

# Set Free Conference 2019

## Intervention Strategies for Teens



**TOUCH** *Cyber Wellness*

A Service of TOUCH Youth

*Winner of the Singapore Youth Award 2011  
(Community & Youth Services Team Category)*

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## Counselling Approaches

Assessment

Psycho-education

Eliminating  
Perpetual Factors

Developing an  
accountability system



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## EXP

**The EXPerience**  
Mentoring Groups for  
Students



## EXP<sup>2</sup>

**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 & appropriate virtual habits

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# What can we do when working with parents?



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## Set Up House / Family Rules on Media Use

### Suggestions

- Use of device in an open environment/specific space (*physical boundaries*)
- Access to device by parents (*develop accountability*)
- Open communication about their online experiences (*building relationships*)

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# Resources & Recommendations



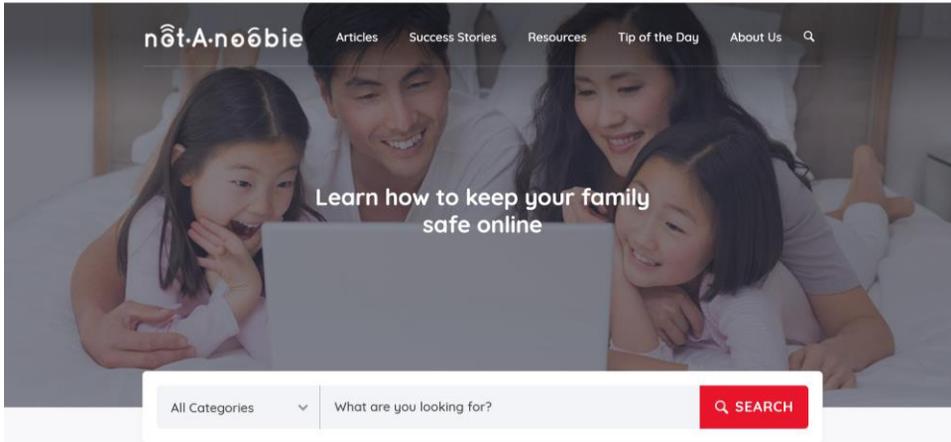
## [www.touchcyberwellness.org](http://www.touchcyberwellness.org)

### Resources

Cyber Wellness Resources for Youths, Parents and Professionals Working with Youths



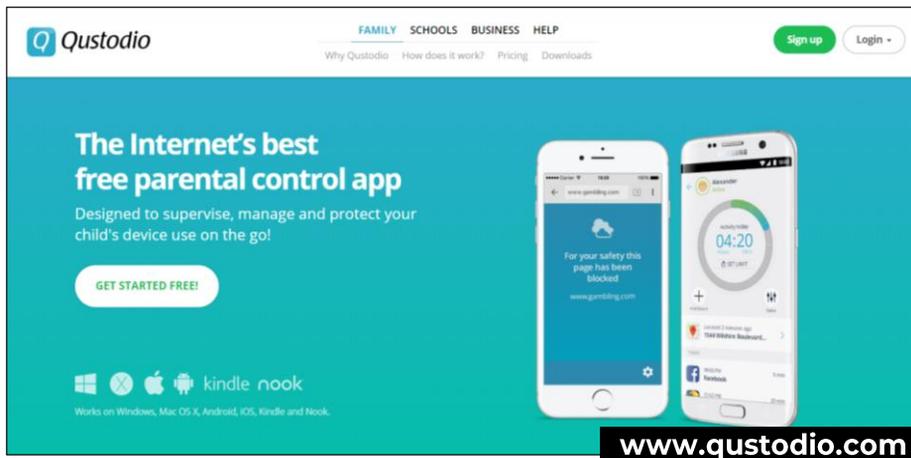
Creating resources to spread the cyber wellness message is an integral part of **TOUCH Cyber Wellness**. Our team has produced resources to help parents and educators better understand the cyberworld, to equip them with up-to-date knowledge and tools to achieve and enjoy cyber wellness in this digital age.



Developed by:



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Rules without relationship  
leads to rebellion.

Josh McDowell

quote fancy

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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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