

Cyber Wellness



What is Cyber Wellness?

Cyber Wellness (CW) refers to the **positive well-being of Internet users**. It involves an understanding of online behaviour and awareness of how to protect oneself in cyberspace. The focus of CW is about helping students to become **responsible digital learners**.

Outline of Presentation

To share on:

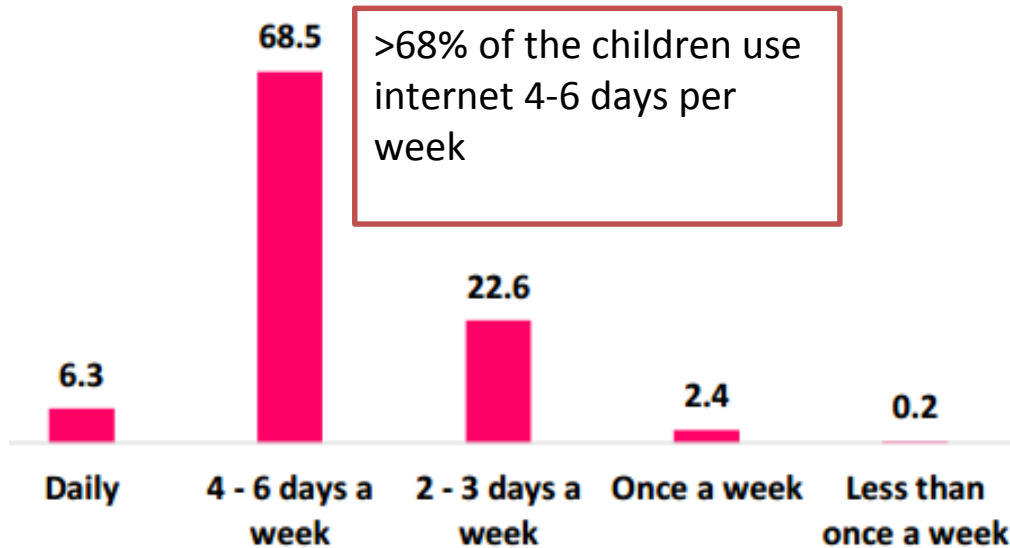
- Trends on Online Usage and Habits
- Online Risks and Opportunities for Students
- Parents as Partners



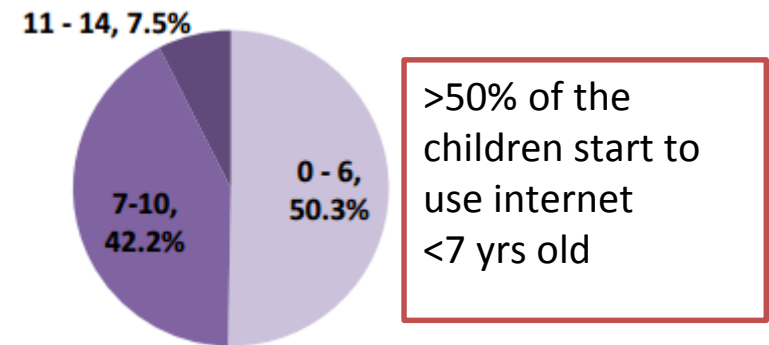
Trends on Online Usage and Habits

Key Findings from MDA's Study 2015*

- Nearly 80% of the children use the internet, the majority for about 4-6 days per week, and more than 90% started before the age of 10 years old.



Frequency of using the Internet (%)



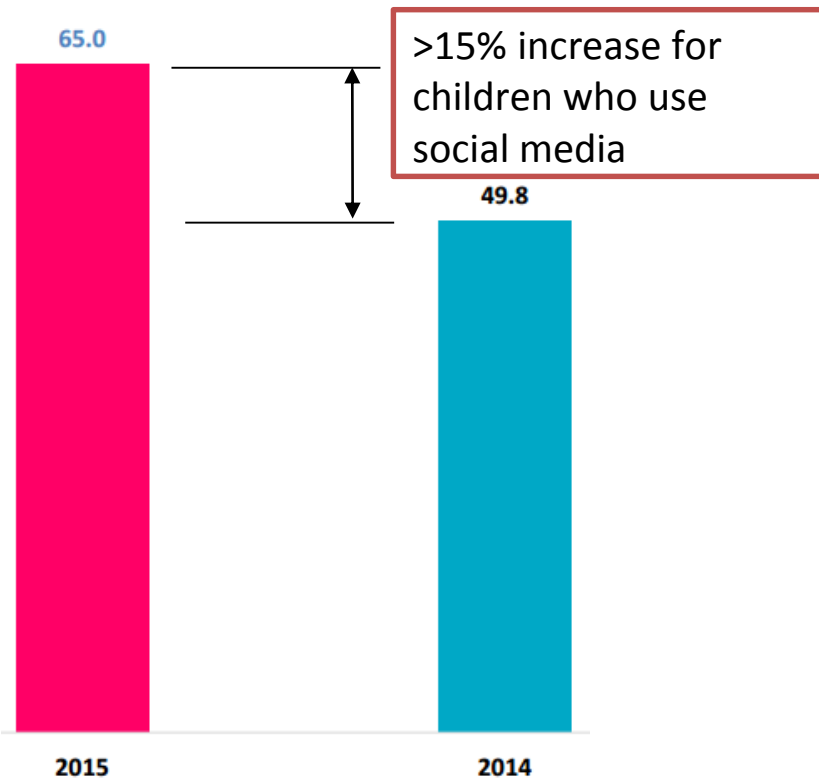
Starting age of children using the Internet

Note: Survey was conducted on children up to 14 years old

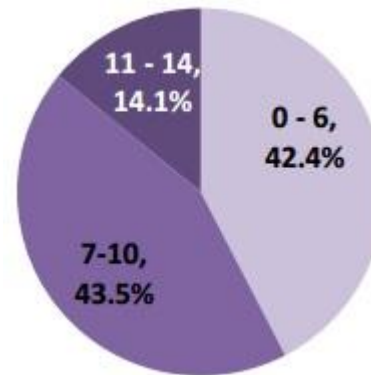
* <http://tinyurl.com/mdasurvey2015>

Key Findings from MDA's Study 2015*

- More children used social media in 2015
- Average starting age was 8.6 years old



Children who have used social media (%)



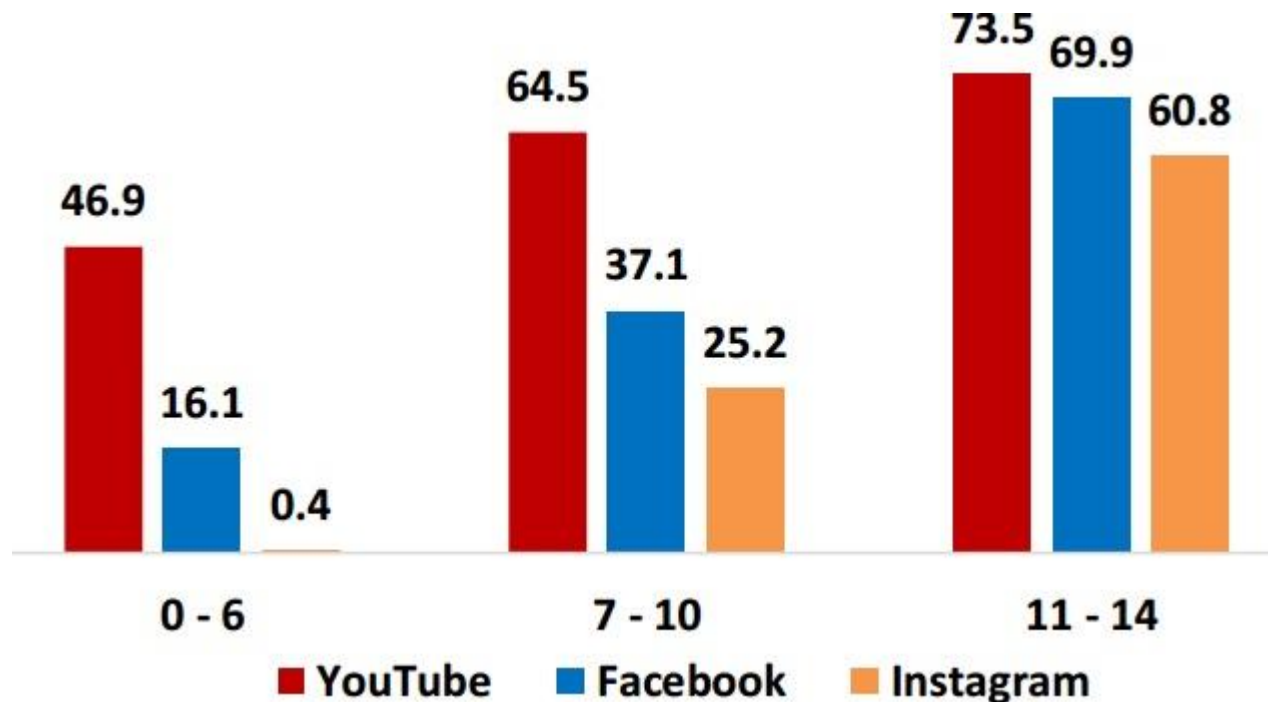
Average starting age on social media

Average Starting Age: 8.6 years old.

Most social media services have recommended minimum age guidelines. E.g. Facebook requires users to be at least 13 years old to start an account.

Key Findings from MDA's Study 2015*

- Popular social media networks amongst the young



Social media networks currently using - by age groups (%)

* <http://tinyurl.com/mdasurvey2015>







Online Opportunities and Risks for Students

Online Opportunities : Harnessing Technology for Learning

Deepen Subject Mastery through Communication, Collaboration and Creation



Online Risks

- While technology offers value, it may bring some potential risks such as:
 - Cyber bullying 
 - Excessive internet use 
 - Accessing inappropriate online content 
 - Danger with online contact 

Managing Potential Online Risks

- Regulating time and activities
- Discerning inappropriate content
- Managing online reputation
- Respecting intellectual property

“Balance of individual empowerment with digital technology with the sense of personal, community, global responsibility”

(Author of “ Digital Community, Digital Citizen”, Jason B. Ohler, 2010)



Parents as Partners

Parents as Partners

- Parents are key partners in ensuring holistic Cyber Wellness education.
- You can help by reminding your children to:
 - Maintain a balanced lifestyle between the physical and the cyber world
 - Use ICT for positive purposes
 - Maintain a positive presence in cyberspace
 - Be a safe and responsible user of ICT

Reinforcing Cyber Wellness at Home

- Show your children how to be safe, responsible and respectful online. The values that guide everyday interactions are applicable online.
- Practise asking for consent before posting photos, videos, and details online.
- Be mindful of your digital media use (or over-use).
- Set rules and reduce them progressively as your children grow older.



Every Parent A Supportive Partner