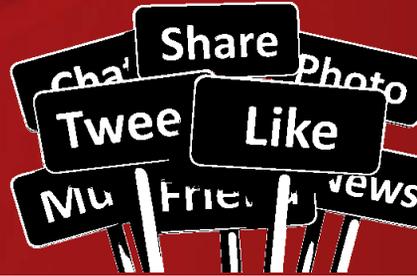


Set Free Conference 2019

Phenomenon In Singapore



 **TOUCH Cyber Wellness**
A Service of TOUCH Youth
*Winner of the Singapore Youth Award 2011
(Community & Youth Services Team Category)*

1

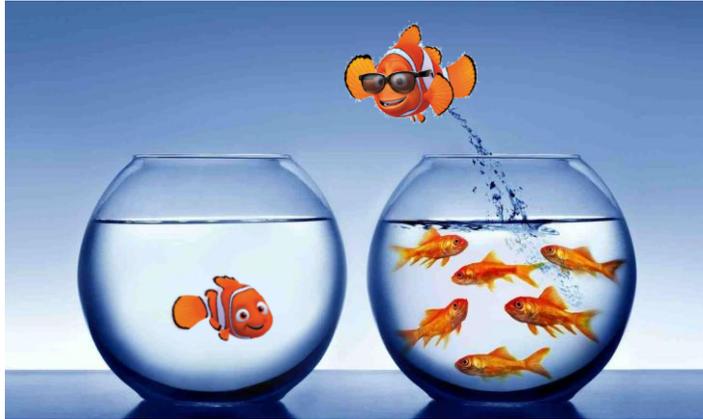
 **TOUCH Cyber Wellness**
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2

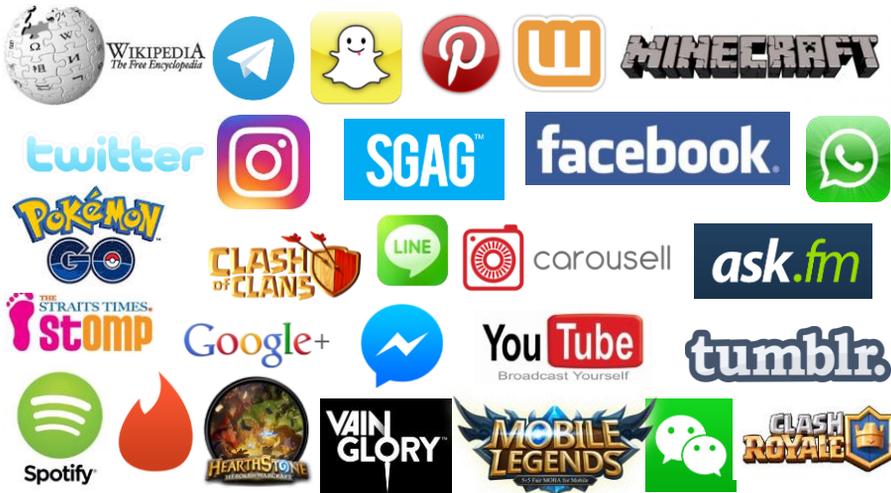
The Digital Divide

We **MUST** step out of our “Tech-Spheres”



3

How Familiar Are You With These?



4

Step Out Of Our “Tech-Sphere”

Internet Slang - The Digital Natives’ Lingo

#lit

#slay

#oof

#dope

**#looking
snatched**



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5



6

Generation “Mobile”



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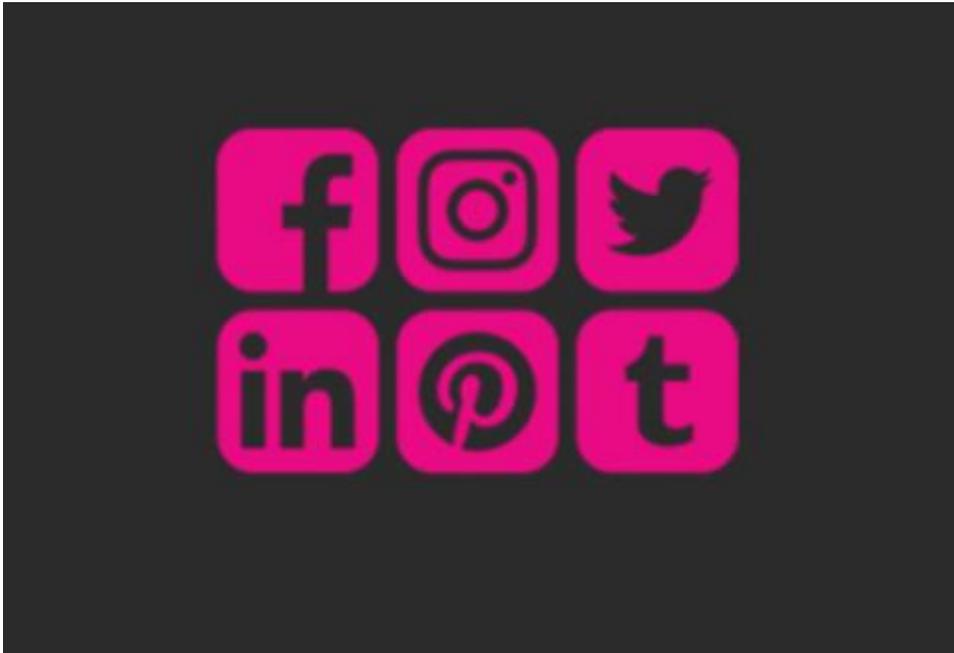
7



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8



Toxic Pairing:

- 12 More Hrs/Wk of Screen Time
- 70% Cyber-Risks





50%
8 – 9 year olds in Singapore having their own mobile device

(National DQ Impact Report, Singapore 2018)

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8 – 12 year olds
35hrs
Average screen time per week on entertainment alone

Global Average
32hrs

(National DQ Impact Report, Singapore 2018)

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1/2 of teens in Singapore exposed to pornography:
Survey (The Straits Times, 6 Sep 14)

836 students polled through TOUCH Cyber Wellness programme, aged 13 to 15

33% viewed pornography within past one year

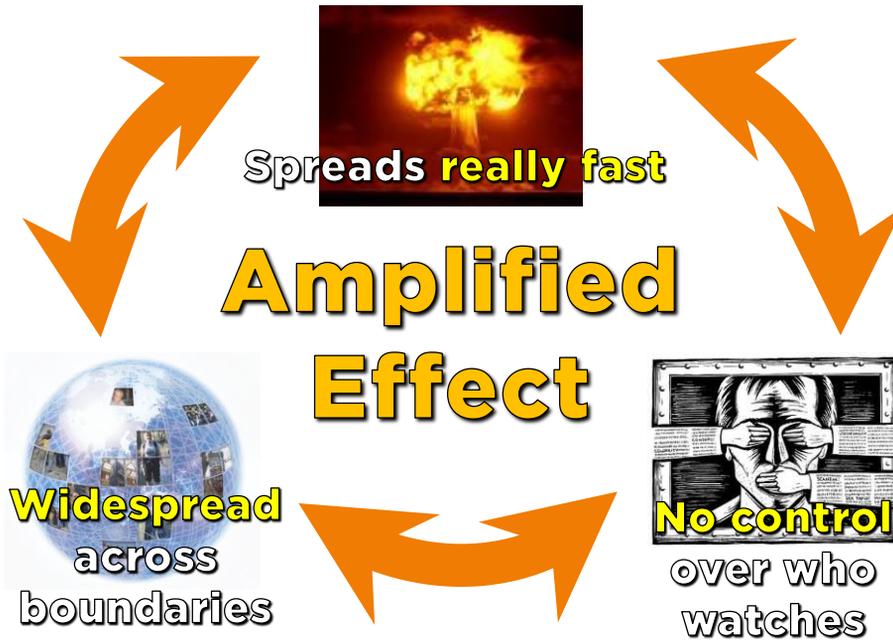
77% accessed pornography via smartphones

Source: <http://www.straitstimes.com/news/singapore/more-singapore-stories/story/half-teens-singapore-exposed-pornography-survey-20140906>

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New Media Concern ***Inappropriate Content***



**What are they watching?
Is it appropriate?**



The screenshot shows three YouTube channel pages. Logan Paul Vlogs has 15,696,048 subscribers and three videos: 'So Sorry.' (39M views), 'REAL LIFE POKEMON GO IN TOKYO! (catching strangers)' (9.1M views), and 'WE FOUGHT IN THE MIDDLE OF TOKYO!'. JianHao Tan has 1,112,442 subscribers and two videos: '7 THINGS EVERYONE IS SCARED OF VS REALITY' and 'SINGLE VS RELATIONSHIPS'. PewDiePie has 59,553,562 subscribers and one video: 'SINGLE VS RELATIONSHIPS'.



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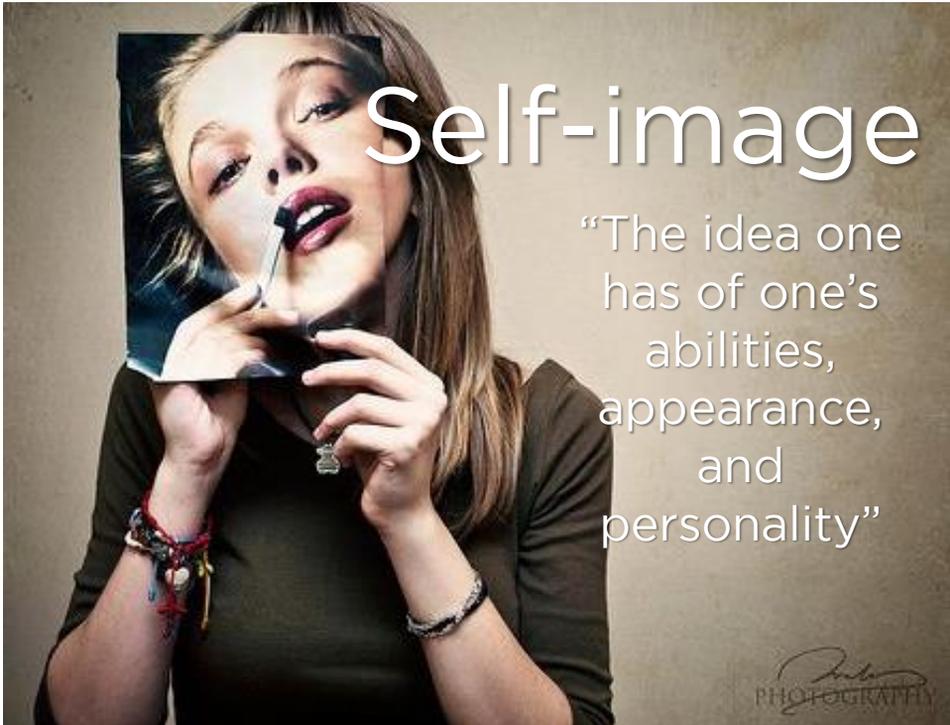
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Media Influence

“Actual force exerted by a media message, resulting in either a change or reinforcement in audience or individual beliefs”

20



21

#collarbonechallenge
#bellybuttonchallenge
#a4waistchallenge

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22



**Unwholesome,
unhealthy
relationship**



**Unrealistic mindset
(a fantasy)**

GREY AREA

Blurring the line

**Desensitization
/ Normalization**

Unwholesome, unhealthy relationship

Unrealistic mindset (a fantasy)

GREY AREA

Blurring the line





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Counselling Intervention

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EXP

The EXPerience
Mentoring Groups for
Students



EXP²

The EXPansive EXPerience
Cyber Wellness Enrichment Programme
for 11 to 17 Year Olds



- Positive community & role modeling
- Sharing of life skills and values
- Healthy outdoor & indoor activities with facilitated learning points
- Supervised gaming time to inculcate balanced virtual habits

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Help123.sg

1800 6123 123

National Cyber Wellness Helpline

① Mon - Fri (10 am - 6 pm)

① Receive recommendations from counsellors on CW issues and referrals to relevant agencies



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Let's Stay Connected!

 www.touchcyberwellness.org

 /TOUCHCyberWellness

 @touchcyberwellness

 cyberwellness@touch.org.sg

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