

Cyber Wellness @ ACSJ



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 in cyberspace as they can make careful and well-considered decisions.

School-wide Programmes

For All Pupils	ICT Pupil Leaders	Parents
<ul style="list-style-type: none">• P1-Computer Familiarisation• FTGP – CCE Lessons• Cyber Wellness e-trail (Recess Activity)• Cyber Wellness Connect (Termly Sharing at assembly)	<ul style="list-style-type: none">• ICT Champions (P1 – P6)• AV Media Team (P4 – P6)• Cyber Wellness Ambassadors (P4 & P5)	<ul style="list-style-type: none">• ICT4P – Sharings• Cyber Wellness Connect (Bite-size CW Updates for Parents through SNAC)

What is Positive Peer Influence?

Peer influence is the effect an individual can have on their friends to change their attitudes, values or behaviours.

The Cyber Wellness principle of positive peer influence encourages our pupils to:

- Be a positive role model online
- Advocate positive online behaviour

Why is Being a Positive Peer Influence Online Important?

Being a positive peer influence online will help your child to:

- Exercise empathy
- Develop resilience and moral courage
- Learn responsibility for words and actions
- Leave positive digital footprints



Parents as Partners

How Can Parents Help?



Encourage your child to be 'S.U.R.E.'
before posting any content online

S

U

R

E

Source:

Is it trustworthy?

Understand:

Search for clarity

Research:

*Go beyond
the initial
source*

Evaluate:

*Exercise fair
judgement*

How Can Parents Help?



Encourage your child to 'T.H.I.N.K.' before posting their comments, remarks or arguments online

T

Is it True?

H

Is it Helpful?

I

Is it Inspiring?

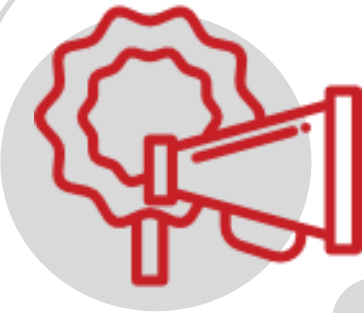
N

Is it Necessary?

K

Is it Kind?

How Can Parents Help?



Encourage your child to be an upstander for friends who are cyber bullied

C

Calm them down

H

Hear them out

E

Empathise with them

E

Encourage them to seek help

R

Refer to a trusted adult

How Can Parents Help?

Encourage your child to use technology for good, such as:

- Helping seniors to use technology
- Supporting good causes
- Spreading positive messages online



Key Messages to Parents



**VALUE THE IMPORTANCE OF BEING A
POSITIVE PEER INFLUENCE ONLINE**



**ENCOURAGE YOUR CHILD TO BE A
POSITIVE PEER INFLUENCE ONLINE**



MODEL POSITIVE ONLINE HABITS



**GUIDE YOUR CHILD TO USE
TECHNOLOGY FOR GOOD**



Every Parent

A Supportive Partner