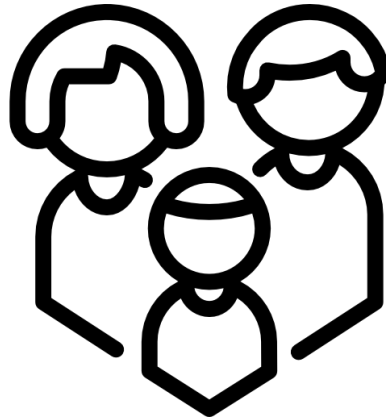


# Sharing with Parents on Excessive Internet Use



# Outline of Presentation

## To share on:

- Singapore: A Wired Nation
- What is Excessive Internet Use?
- Signs of Excessive Internet Use
- Negative Impact of Excessive Internet Use
- How to Support your Child
- MOE's Cyber Wellness Education
- School-wide Programmes
- School's Policies & Procedures
- Resources

# Singapore: A Wired Nation

- Singapore's mobile penetration rate: 149.8% in 2016<sup>1</sup>
- Our children: accessed the Internet > 4-7 days a week.<sup>2</sup>
- Our children: started using Internet at 6.1 years old<sup>2</sup>

1. Department of Statistics Singapore

2. MDA Zero-to-Fourteen Consumer Experience Study 2015

# What is Excessive Internet Use?

 Let's watch a video (for Primary Schools)



# What is Excessive Internet Use?



Let's watch a video (for Secondary Schools)



# What is Excessive Internet Use?

This happens when an individual uses the Internet to the extent where he/she experiences problematic outcomes that negatively affect his/her life.



# Signs of Excessive Internet Use



Needs to spend an increasing amount of time using the Internet before achieving satisfaction



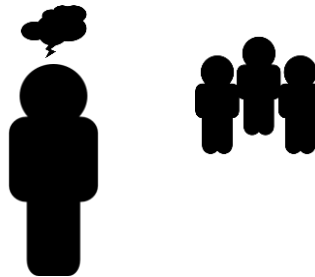
Becomes irritable or violent when disrupted from the use of Internet



Academic performance and health are affected



Tries to go online less often but is unsuccessful



Prefers Internet use to social events or hobbies that may lead to strained relationships with family and friends



Constantly listens out for the phone when away from it, feels distressed when it cannot be found

Source: Resource Booklet on Excessive Internet Use

[http://www.nams.sg/resources/Documents/Addiction\\_in\\_Adolescents/Resource%20Booklet%20on%20Excessive%20Internet%20Use.pdf](http://www.nams.sg/resources/Documents/Addiction_in_Adolescents/Resource%20Booklet%20on%20Excessive%20Internet%20Use.pdf)

**CYBER WELLNESS**  
Responsible Digital Learners

# Negative Impact of Excessive Internet Use

## Physical

- Sleep deprivation and disturbance
- Obesity and cardiovascular risk
- Carpal Tunnel Syndrome (i.e. hand and wrist pain)
- Personal health and hygiene affected



# Negative Impact of Excessive Internet Use

## Social

- Feelings of loneliness worsened
- Strained relationships with family and friends

## Emotional

- Aggressive behaviours and poorer impulse control
- Depression symptoms

# Negative Impact of Excessive Internet Use

## Cognitive Skills

- Attentional problems
- Information processing problems

## Purpose in Life

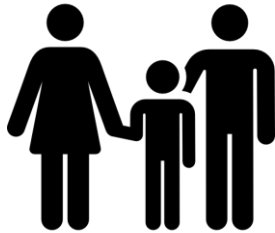
- Online activities perceived as most important aspect of life
- Loss of interest in real world activities

# Negative Impact of Excessive Internet Use

## Exposure to other risks

- Cyber Bullying
- Dangerous cyber contacts
- Inappropriate online content
- Privacy and security risks

# How to Support Your Child



**TALK**



**SET SCREEN TIME  
LIMITS**



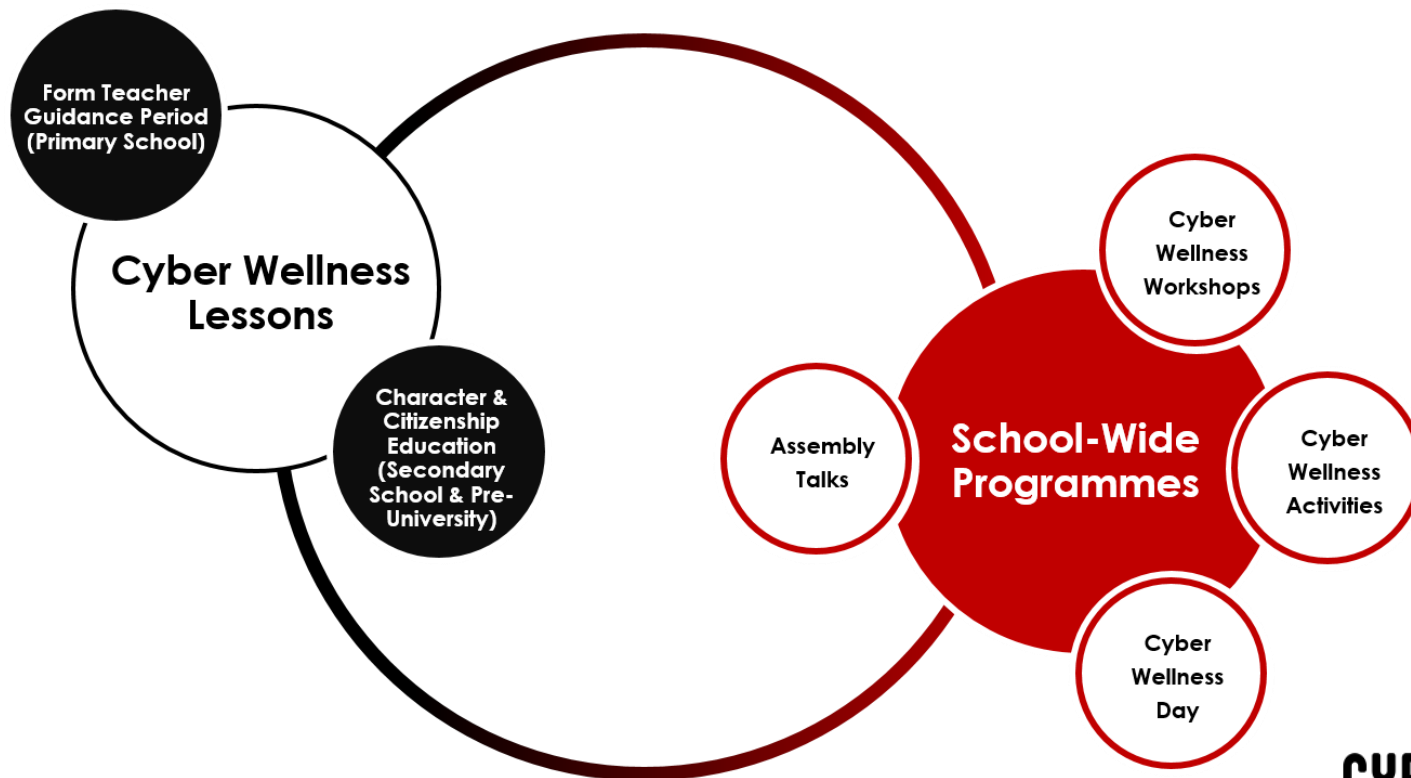
**HAVE TECH-FREE TIME**



**ROLE MODEL**

# MOE's Cyber Wellness Education

- MOE's Cyber Wellness Education comprises of the following components to reinforce the importance of Cyber Wellness and its messages



# Resources



## **Ministry of Education**

[ictconnection.moe.edu.sg/cyber-wellness/for-parents](http://ictconnection.moe.edu.sg/cyber-wellness/for-parents)



## **Ministry of Social and Family Development**

[whatbothersyouth.sg/en/Pages/Online--Gaming-Addiction.aspx](http://whatbothersyouth.sg/en/Pages/Online--Gaming-Addiction.aspx)



## **Health Promotion Board**

[healthhub.sg/live-healthy/1037/help-your-child-untangle-from-the-web](http://healthhub.sg/live-healthy/1037/help-your-child-untangle-from-the-web)



## **Media Literacy Council**

[medialiteracycouncil.sg/online-safety/Pages/internet-addiction.aspx](http://medialiteracycouncil.sg/online-safety/Pages/internet-addiction.aspx)



## **National Addictions Management Service**

[nams.sg/addictions/Gaming-Internet-Addiction/Pages/Gaming-Internet.aspx](http://nams.sg/addictions/Gaming-Internet-Addiction/Pages/Gaming-Internet.aspx)

# Every Parent A Supportive Partner