

DOInstitute
Leading Digital Education, Culture, and Innovation

TOUCH
Cyber Wellness

Parents Workshop

Proudly supported by

MEDIA LITERACY COUNCIL

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What percentage of 8-12 year old children do you think...

- have been victimized through cyber-bullying in the past year.
- have chatted with and met online strangers in real life.
- meet the criteria for video game addiction.
- have been involved in online sexual behaviours.

*Online sexual behaviour includes having search and/or visited websites with sexual content, having proactively downloaded/sent/received online sexual content, and/or having had sexual conversations online with strangers.

- 47%** have been victimized through cyber-bullying in the past year.
- 10%** have chatted with and met online strangers in real life.
- 11%** meet the criteria for video game addiction.
- 17%** have been involved in online sexual behaviours.

*Online sexual behaviour includes having search and/or visited websites with sexual content, having proactively downloaded/sent/received online sexual content, and/or having had sexual conversations online with strangers.

56% of 8-12 year olds online are exposed to cyber-risks today

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Cyber Risks

Technology Overuse

- Cyber-Bullying
- Cyber Crimes & Threats
- False Information
- Online Grooming
- Violent & Inappropriate Materials
- Privacy Invasion

19

What happens to our children online?

Children without Educational and Parental Support

Excessive Screen Time

Involved in Risky Behaviours

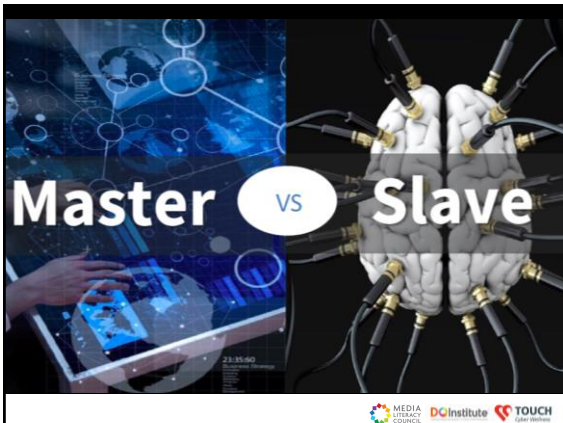
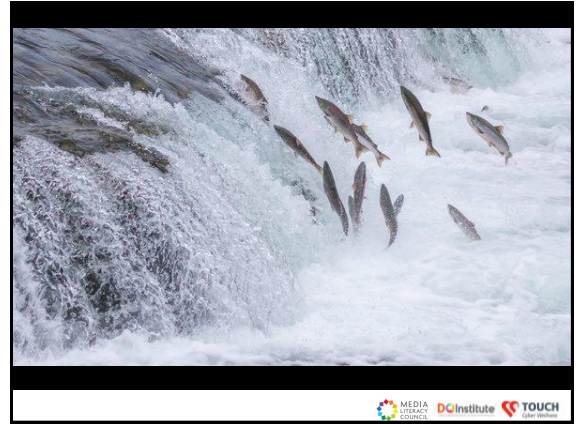
- Less Sleep
- Unhealthy Eating
- Less Reading
- Less Socializing

Immediate Outcomes

- Lower Grades
- Less Healthy
- Less Happy
- More Lonely
- More Depressed
- More Aggressive
- More Family Problems

Future Outcomes

- Lower Work-ethic
- Lower Job Readiness
- Lower Economic Opportunities



**How can My Child
Be A Master of Technology?**

*(One who controls, uses, and creates
technology for a better future)*

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**Ability to Think Critically
Discernment**

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**Ability to Think Critically
Discernment
+
Decision**

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IQ EQ DQ
Digital Intelligence Quotient

What is DQ (Digital Intelligence Quotient)?

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DQ
Digital Intelligence (DQ) is the sum of social, emotional, and cognitive abilities that enable individuals to face the challenges of and adapt to the demands of digital life.

START

- Digital Citizenship**: The ability to use digital technology and media safely, responsibly and effectively.
- Digital Creativity**: The ability to become a user of the digital era by creating new content and solving issues creatively by using digital tools.
- Digital Entrepreneurship**: The ability to use digital media and technologies to solve global challenges or to create new opportunities.

Community-Based Values

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Empower Children with 8 Must Have Digital Citizenship Skills

- Digital Citizen Identity**: Ability to build and manage a healthy identity online and offline with integrity.
- Privacy Management**: Ability to handle with discretion all personal information shared online to protect one's and others' privacy.
- Critical Thinking**: Ability to distinguish between true and false info, good and harmful content, and trustworthy and questionable contacts online.
- Digital Footprints**: Ability to understand the nature of digital footprints and their real-life consequences and to manage them responsibly.
- Digital Empathy**: Ability to be empathetic towards one's own and others' needs and feelings online.
- Cyber Security Management**: Ability to protect one's data by creating strong passwords and to manage various cyber attacks.
- Cyberbullying Management**: Ability to detect cyber-bullying situations and handle them wisely.
- Screen Time Management**: Ability to manage one's screen time, multitasking, and engagement online with self-control.

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DQ empowers your child to

MINIMISE CYBER-RISKS

- Cyber Bullying
- Cyber Crimes & Threats
- False Information
- Privacy Invasion
- Molesters & Inappropriate Materials
- Online Grooming
- Technology Overuse

MAXIMISE OPPORTUNITIES

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About the DQ Score

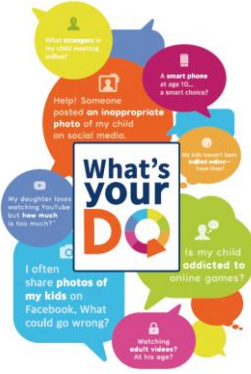
DQ is a measurable score indicating a child's readiness for the digital world. Knowing your child's DQ can help you make better digital parenting decisions.

Score	Description
Excellent (Above 115)	Healthy online habits and excellent digital citizenship skills! Encourage your child to hone their strengths.
Satisfactory (100 - 115)	Satisfactory online habits and digital citizenship skills. Help your child have holistic 8 DQ skills by working on their weaknesses.
Less than Satisfactory (85 - 100)	Less than satisfactory online habits and digital citizenship skills, and may be exposed to cyber risks. Your child should not have their own mobile device or social media account at this time.
At Risk (Below 85)	Risky online habits and poor digital citizenship skills. Talk to your child before they use any digital media.

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#DQEveryChild™

A global movement to empower every child with digital intelligence (DQ).





What's your DQ?

- What strategies do you use to manage screen time?
- Help! Someone posted an inappropriate photo of my child on social media.
- A smart phone at age 12: a smart choice?
- My daughter loves watching YouTube but how much is too much?
- My child doesn't talk to school online.
- Is my child addicted to online games?
- I often share photos of my kids on Facebook. What could go wrong?
- Watching adult videos? At his age?

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What kind of **DIGITAL PARENT** are you?



Role Model Practical Military Buddy Hands-Off

www.whatsyourDQ.org

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www.whatsyourDQ.org


What is DQ? TOP Start Now Blog



What's your DQ? #DQEveryChild Parent Campaign
Empower Your Child With Digital Intelligence

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How can I be a **DQ PARENT?**

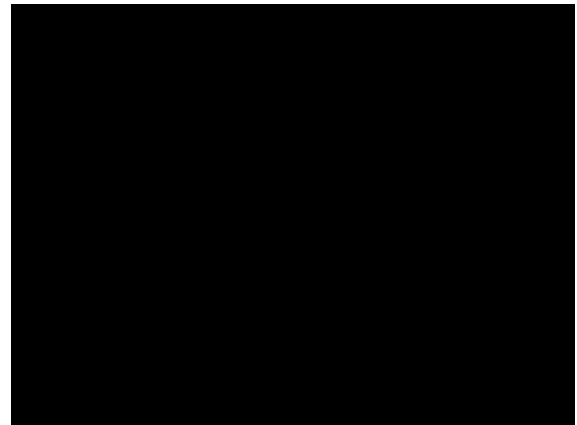
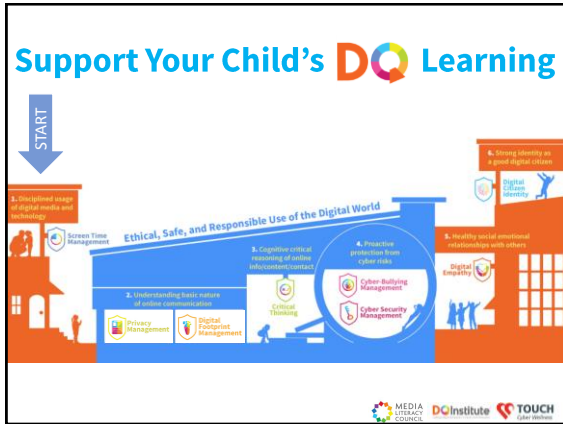


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3 Steps to TOP Up Your DQ

- T**alk: Talk regularly with your child about what they do and who they meet online, just as you would about their offline lives with school and friends.
- O**bey: Set clear and fair family media rules that apply to both you and your child about appropriate online behaviour, device usage, and family values. Whatever you agree on, be precise, practical, and, most importantly, persevere!
- P**lay: Families that play together, stay together! It takes effort, but help your child balance their online activities by providing healthy and wholesome offline activities.

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Talk

Why manage screen time?

- Screen time is the amount of time spent on digital devices and media for fun. Too much of it can cause problems like difficulty concentrating, sleep disorders, and lower grades.
- Talk to your child about these problems, but also the **alternative fun activities** they can enjoy instead.

Talk about screen time habits.

- What do you do online?
- What is your favourite game? Why do you like it?
- How about we both track how much time we spend online this week and then compare?

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ObeY

Set screen time rules.

- Discuss with your child what they think is fair, and **set clear rules** about screen time. Specify which days, how many hours, and what type of media they can use.
- Agree on** the consequences of breaking these rules. Most importantly, stick to the rules.

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ObeY

Our Screen Time Pledge



We will have screen time only on [Sun, Mon, Tue, Wed, Thu, Fri, Sat]. Parent Initials: _____ Child Initials: _____

We will limit our screen time to less than _____ hour(s) per day.

We will finish our top priority before our screen time starts.

Parent's Priority: _____

Child's Priority: _____ Parent Initials: _____ Child Initials: _____

We will not use any digital devices during important family times. (e.g., family meal times, church, bed time) Our family times are: _____




Parent Initials: _____ Child Initials: _____

Play

Find fun offline activities!

- When it comes to the rules, remember the core DQ principle of, 'Treat others as you wish to be treated'. Positively encouraging your kids to follow the screen time rules requires respect and perseverance.
- Provide them with **healthy offline alternatives**. Have such an activity on hand (e.g. outdoor activities that benefit family bonding and child's health, or even a round of Monopoly) to make it easier for everyone to stick to the rules.

Ensure your child finishes DQWorld.net Zone 1



Mission	Subject
6	Controlling Multi-Tasking
8	Preventing Game Addiction
11	Harmful Effects of Excessive Screen Time
12	Self-Control in Digital Use
13	Balancing Screen Time
15	Family Media Rule
16	Managing Time and Priorities
18	Screen Time Quiz



DQ Skill

Cyber-bullying Management

Ability to detect cyber-bullying and handle it wisely



Minimise
Cyber-bullying and its harms




Maximise
Resilience to handle difficult issues




  

Why Cyber-bullying Management?





Talk

- **What is Cyber-bullying?** Using the Internet and digital devices to harass or hurt others. Hurtful messages, embarrassing photos, and false rumours can be shared anywhere, at anytime, and with many people.
- **Ask your child,** “Have you ever seen someone being cyber-bullied?” If you have the experiences to draw on, talk about a time you were mean online, how you felt about your actions afterwards, and the impact it might have had on the other person.



ObeY

ZERO cyber-bullying.

- Being hateful online is **never** acceptable, even if “everybody does it.”
- **Decide on family rules** against cyber-bullying that specify appropriate and inappropriate behaviour (e.g. absolutely NO hurtful comments or embarrassing photos of others online).
- If your child is involved in cyber-bullying, **be supportive.** Don't blame them or tell them “it's no bid deal.”



ObeY

Our ZERO Cyber-bullying Pledge



We will never send rude or embarrassing messages to others. Parent Initials _____ Child Initials _____

We will speak up against cyber-bullying and help those in need. Parent Initials _____ Child Initials _____

We will remember: don't reply, save the evidence, and tell a trusted adult if anyone cyber-bullies us or someone we know. Parent Initials _____ Child Initials _____



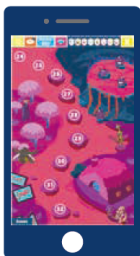
Play

3 steps to stop cyber-bullying.

- If your child receives a mean message, they must remember the 3 steps to stop cyber-bullying:
 1. **Don't Reply**
 2. **Save the Evidence**
 3. **Tell a Trusted Adult**
- Together, come up with a fun way to help other children remember these steps, be it a song, dance, or haiku!



Ensure your child finishes DQWorld.net Zone 3



Mission	Subject
25	Detecting Cyber-bullying
26	What is Cyber-bullying?
27	Identifying Types of Cyber-bullying
28	Being Involved in Cyber-bullying Unknowingly
29	Diffusing a Cyber-bullying Situation
31	Dealing With Cyber-bullying
32	Who are my Trusted Adults?
34	Cyber-bullying Quiz



TOP DQ Principle
"Treat others as you want to be treated!"

What's your DQ?

Empower Your Child with 8 TOP DQ Tips!

Start Now @ www.whatsyourdq.org

Screen Time Management

Digital Citizen Identity

Cyber-bullying Management

Privacy Management

Cyber Security Management

Critical Thinking

Digital Footprint Management

Digital Equity

Logos for MEDIA LITERACY COUNCIL, DQInstitute, and TOUCH Cyber Institute



Help123.sg

Cyber Wellness Support

-  Mon - Fri (1800 6123 123)
-  Webchat
-  Email hello@help123.sg

Receive recommendations from counsellors on CW issues







Let's Stay Connected!

-  www.touchcyberwellness.org
-  [/TOUCHCyberWellness](https://www.facebook.com/TOUCHCyberWellness)
-  [@touchcyberwellness](https://www.instagram.com/touchcyberwellness)
-  cyberwellness@touch.org.sg




A High DQ Child is Smart, Responsible, and Future-Ready.

High DQ is associated with safer digital use, higher academic achievement, and greater global awareness and empathy.

