

Cyberwellness on the Internet



Objectives

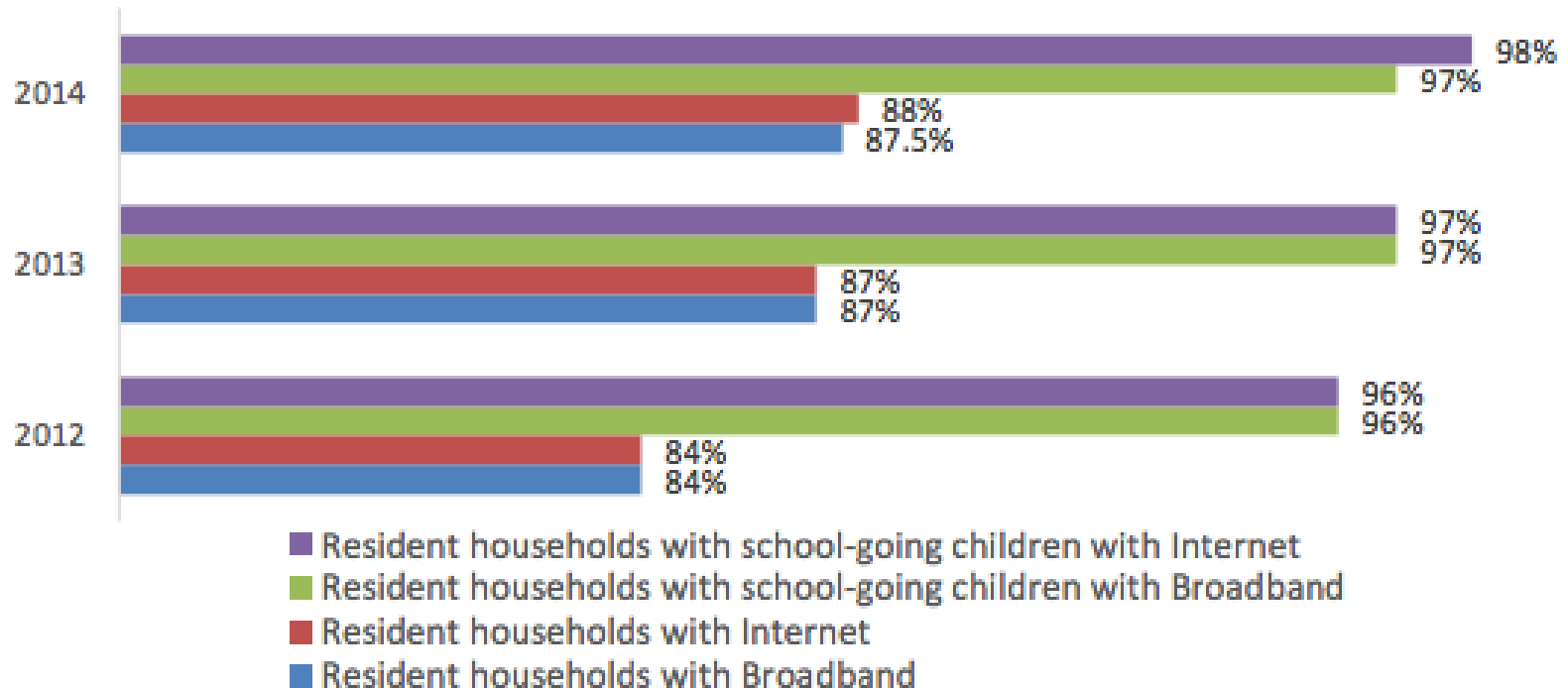
- Why the need for Cyberwellness and What is it?
- Understanding the Cyberwellness Programme
- Dangers of the Internet
 - Cyber-Bullying
 - Information Privacy
 - Copyright
 - Gaming Addiction



Why the need for Cyberwellness and What is Cyberwellness?

Why the need for Cyberwellness?

Chart A1: Internet and Broadband Access at Home, 2012-2014



<http://bit.ly/infocomm-use-2014>

Why the need for Cyberwellness?

Table B2: Top Ten Internet Activities on Mobile Equipment by Age Group, 2014

Activity	Less than 7 years	7-14 years	15-24 years	25-34 years	35-49 years	50-59 years	60 years & above	All residents
Using social networks	0%	39%	78%	78%	68%	51%	36%	63%
Using instant messaging	2%	46%	61%	58%	57%	54%	45%	55%
Sending or receiving emails	0%	18%	58%	64%	62%	52%	45%	54%
Getting information or general Web browsing	0%	28%	56%	62%	57%	48%	43%	52%
Downloading or watching movies, short films or images	68%	43%	53%	46%	37%	35%	24%	41%
Reading online news	0%	8%	32%	40%	42%	34%	36%	34%
Getting information about goods or services	0%	6%	29%	44%	36%	31%	19%	31%
Checking account information	0%	0%	19%	42%	37%	29%	12%	27%
For purchasing or ordering goods or services or making transactions (e.g. making reservations)	0%	3%	29%	43%	33%	19%	13%	27%
Playing or downloading computer or video games	49%	42%	35%	23%	17%	18%	19%	25%

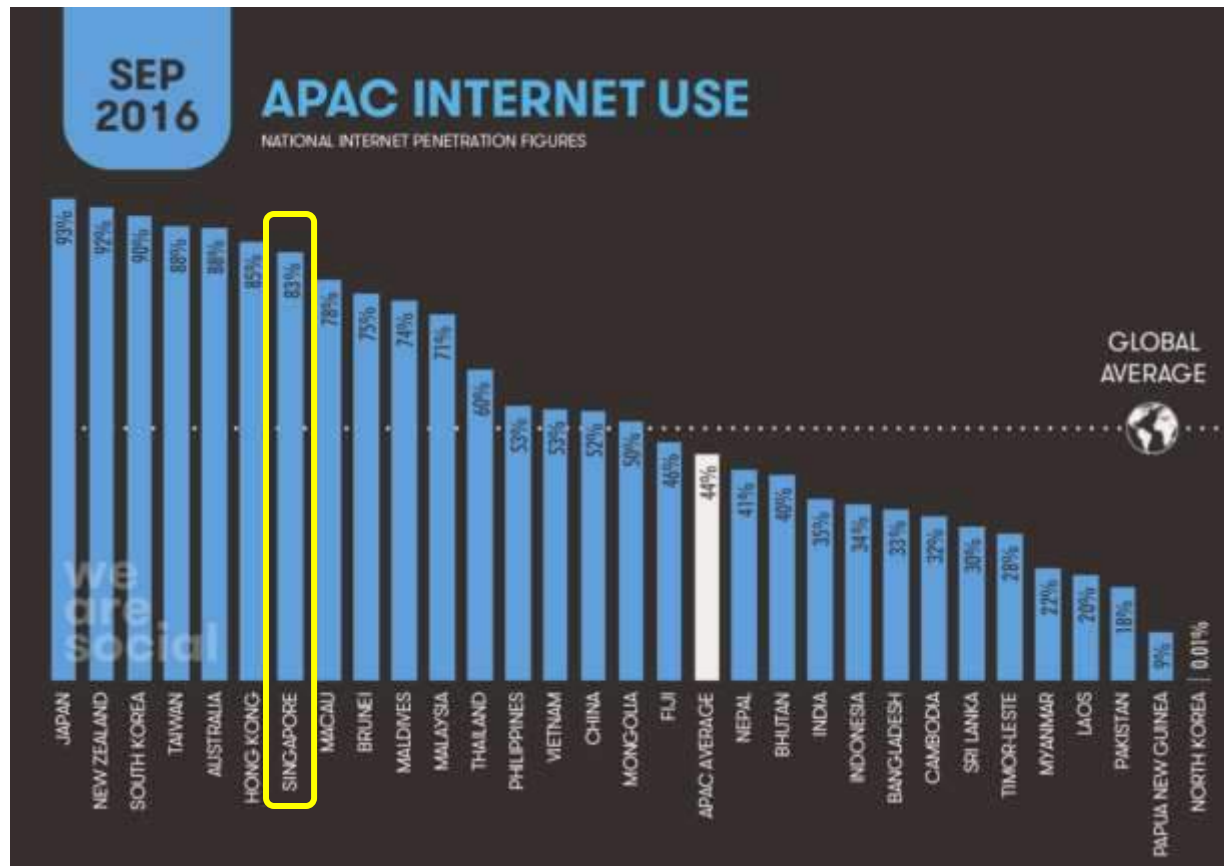
<http://bit.ly/infocomm-use-2014>

Why the need for Cyberwellness?



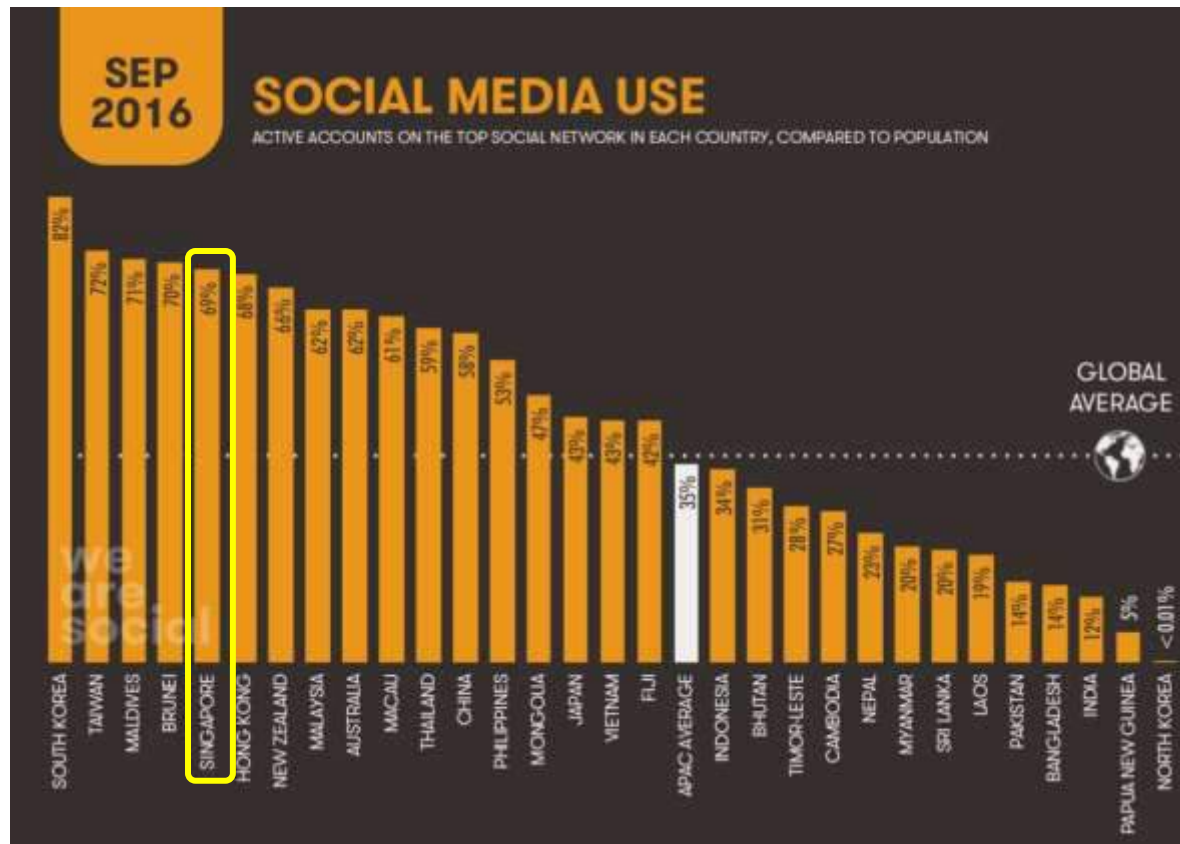
<http://www.slideshare.net/wearesocialsg/digital-in-apac-2016>

Why the need for Cyberwellness?



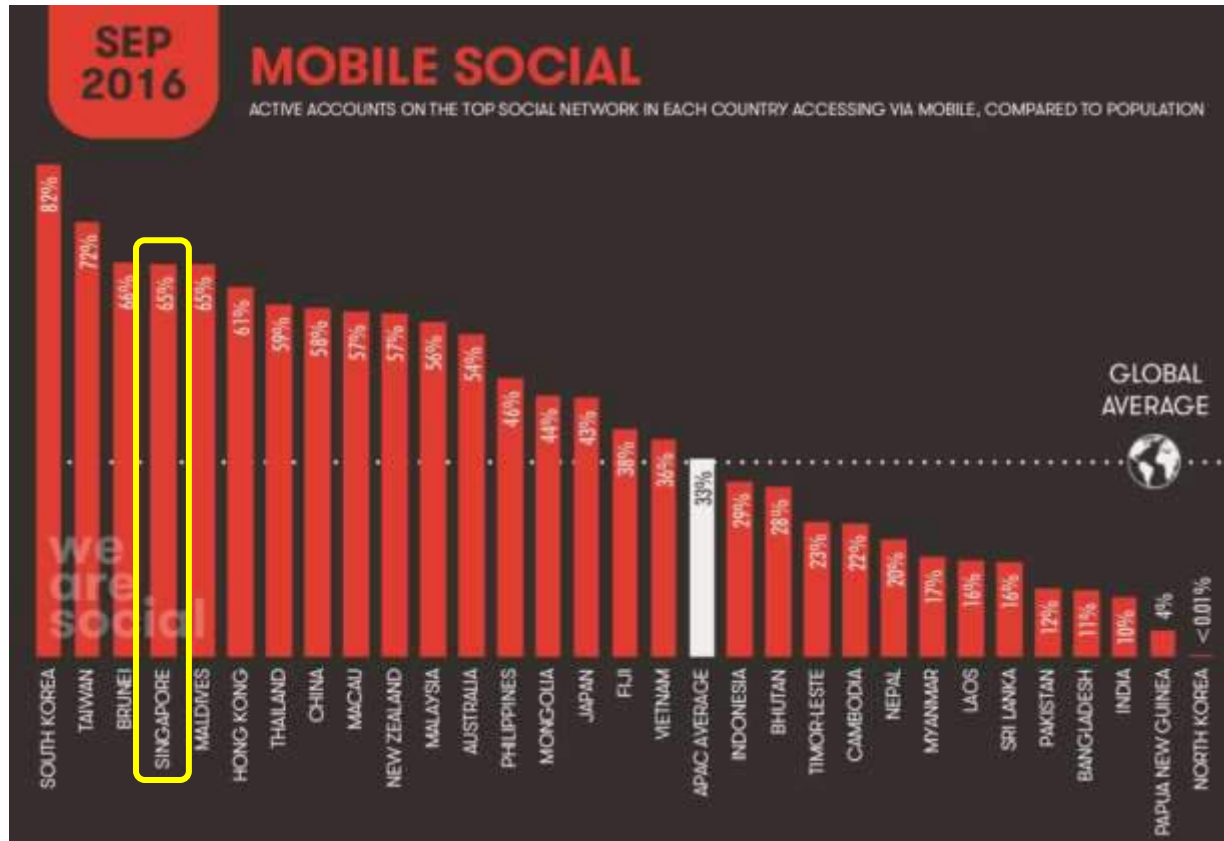
<http://www.slideshare.net/wearesocialsg/digital-in-apac-2016>

Why the need for Cyberwellness?



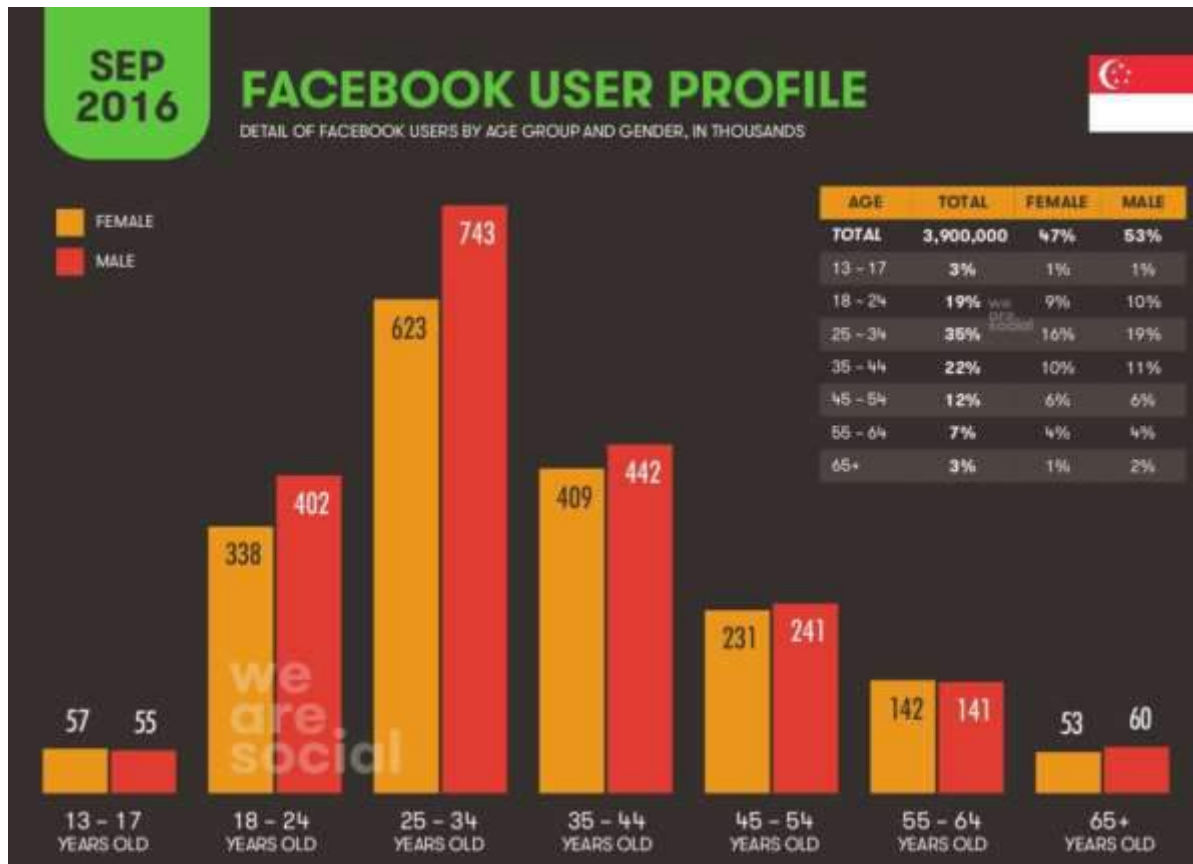
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Why the need for Cyberwellness?



<http://www.slideshare.net/wearesocialsg/digital-in-apac-2016>

Why the need for Cyberwellness?



<http://www.slideshare.net/wearesocialsg/digital-in-apac-2016>

Why the need for Cyberwellness?

- With an Internet penetration rate of 145% in Sept 2016, Singapore now falls within the top 10 in APAC.
- Most Singaporeans between the ages of 25-34 are also very active on social media.
- The ages between 18-24 are also active.
- This high level of Internet penetration increases the level of exposure to incidence of unsafe behaviours amongst youths.

What is Cyberwellness?

- Cyber Wellness refers to the positive well-being of internet users.
- It looks into the positive physical and psychosocial well-being of students in their use of mobile and internet technologies.
- It involves an understanding of :
 - the norms of what is appropriate;
 - responsible behaviour with regard to the use of technology;
 - how to protect oneself and other internet users using the knowledge, skills and values acquired.



Understanding the Cyberwellness Programme

What are the Cyberwellness Principles?

- It focuses on developing the child's instinct to protect himself and empowers him to take responsibility for his or her own wellbeing in cyberspace.
- It highlights two principles to guide your child in their actions and describes a 3-step process to explore Cyber Wellness issues.

Source : Page one, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Cyberwellness Framework



Source : Page one, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Cyberwellness Principles

Respect for Self and Others

Your child should be able to:

- Uphold their own dignity when online
- Respect others

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Cyberwellness Principles

Safe and Responsible Use

Your child should be able to:

- Understand the risks of harmful and illegal online behaviours.
- Learn how to protect themselves as well as to avoid dangers they may encounter online.
- Evaluate the consequences of their decisions/ behaviours while online and make responsible choices to protect themselves and the community.

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Cyberwellness Principles

The Process – Sense, Think, Act

- Your child should always “be aware” of issues, “think” before “acting” while they are online.
- Therefore, “Sense, Think and Act” is a simple learning cycle to adopt.

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Cyberwellness Principles

The Process – Sense, Think, Act

- **Sense.** Your child should be able to “sense” the risks of harmful behaviours online and learn how to manage such risks as well as protect themselves from the dangers.
- **Think.** To develop your child’s ability to respond to new encounters in cyberspace, it is important to analyse, evaluate and reflect on cyber wellness issues.
- **Act.** Your child should eventually translate their understanding into actions that will keep them safe while online.

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)



Dangers of the Internet

Dangers of the Internet

Information Privacy

What are some types of information your child should not share with others while online?

- Full name
- Home address
- Name of school
- Email Address
- Personal Photos
- Phone numbers

These examples are by no means comprehensive.

Dangers of the Internet

Information Privacy

Why should these information not be shared online with others?

- People may not be who they claim they are online and may be up to something even more insidious.

Dangers of the Internet

Information Privacy

What can I do?

- With the proliferation of many social networking sites, it can be daunting to protect your child's online persona.

Dangers of the Internet

Cyber-Bullying

Ryan Patrick Halligan (December 18, 1989 – October 7, 2003) was an American student who committed suicide at the age of 13 after being bullied from his classmates in real life and cyber-bullying online.

His father subsequently lobbied for laws to be passed to improve how schools address bullying and suicide prevention.

Halligan's case has been cited by legislators in various states proposing legislation to curb cyber-bullying. Laws were subsequently enacted to address the cyberbullying problem and the risk of teen suicides.

In 2008, his suicide and its causes were examined in a segment of the PBS Frontline television program entitled "Growing Up Online." His suicide has also been referenced in many other news stories on bullying.

Source : http://en.wikipedia.org/wiki/Suicide_of_Ryan_Halligan

Dangers of the Internet

Cyber-Bullying

What is Cyber-Bullying?

- "Cyberbullying" is when your child is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child using the Internet, interactive and digital technologies or mobile phones.
- Cyberbullies can be classmates, online acquaintances, and even anonymous users, but most often they do know their victims.
- Cyberbullying can happen 24 hours a day, 7 days a week, and reach your child even when he or she is alone. It can happen any time of the day or night.

Sources : http://stopcyberbullying.org/what_is_cyberbullying_exactly.html

<http://www.ncpc.org/topics/cyberbullying/what-is-cyberbullying>

<http://www.stopbullying.gov/cyberbullying/what-is-it/>

Dangers of the Internet

Cyber-Bullying

Examples of Cyber-Bullying

- Sending someone mean or threatening emails, instant messages, or text messages.
- Excluding someone from an instant messenger buddy list or blocking their email for spite, malice or for no apparent reason.
- Tricking someone into revealing personal or embarrassing information and sending it to others.
- Breaking into someone's email or instant message account to send cruel or untrue messages while posing as that person.
- Creating websites to make fun of another person such as a classmate or teacher.
- Using websites to rate peers as prettiest, ugliest, etc.

Source : <http://www.ncpc.org/topics/cyberbullying/what-is-cyberbullying>

Dangers of the Internet

Cyber-Bullying

How to avoid being cyber-bullied

- Be polite to others online.
- Never give out personal information that can lead to identifying you easily while online.
- Never divulge your passwords to websites having sensitive information about you. Not even your friends.
- Never send messages/emails when you are angry.

Source : <http://www.Cyberbullying.Ca>.

Dangers of the Internet

Cyber-Bullying

Dealing with Cyber-Bullying

1. Seeking Help.
2. Explain the dynamics of bullying.
3. Empower Your Child.
4. Talk about your own experiences.
5. Foster out-of-school friendships.
6. Keep a close eye on the situation.

Sources : http://sg.theasianparent.com/bullying_in_singapore/

Dangers of the Internet

Copyright

Police raid 7 homes to track down illegal downloading of songs
By S Ramesh, Channel NewsAsia | Posted: 09 October 2006 20:44 hrs

SINGAPORE : Seven homes were raided by the police on Sunday night as part of a crackdown on the illegal downloading of copyrighted music from the Internet.

Police say they seized nine personal computers and three laptops, along with other accessories.

Five men and two women, aged between 14 and 32 years old, are currently helping the police with their investigations.

Of the seven, four are students, two are employed and one is a housewife.

A police spokesman added that since November last year, the Intellectual Property Rights Branch (IPRB) of the Criminal Investigation Department has been receiving information from the Recording Industry Association Singapore that a number of online users were downloading and distributing songs illegally.



Photos

1 of 1



File picture

Dangers of the Internet

Copyright

ODEX PRIVATE LIMITED
 10 Anson Road #16-09 International Plaza Singapore 079903 Tel: (65) 6223 3126 Fax: (65) 6222 6119
 ROB. 198700947C

ILLEGAL ONLINE DOWNLOADS

We are writing to you in connection with various instances of online piracy that appears to have been committed by you, based on the evidence we have procured. In this connection, please be informed that we have been authorized by various Japanese animation licensors and members of the Anti Video Piracy Association (Singapore) ("AVPAS") (as listed in APPENDIX A annexed hereto) to represent them in connection with the protection and enforcement of their rights in their Japanese animation titles, a non-exhaustive list of which is at APPENDIX B annexed hereto. Such protection and enforcement powers include the institution of proceedings leading to the execution of search warrants and raids, as well as the commencement of civil and criminal legal proceedings against infringers.

219.75.12.133 [DB]_Bleach_91_[361B2055].avi
 219.75.12.133 [DB]_Bleach_102_v2_[F11B80A3].avi
 219.75.12.133 [DB]_Bleach_92_[F8824A24].avi
 219.75.12.133 [DB]_Bleach_94_[FD1628C1].avi
 219.75.12.133 [DB]_Bleach_87_[A71E475E].avi
 219.75.12.133 [DB]_Bleach_105_[6CB12F4E].avi

Found File Name	Found Date/Time	Organization Name	Protocol
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	07/02/2007 11:01:42	SingNet Pte Ltd	BitTorrent
	07/02/2007 11:26:35	SingNet Pte Ltd	BitTorrent
	07/02/2007 11:37:44	SingNet Pte Ltd	BitTorrent
	07/02/2007 11:42:28	SingNet Pte Ltd	BitTorrent
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	10/02/2007 19:37:31	SingNet Pte Ltd	BitTorrent
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Additional Reading : http://en.wikipedia.org/wiki/Odex's_actions_against_file-sharing

Dangers of the Internet

Copyright

What is a Copyright?

Use of web information and content without respect for authorship and ownership

Not abiding by laws and regulations

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Dangers of the Internet

Copyright

Respecting Copyright

Be aware of the legal and ethical issues in cyberspace

Observe legal and ethical boundaries in cyberspace

Respect for ownership and authorship

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Dangers of the Internet

Copyright

Examples of NOT Respecting Copyright

Downloading and using web content (music, videos, information) without regard for copyright and ownership

Sharing of downloaded content without regard for copyright and ownership

Having NO regard for terms and conditions specified in the content/programme they use.

Source : Page two, MOE Cyberwellness Framework (<http://www.moe.gov.sg/education/syllabuses/character-citizenship-education/files/2014-cyber-wellness.pdf>)

Dangers of the Internet

Gaming Addiction

- Game addiction is excessive or compulsive use of computer and video games that interferes with daily life and isolate themselves from, or from other forms of, social contact and focusing almost entirely on in-game achievements rather than broader life events.
(Wikipedia)

Definition of Game Addiction

- Game addiction is excessive or compulsive use of computer and video games that interferes with daily life and isolate themselves from, or from other forms of, social contact and focusing almost entirely on in-game achievements rather than broader life events. (Wikipedia)



Symptoms of Game Addiction

- Playing video games for more than 3 hours per sitting.
- Passing up activities that are normally enjoyed.
- Neglecting schoolwork to play the game.
- Getting restless or irritable if you can't play the game.
- Trying unsuccessfully to limit or stop game playing.

Attraction of Online Gaming

- Interact with hundreds of other players in real time.
- Immersive environments.
- No ending.
- Focus on character development
- Fascination with the idea of “alternative worlds”.
- The feeling of authority and power.

World of Warcraft

- 11.1 million concurrent subscribers as of June 2011 (Wikipedia)
- Estimated 40% of players addicted (“MMORPGs and Game Addiction” by Rob Wright)

Chinese 'Warcraft' Game Distributor Sued Over Teen's Suicide

Friday, May 12, 2006

Associated Press

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BEIJING — The parents of a 13-year-old Chinese boy who they say jumped to his death from a tall building after playing one of the popular "[World of Warcraft](#)" online games for 36 hours straight are suing its Chinese distributor, a news report said Friday.

[Zhang Xiaoyi](#) died on Dec. 27, 2004, leaving behind a suicide note saying he wanted "to join the heroes of the game he worshipped," the official Xinhua News Agency reported.

It said Zhang's parents, who live in Tianjin, just east of Beijing, are seeking 100,000 yuan (\$12,500) from [Aomeisoft](#), the Chinese distributor of "Warcraft: Orcs and Humans."

The suit says Aomeisoft failed to include a warning that the game's U.S. maker rates it as suitable only for players above age 13, according to Xinhua.

The Warcraft games are made by [Blizzard Entertainment](#), a unit of Paris-based Vivendi Universal SA ([V](#)). Xinhua said a Tianjin court rejected a claim by the parents against the game maker.

Effects of Game Addiction

- Falling asleep in school.
- Not keeping up with homework & assignments.
- Worsening grades.
- Repeated lying about using online games.
- Choosing to play games, rather than see friends.
- Dropping out of other social groups (clubs or sports).
- Irritable when not playing a video game or on the computer.

Physical Effects of Game Addiction

- Carpal tunnel syndrome
- Sleep disturbances
- Back and neck aches
- Headaches
- Dry eyes
- Failure to eat regularly
- Neglect personal hygiene

Tips to Overcome Game Addiction

- Set limits on playing time.
- Plan your daily activities with detailed schedules
- Give yourself rewards when you succeed to your limits
- Schedule reality breaks.
- Occasionally rest tired eyes and muscles.
- Make it a social occasion with friends & family beside you
- Go for the real thing – play paintball, try archery, learn martial arts

