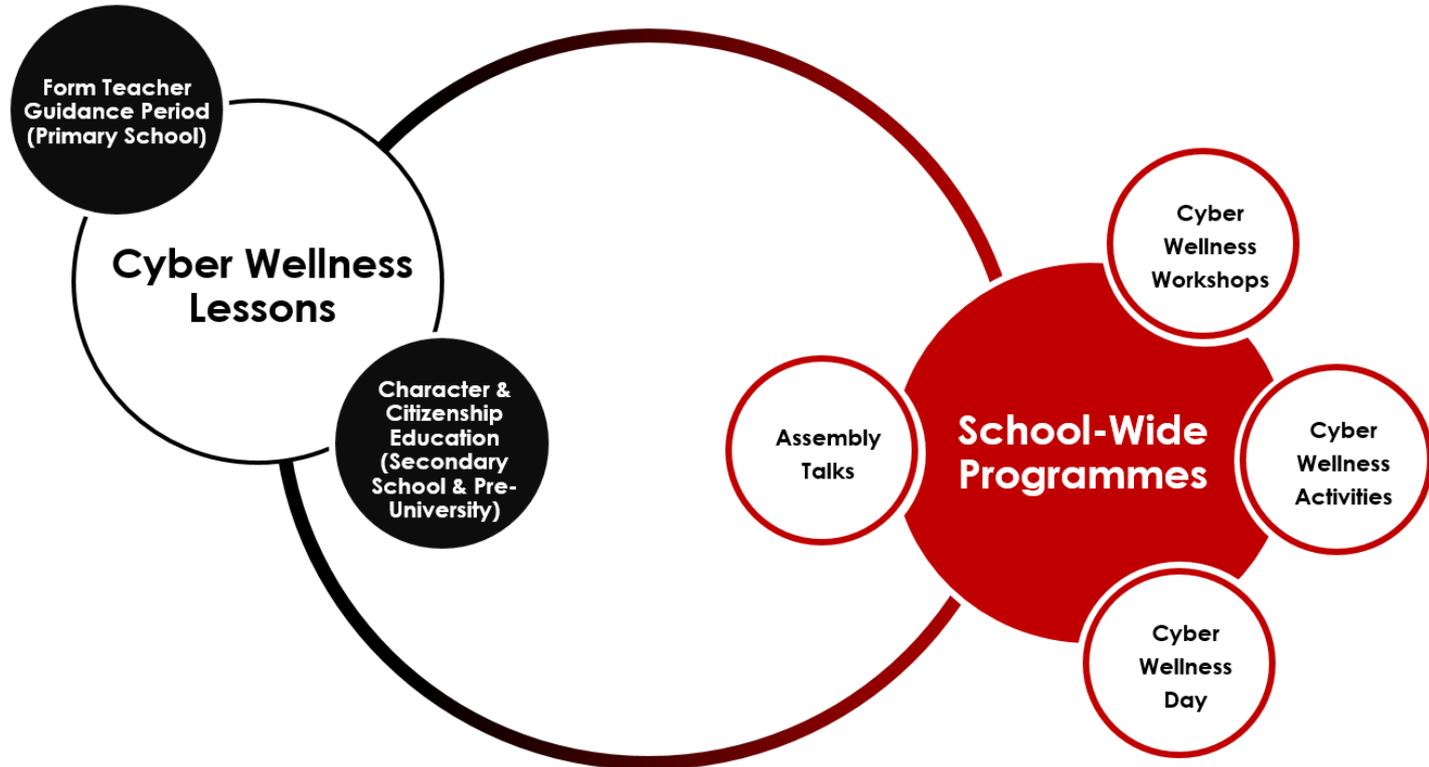
# Parents as Partners

# 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

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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?

A. C. T.

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

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# Key Messages to Parents

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

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

**SET PARENTAL CONTROLS**

A. C. T.

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

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# 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

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# Every Parent

## A Supportive Partner