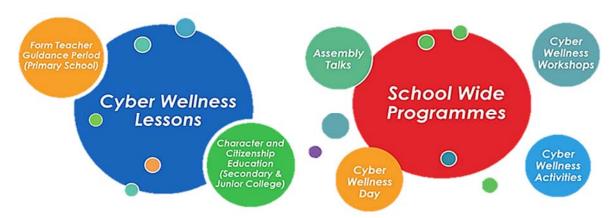
CYBER WELLNESS Responsible Digital Learners

Cyber Wellness education is systematically implemented in all schools based on MOE-designed framework:



Cyber Wellness lessons are integrated in the Form Teacher Guidance Period in Primary Schools, Character and Citizenship Education curriculum in Secondary Schools and Pre-University, and complemented with various school-wide programmes in all schools.

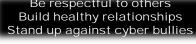


PLAY YOUR ROLE ONLINE













CYBER WELLNESS CURRICULUM

The goal of Cyber Wellness lessons is to equip students with life-long social-emotional competencies and sound values so that they can become safe, respectful and responsible users of Information Communications Technology (ICT).

3 Big Ideas	4 Themes	8 Topics
	• <u>Cyber Identity:</u>	Online Identity and
	Healthy self-identity	Expression
Identity		
	• <u>Cyber Use:</u>	Balanced Use of ICT
	Balanced life and	
	balanced use	
	• <u>Cyber Relationships</u> :	Netiquette
Relationships	Safe and meaningful	Cyber Bullying
		Online Relationships
	• <u>Cyber Citizenship:</u>	About the Cyber World
Choices	Positive presence	Handling Online Content and
		Behaviour
		Cyber Contacts



Cyber wellness 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.

KEY MESSAGES FOR STUDENTS

- Embrace ICT yet maintain a balanced lifestyle between the physical and the cyber world
- Harness the power of ICT for positive purposes
- Maintain a positive presence in cyberspace
- ✓ Be a safe and responsible user of ICT