

Ai Tong Primary School  
School Family Education (SFE) Presents:

# “Cyberwellness – Combating online gaming addiction and cyberbullying”



## Course Synopsis

What is so interesting about the Internet that our children can spend hours sitting in front of the computer? What are some of the dangers that my child faces on the Internet? What should I do as a parent to guide my child in this Internet age? In this eye-opening and informative workshop, parents will be brought on a journey to discover the cyber world through the eyes of youths. Our trainers will share insights on the social impact of these cyber wellness issues as well as offer practical tips and examples so that parents can better manage their children.

***This workshop aims to provide adults with:***

1. Awareness of current Internet trends.
2. Understanding on the range of cyber wellness issues facing youths today.
3. Tips and handles to effectively parent own children in this digital age.
4. Sources of help.

**Topics to be covered during workshop:**

**1) World Danger - Cyber Bullying & 2) Addictive Nature of Computer Gaming**

## Speaker's Profile

TOUCH Cyber Wellness (TCW) is the first in Singapore to provide Cyber Wellness Education to schools, reaching out to more than 800,000 youths, parents, educators and counsellors since 2001. TCW are also the key agency providing counselling on cyber wellness issues. At PlanetCRUSH Cyber Wellness Centre, TCW provides a healthy gaming environment, engaging workshops and access to counsellors. We also actively educate our next generation using school-based roadshows and programmes. TCW also worked with National Youth Council (NYC) to publish a handbook - “The Offline Guide for the Online Generation” - for parents and educators. The latest publication in 2008 “Cyber Wellness Handbook for Parents” was supported by Ministry of Community, Youth and Sports (MCYS). TCW is supported by the Ministry of Community Youth and Sports (MCYS), NYC, and the MDA, and is a service under TOUCH Youth, an affiliate of TOUCH Community Services.

**Date: 10 March 2011, Saturday, 9:30am to 11:30am**

**Venue: To be confirmed. Please look out for signage.**

**Online registration via ATS Parents Portal by 2 March 2012. Workshop is free.**

**Click on this [Link](#) to register.**

**If you have any queries, please send an email to Ms Angela Tan at [sfeitongprisch@gmail.com](mailto:sfeitongprisch@gmail.com)**

Supported By:



Organized By:

