

CYBERWELLNESS! WHAT PARENTS NEED TO KNOW?

Date: 4th August 2017 (7pm-9pm) @ Shuqun Secondary School Hideout (Formerly known as Cabin)

Dear Parents/Guardians

Are you aware of the activities your children are engaged in the Cyberspace? How much do you know about the activities in the Cyberspace? How many of the following activities are you familiar with?

- Internet Gaming – How many games can you name?
- Social Media – Are you familiar with these platforms and do you know how powerful they can be?
- Cyber Addiction – What are some forms of addictions that your children are subjected to and how can you prevent it from happening?
- Cyberbullying – How much do you know about Cyberbullying and its long term impact on our children today?
- Internet Security– How well are your information being protected or guarded online? Are you aware that your children can also fall prey to Internet Predators?

Cyberwellness is a topic that cannot be stressed enough in our high technology society today. Many World Wide Web users still fall prey to internet crimes and the dangerous effects of Cyberspace Addiction. As parents, how can you play a part to protect your children from these threats if you are not familiar with the terminologies and have a good understanding of how Cyberwellness work?

During this two hours interactive session, Mr Alvin Lee will be guiding you through some real-life case studies to illustrate each of the following points:

- Introduction to Cyberwellness
- Cyber-Addiction
- Effects of Excessive Gaming
- Cyberbullying and Its Effect
- Internet Security
- What Can Parents Do to Help Protect Your Child from being a Prey to Internet Criminals/cyberspace addiction.

About the Facilitator



Alvin Lee Seng Teck is a Professional Facilitator Certified by the International Association of Facilitators (IAF-CPF), US. He holds a Degree and Post Graduate Diploma in Counselling and has helped youth with internet addiction issues since 2008. Alvin has also conducted many workshops for school teachers and parents to help them manage issues related to Cyberwellness and helped students move away from gaming habits.

We strongly encourage parents to sign up for the parenting talk. Please do complete the attached form and return it through your child/ward's Form teacher.

For enquiries, please contact Family Matters@ School coordinator, Jenny @ 96805648 or jennygoh56@yahoo.com.sg

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Registration Form

Details:

Cyberwellness! What parents need to know?

Date : 4th Aug 2017 (Friday)

Time : 7 – 9pm (Registration starts at 6.45pm)

Venue : Shuqun School Hideout (Formerly known as Cabin) at Level 1

Participant information:

Name of parent:	
Name of spouse (if he/she is joining the workshop):	
Name of child :	
Class of child :	
Contact number:	
E-mail :	

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