

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



PROTECTOR
[NOT ATTACKER]

Be safe online
Do what's right
Protect self and others online



MASTER
OVER TECHNOLOGY
[NOT SLAVE]

Be in control
Live a balanced life
Develop a healthy self-identity



RELATIONSHIPS-
BUILDER
[NOT DESTROYER]

Be respectful to others
Build healthy relationships
Stand up against cyber bullies



Ministry of Education
SINGAPORE

For more information, refer to MOE ICT connection website,
<http://ictconnection.moe.edu.sg/cyber-wellness> or scan the QR code



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 |
|---------------|--|--|
| Identity | <ul style="list-style-type: none"> • <u>Cyber Identity:</u> Healthy self-identity • <u>Cyber Use:</u> Balanced life and balanced use | <ul style="list-style-type: none"> • Online Identity and Expression • Balanced Use of ICT |
| Relationships | <ul style="list-style-type: none"> • <u>Cyber Relationships:</u> Safe and meaningful | <ul style="list-style-type: none"> • Netiquette • Cyber Bullying • Online Relationships |
| Choices | <ul style="list-style-type: none"> • <u>Cyber Citizenship:</u> Positive presence | <ul style="list-style-type: none"> • About the Cyber World • 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