

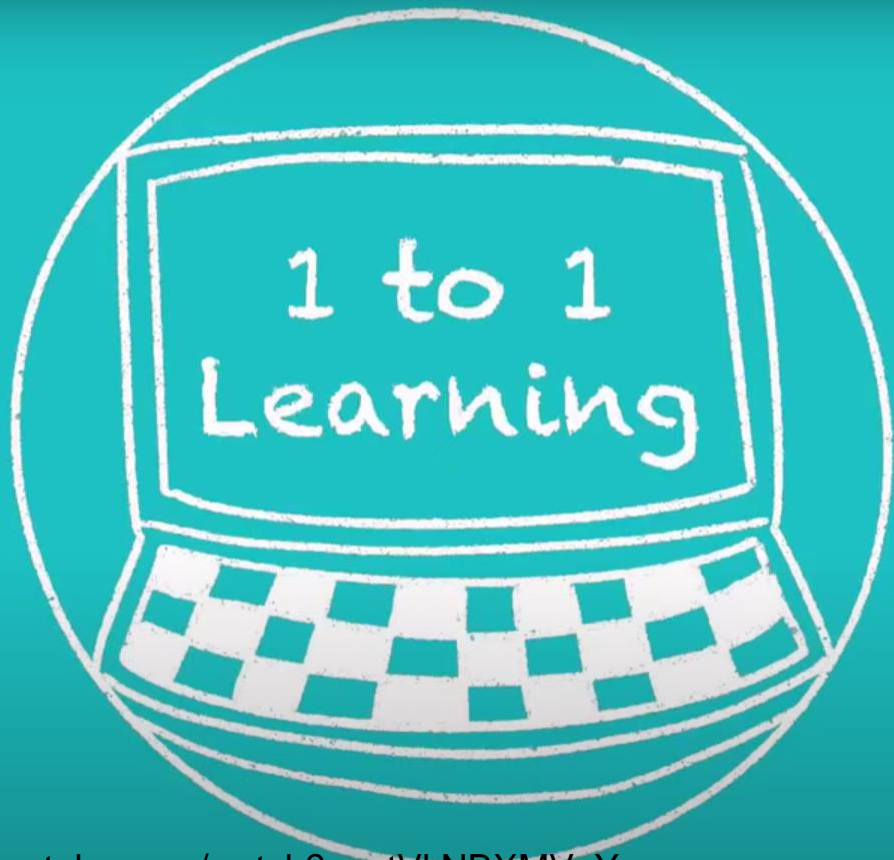
Nurturing Health Media Habits

Carol Loi

Fellow of Center for Media Literacy

Certified Mental Toughness Coach

John Maxwell Certified Family Coach



Video by MOE: <https://www.youtube.com/watch?v=atVkBXMVnY>



Dear Parent/Guardian,

Your child/ward will be required to use the Ministry of Education's Centralised ICT Systems ("the MOE Systems") in his/her course of education in school. The MOE Systems include Student iCON (Google), Zoom and Microsoft Pro Plus.

Please select Yes or No and submit your consent no later than 11 March 2021, Thursday.

YES:

I understand and agree that in connection with my child/ward's use of the MOE Systems, MOE or its agents may collect, access, monitor, use and disclose my child/ward's personal data (e.g. his/her full name, school, class) and usage data to the respective system providers (e.g. Google, Microsoft) for the purposes of setting up user accounts, authenticating and verifying user identity, troubleshooting, facilitating system improvements, monitoring to ensure cyber wellness, as well as such other purposes as may be permitted by law.

NO:

My child/ward will not be able to access the MOE Systems.

Your response?

Yes

No

by 11 Mar 2021



SINGAPORE

Application installed on students' devices does not track personal information: MOE



By Matthew Mohan
@MatthewMohanCNA

01 Feb 2021 12:40PM

(Updated: 02 Feb 2021 10:20AM)



Bookmark

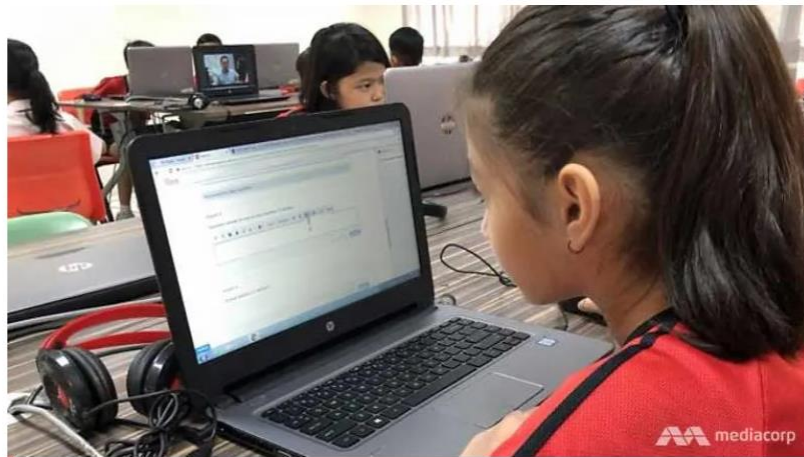


Device Management App

- captures data on students' online activities such as web search history to "restrict access to objectionable material"
- captures device information such as the operating system to "facilitate troubleshooting".

Singapore

Application installed on students' devices does not track personal information: MOE



A student using the Singapore Student Learning Space for online learning. (File photo: Tan Si Hui)

- allows teachers to have appropriate controls in place to manage students' device usage in classrooms
- could address parents' concerns about access to undesirable content online ... pornography, gambling ... and excessive screen time.

PARENT HANDBOOK (I) ON 1-TO-1 LEARNING

Learning in a Digital Environment

- What's in store for your child for 1-to-1 learning?
- Digital Parenting Tips for You

Today, rapid technological advancements are changing the way we live, work and play.

Students will need to be equipped with the skills to handle changes and deal with challenges in the digital future.

Schools will develop all students to be agile and future-ready, regardless of their backgrounds and starting points in life.

Parents will need to play an active role in partnering schools to help prepare their children for an increasingly complex, interconnected and technology-driven world.

Each child will have their own device (1-to-1), and learning will be supported in the following areas:

Enhance teaching and learning



A 1-to-1 learning environment supports greater personalisation and differentiation in learning.

Each student's learning experience can be more tailored and personalised to his/her learning needs, interests, progress and skills.

Support self-directed & collaborative learning



A 1-to-1 learning environment enables students to engage in self-directed learning, and to learn together with their peers, anytime and anywhere.

Students can access digital resources on their own to acquire knowledge about topics of personal interest beyond the curriculum. They can also share and build on one another's ideas, and refine their own understanding.

Support the development of digital literacies



A 1-to-1 learning environment provides an immersive environment for students to acquire digital skills.

Students will learn digital skills such as gathering and evaluating information online, interacting with the online community, and creating digital products.

Digital Parenting Tips: How can I help my child to navigate the digital environment?

5

With 1-to-1 learning, children might spend more time on digital devices, have more online interactions with friends, and show a desire to explore more online. Here are some examples on how you can complement the school's efforts to support your child in his/her learning:

Guide Your Child to Use Technology Effectively for Learning



Guide your child to search for credible information online

Let's do an online search together, using **key words** related to the topic. We can also use the **S.U.R.E framework**. First we check if the **source** of information is credible and **understand** the information by looking for facts not opinions. Next, **research** and compare multiple sources before **evaluating** the information from different angles.

Mum, I am going to Pulau Ubin with my friends. I heard that there are a lot of mosquitoes there. Is it true that mosquitoes only bite at certain times of the day?



Encourage your child to use SLS to search for learning resources

I recall your teacher sharing that you can explore topics and try the interactives in the **SLS MOE Library** at your own pace to support your learning? Why don't you give it a go, son?

Dad, we are learning a new concept in class today. I'm having difficulties understanding it!



Click for more

Protect Your Child from Online Dangers and Teach Them to Respect Others Online



Guide your child to treat others with respect online

Dad, during the video conferencing lesson, my friend had a funny profile picture and we teased him in the chat! I used a nickname and my video was off so he didn't know it was me!



We should always be **respectful when giving comments online**. Remember the **T.H.I.N.K framework**? Let's ask ourselves these questions before posting: Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? Is it Kind?

Always **use your real name and turn on your video** so that your teacher knows who is attending the lesson. :-)



[Click for more](#)



Guide your child to practise safe and responsible online behaviour

Dad, I am going to meet this person whom I met online. She saw my photos at the beach, and would like to be my friend.



It may not be safe to meet someone you know online as we are **unsure of their actual identity**.

You should also be careful online and not accept friend requests from people you don't know.



[Click for more](#)

Guide Your Child to Use the Device in a Balanced and Productive Manner



Guide your child to adopt a healthy balance of online and offline activities

Mum, I'm done with my homework for the day! After dinner, I'll have more than 2 hours to play my handphone games until bedtime!



I'm glad you found a way to relax but do you remember our **family contract**? No devices at least one hour before bedtime. Let's go for an after-dinner walk together instead!



[Click for more](#)



Guide your child to use productivity tools, to organise information and simplify tasks for efficiency.

Mum, I cannot remember the dates of my upcoming tests.



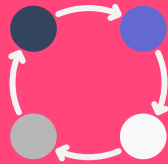
You can use your online calendar to **keep track of your learning schedule** and plan your revision. Shall we also key in the details of family events in our **online family calendar together** for future reference?



[Click for more](#)

We will discuss the
softer aspects of
nurturing our teens
this afternoon...

ABC of building healthy media habits



3 Rs to enable our children to thrive

Relationship

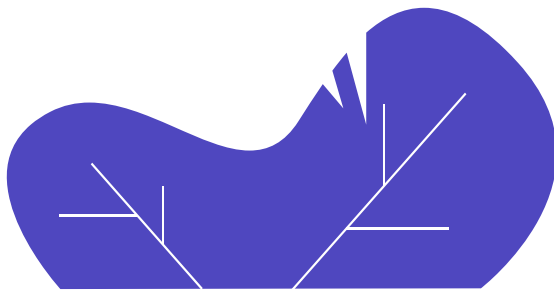
Connection before correction

Reason

Support them to be independent thinkers

Rhythm

(Healthy) Habits reduce the need to nag



TikTok
Discord
Twitch

Age Restrictions for Social Media Platforms

action for
children

Twitter
Facebook
Instagram
Pinterest
Google+
Tumblr
Reddit
Snapchat
Secret



LinkedIn



Whatsapp



Vine
Tinder



Carousell

Path



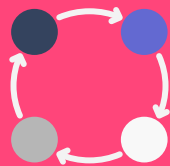
YouTube
Foursquare
WeChat
Keek
Flickr
Kik



ABC of building healthy media habits



**Affirm,
Be Aware,
Accountability**



Build Boundaries



**Connect to
Communicate**



A of building healthy media habits

Affirm



Be Aware

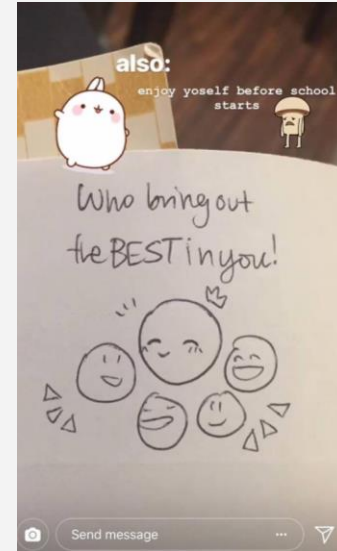
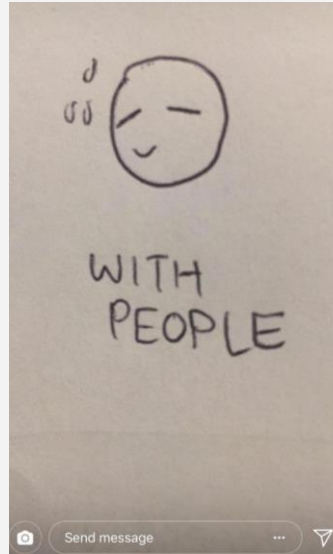
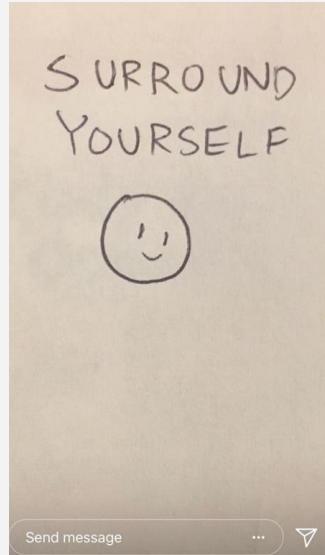


Accountability



A of building healthy media habits

Affirm



A of building healthy media habits

Affirm



Be Aware



Accountability



<https://protectyoungeyes.com/>

[BLOG](#)[APPS](#)[DEVICES ▾](#)[PRESENTATIONS ▾](#)[RESOURCES](#)[🇺🇸 ENGLISH ▾](#)

The best internet safety information. All in one place.


Parents who are **observant**, **engaged**, and **informed** raise kids who use technology well. Signup for a **FREE** Tech Ready Parent webinar and take your first step today.




[Reserve my FREE spot!](#)



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Reviews for what your kids want to watch (before they watch it)


Trusted ratings created with families in mind.




Movie
✓ age 16+ ★★☆☆☆



Movie
✓ age 16+ ★★★★★



Movie
✓ age 6+ ★★★★★

 common sense selection
FAMILIES

GET PLUS

How old is your kid?

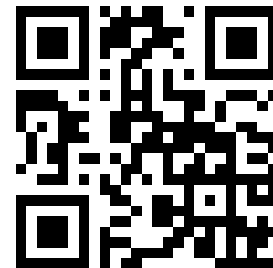
— 8 +

Get age-based picks for your family.

[Get started](#)

Already have Plus? [Sign in](#)

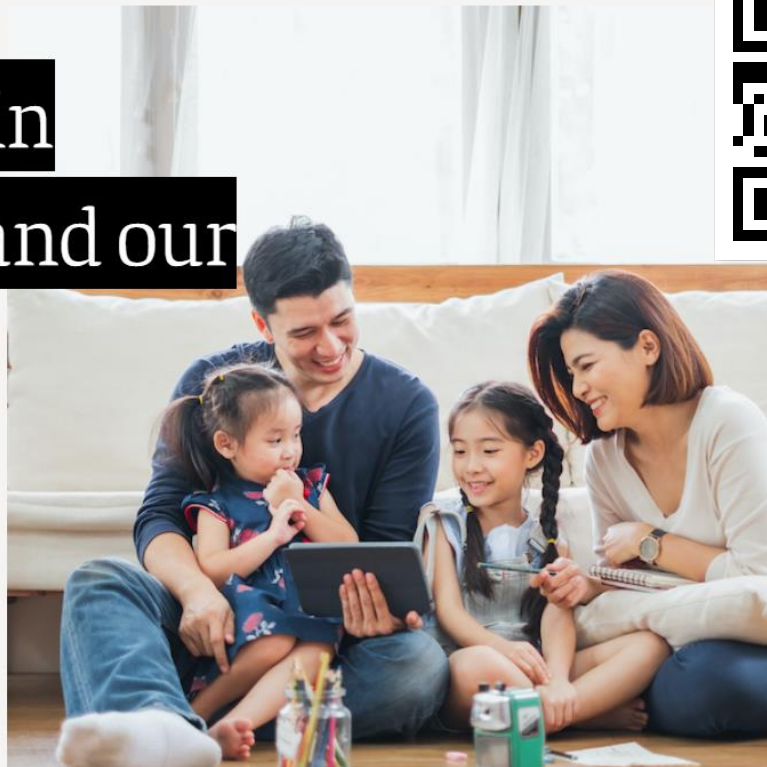
Parents and caregivers: [Learn more about Common Sense Media Plus.](#)



Building Resilience in ourselves, our kids, and our communities.

Digital Parenting in a pandemic is challenging, but we can rise to meet the moment with the tools and resources families need most in these extraordinary times.

→ [Learn About Our Approach](#)



A of building healthy media habits

Affirm



Be Aware



Accountability





B of building healthy media habits

HealthyChildren.org/MediaUsePlan

Build Boundaries



healthychildren.org
Powered by pediatricians. Trusted by parents.
From the American Academy of Pediatrics

Home
Create Your Family Media Plan
Media Time Calculator

Create Your Family Media Plan

Create a Media Plan that is specific to your family. Name your plan & enter the names & ages of your children to get started.

To find this information in Spanish, click [here](#).

Enter Your Family Name

S

My Children

Child's Name G Age 18-24 months Remove

Add Another Child

Next

18-24 months
2-5 years
6-12 years
13-18 years

Other Categories

Screen-free times

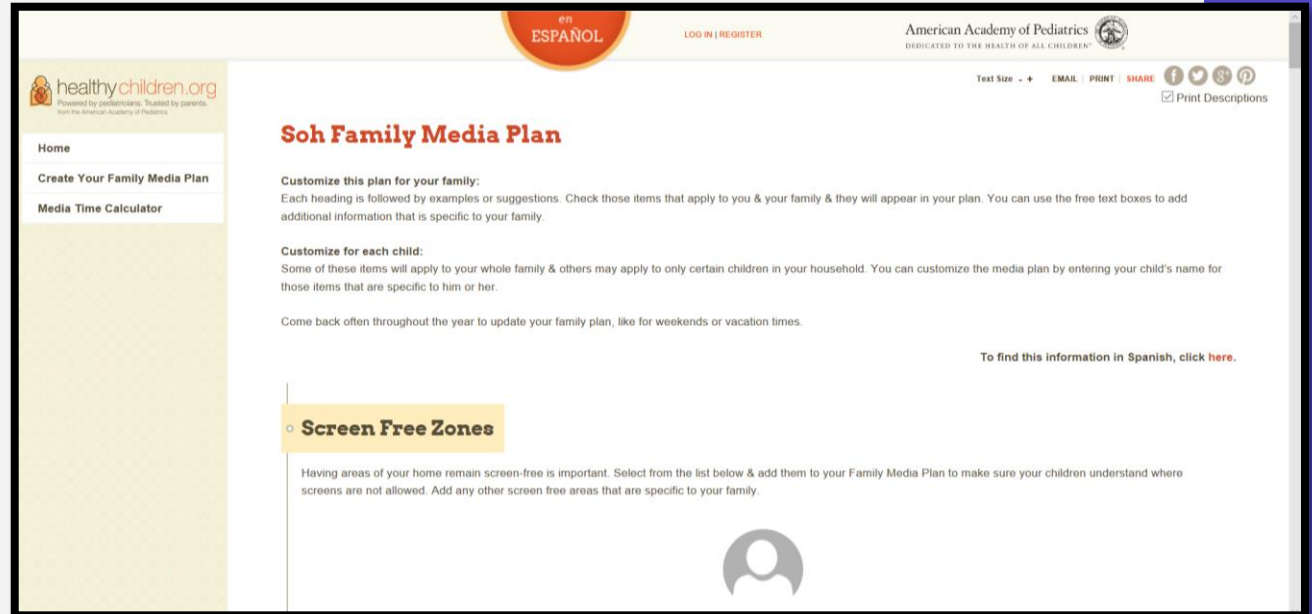
Balancing online & offline time

Manners matter

Digital citizenship

Digital safety

Sleep & exercise



Filtering & Monitoring

Filters

- Network level
- Device level
- Website level

Monitoring

- Mobicip, Net Nanny, Qustodio

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Reviews Software Security Parental Control & Monitoring

The Best Parental Control Software for 2020

Parenting styles run the gamut, and so do the features in parental control and monitoring utilities. We've tested the top products to help you choose the right one for your family.

By Neil J. Rubenking and Ben Moore June 27, 2019 1:24PM EST

11 SHARES

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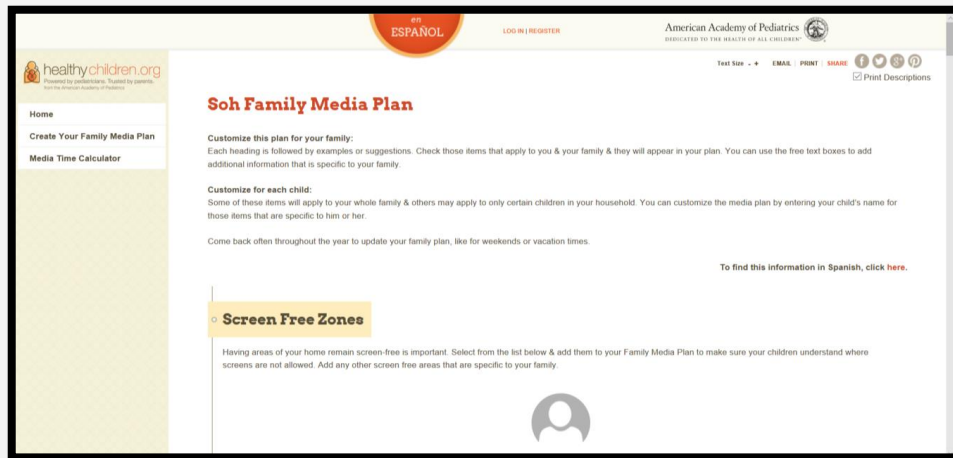
Product	Qustodio	Net Nanny	Norton Family Premier	Kaspersky Safe Kids	Circle With Disney	Clean Router	Mobicip	SafeDNS	OpenDNS Home VIP	uKnowKids Premier
Lowest Price	\$39.95 SEE IT	\$29.99 SEE IT	\$49.99 SEE IT	\$14.99 SEE IT	\$43.97 SEE IT	\$29.99 SEE IT	\$39.99 SEE IT	\$19.95 SEE IT	\$19.95 MGRP	\$100.00 MGRP
Editors' Rating	★★★★○ <small>EDITOR'S CHOICE</small>	★★★★○	★★★★○	★★★★○	★★★★○	★★★★○	★★★★○	★★★★○	★★★★○	★★★★○
Limit on Children / Devices	None / Up to 10	1 / 1	None	None	None	None	5 / None	None	None	4 / 8
Per-User Settings	✓	✓	✓	✓	✓	—	✓	—	—	✓
Content Filtering	✓	✓	✓	✓	✓	✓	✓	✓	✓	—
Filter HTTPS Sites	✓	✓	—	✓	✓	✓	✓	—	—	—
Access Scheduling	✓	✓	✓	✓	—	✓	✓	✓	—	—
Social Network Monitoring	✓	✓	✓	✓	—	—	—	—	—	✓
Remote Management	✓	✓	✓	✓	—	—	✓	—	—	✓
Read Review	Qustodio Review	Net Nanny Review	Norton Family Premier Review	Kaspersky Safe Kids Review	Circle With Disney Review	Clean Router Review	Mobicip Review	SafeDNS Review	OpenDNS Home VIP Review	uKnowKids Premier Review



Connect to Communicate



C of building healthy media habits



Rules without relationship leads to rebellion.
-Dr Josh McDowell

Mentoring over Monitoring: Interested, Involved, In View

Key issues to look out for

```
graph TD; Title[Key issues to look out for] --- Media[Media & Technology]; Title --- Mental[Mental Health]; Title --- Identity[Identity & Relationships];
```

**Media
& Technology**

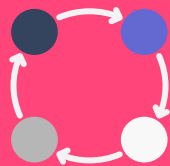
**Mental
Health**

**Identity &
Relationships**

ABC of building healthy media habits



**Affirm,
Be Aware,
Accountability**



Build Boundaries



**Connect to
Communicate**





LET'S TALK ABOUT PORN

3-PART CONVERSATION
HOSTED BY VILLAGE CONSULTANCY



Watch a new documentary on keeping children safe from porn.
Learn how to talk to our children about boy-girl relationships
& how to develop healthy media habits.

OUR CHILDREN ARE GROWING UP IN A COMPLEX WORLD
BE PART OF THE CONVERSATION
BE THE LEADER OF YOUR CHILD'S HEART & MIND

Let's Talk About Porn:
26 Mar (Fri) 9.30 to 11am

2. Let's Talk About Boy-Girl Relationships:
30 Mar (Tue), 9.30 to 11am

3. Let's Talk About Managing Online Risks:
1 Apri (Thu), 9.30 to 11am



<https://bit.ly/LetsTalkAboutPornApr>

Raising wise digital
citizens

🔒 Closed group

About

Discussion

Members

Events

Photos

Group insights

Manage Group



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To join mailing list:



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