

Parent Kit

Let's Support our Children's Cyber Wellness Journey

Primary School Edition

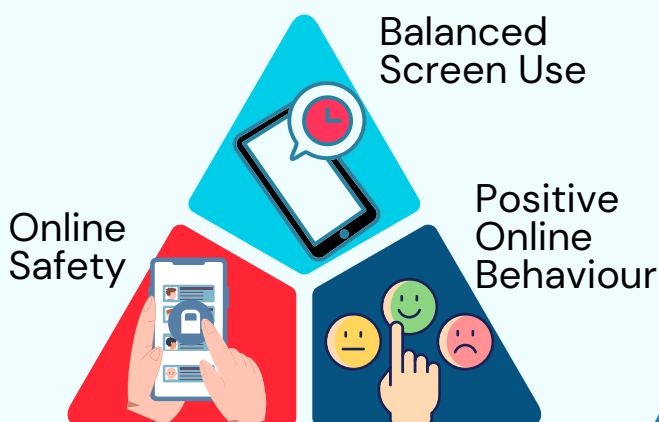
27 Apr 2026



Ministry of Education
SINGAPORE

Curious about what our children learn about Cyber Wellness through MOE's Character and Citizenship Education? This Parent Kit provides an overview of MOE's efforts and how healthy digital habits and skills can be developed at home.

CYBER WELLNESS EDUCATION FOCUSES ON 3 AREAS:



CYBER WELLNESS EDUCATION IS DELIVERED THROUGH:

- In-class Cyber Wellness lessons
- Targeted assembly programmes
- Peer support initiatives
- School-specific guidelines for device use

1. ONLINE SAFETY

What do our children learn in school?
Reinforce these at home too!

1



How to protect themselves from strangers online by not sharing personal information online.

2



AI generated or edited images and videos often look convincing but may contain errors and/or false information.

3



Creating strong passwords and ways to keep devices secure are important.

4



Use **S.U.R.E** (Source, Understand, Research and Evaluate) to cross check the accuracy of information. Exercise judgement before sharing any post further.

5



Avoid clicking on unfamiliar links to minimise online risks.

2. BALANCED SCREEN USE

1



Have a Balanced Lifestyle

Sleeping early and avoiding screen use at least one hour before sleep promotes better health.

Excessive amounts of screen time is not good for physical and mental health (e.g. eye health, quality of sleep).

2



Adopt the 20-20-20 Eye-care Habit

For every **20 minutes** of screen time, look at something **20 feet away** (about the length of a car) for **20 seconds**.

3. POSITIVE ONLINE BEHAVIOURS

1



Contribute to a Safe and Respectful Cyber Community

Students are taught to respect others, act responsibly and positively influence others when online.

T.H.I.N.K. before posting online:

-  Is it **TRUE**?
"Am I sure this info is correct?"
-  Is it **HELPFUL**?
"Will this help someone?"
-  Is it **INSPIRING**?
"Will this make others feel good?"
-  Is it **NECESSARY**?
"Do I really need to share this?"
-  Is it **KIND**?
"Will this hurt anyone's feelings?"



2



Be S.A.F.E. against Cyber Bullying



Stop all interactions with the bully. Block them if necessary.



Assess the situation. Think of the possible choices you have and the consequences on yourself and others.



Find and save evidence of the incident (e.g. photos, online chats).



Engage a trusted adult and/or peer. Report the incident to the school and/or to the platform directly through the in-app reporting function.



(i) Don't be a Cyber Bully

Be sensitive to others' thoughts and feelings.

Treat others the way you want to be treated.



(ii) Protect Yourself

Step away from social media and/or restrict posts if you feel uncomfortable or distressed.



(iii) Be an Upstander, Support Peers

Do not like, share, record or repost as these will further spread the hurtful messages online.

Have empathy for the vulnerable, such as victims of hurtful behaviour online.

Have moral courage to be an upstander against wrongdoing.

- Cyber bullying is when someone uses online platforms to **spread misinformation** and/or **say things to hurt or upset** someone.
- It can be **very hurtful** to the person being bullied, causing him/her to feel uncomfortable, embarrassed, helpless, sad or angry.

YOUR DIGITAL PARENTING TOOLKIT!



1

✓ Do's

- ✓ Explore new digital tools/apps together for learning and fun.
- ✓ Show interest and ask your child about their online challenges.
- ✓ Use parental controls and check content ratings to ensure that online platforms are age appropriate.

✗ Don'ts

- ✗ Give your child a smartphone before he/she is ready for it.
- ✗ Give unrestricted access to internet and apps.
- ✗ Give access to social media.

2

Follow these four key actions to scroll smart, surf safe!



SET

boundaries to manage screen use and online interactions

- Use privacy tools
- Check and follow age rating for apps
- Have a balance of online and offline activities



THINK

before acting to safeguard digital footprint

- Be kind and respectful
- Evaluate content critically
- Share content mindfully



REPORT

inappropriate content to keep everyone safe

- Know the online risks
- Report abusive content/users
- Block accounts that make you feel unsafe



ENGAGE & SUPPORT

Engage a trusted adult or peer and seek support proactively

- Talk to someone if something online makes you uncomfortable
- Seek professional help early, if needed
- Support friends when they face problems



3 easy steps:

3

To Create a Family Screen Use Plan

- 1 **Set device-free times and places**
 - Avoid devices 1 hour before bedtime
- 2 Discuss and agree on screen time limits and consequences of breaking these rules
 - Be fair and consistent when implementing these rules
- 3 Build other healthy habits
 - Replace screen time with offline routines

To Role Model Behaviours and Have Open Conversations

- 1 Role model positive screen use behaviours and habits
 - **No handphone use during family gatherings or meals**
- 2 Have **open** conversations about their online activities and challenges
 - "What do you usually do on your device?"
- 3 Use parental controls to monitor their online activities
 - Help your child understand why these protective measures are necessary

4

Watch out for signs of being cyber bullied



Changes in mood or behaviour



Social withdrawal

If you think your child is being bullied, use the

C.H.E.E.R. approach.

If your child is engaging in cyber bullying



Remain calm and understand the reasons for their actions.



Explain and enforce consequences such as apologising and temporarily restricting device use.

USEFUL RESOURCES



[Positive Use Guide on Technology and Social Media](#)



[Learn how to Manage Harms and Risks of Online Space](#)



[3 Tips on Healthy Screen Use Habits](#)



[Our Family's Screen Use Agreement](#)



[Manage Device Use](#)



[T.H.I.N.K. Framework](#)



[Show Cyber Kindness & Handle Cyber Bullying](#)



[Manage Cyber Bullying](#)



[MOE Cyber Wellness Resources](#)

Parent Kit

Let's support our Teens' Cyber Wellness Journey

Secondary School Edition

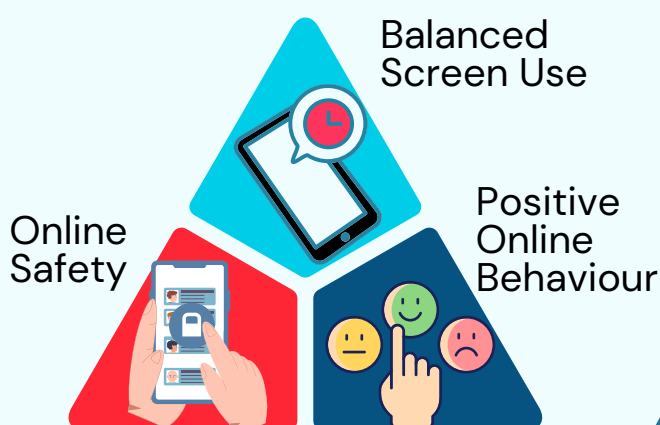
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1. ONLINE SAFETY

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Reinforce these at home too!

1

Social Media and its Risks



Social media's algorithms feed content to youths based on their online activities and preferences.

Youths may only see a limited or one-sided view of things online, which makes their views unbalanced.

2

App Permission and Privacy



Understand implications of installing apps, which may expose them to online risks.

E.g. leaking of location, photos, and contacts online can compromise their safety.

3

Online Rights & Responsibilities



Understand the moral and legal consequences of spreading falsehoods, and of using AI to create fake videos or inappropriate images that could harm others.

**Students are taught that it is an offence to keep, sell, or share pornographic images.*

2. BALANCED SCREEN USE

1



Balanced Use of Technology

Maintain a balance between online and offline activities:

Set device time limits.

Put away devices temporarily when completing important tasks so as to avoid distractions.

Prioritise physical activities and face-to-face interactions to connect with others.



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- ✓ Is it **NECESSARY**?
"Do I really need to share this?"
- ✓ Is it **KIND**?
"Will this hurt anyone's feelings?"



2



Be S.A.F.E. against Cyber Bullying



Stop all interactions with the bully. Block them if necessary.



Assess the situation. Think of the possible choices you have and the consequences on yourself and others.



Find and save evidence of the incident (e.g. photos, online chats).



Engage a trusted adult and/or peer. Report the incident to the school and/or to the platform directly through the in-app reporting function.



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YOUR DIGITAL PARENTING TOOLKIT!

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Adjust settings to

- Discuss** with your child about how social media platforms use algorithms to suggest content and shape their views.
- Encourage** them to click 'not interested' for content that makes them uncomfortable.
- disable 'autoplay' to prevent new content from showing automatically
- show content in chronological order (rather than based on what the platform promotes as relevant)
- limit personal data used in privacy settings

2

*Follow these four key actions to **scroll smart, surf safe!***



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boundaries to manage screen use and online interactions

Use privacy tools

Check and follow age rating for apps

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before acting to safeguard digital footprint

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Evaluate content critically

Share content mindfully



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Seek professional help early, if needed

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3 easy steps:

3

To Create a Family Screen Use Plan

- 1 **Set device-free times and places especially at home**
 - Avoid devices 1 hour before bedtime
- 2 **Discuss and agree on screen time limits and consequences of breaking these rules**
 - Be fair and consistent when implementing these rules
- 3 **Build other healthy habits**
 - Replace screen time with screen free activities as a family

To Role Model Behaviours and Have Open Conversations

- 1 **Role model positive screen use behaviours and habits**
 - **No handphone use during family gatherings or meals**
- 2 **Have open conversations about their online activities and challenges**
 - "What do you usually do on your device?"
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[Parental Controls](#)



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