HELPING YOUR CHILD MANAGE EXCESSIVE INTERNET USE

What is Excessive Internet Use?

Excessive Internet Use happens when an individual who uses the Internet to the extent where he/she experiences problematic outcomes that negatively affect his/her life .

What are the signs of Excessive Internet Use?

- Needs to spend an increasing amount of time using the Internet before achieving satisfaction
- Becomes irritable or violent when disrupted from the use of digital devices
- Academic performance and health are affected
- Tries to go online less often but is unsuccessful
- Prefers digital device / Internet use to social events or offline activities that may lead to strained relationships with family and friends
- Constantly listens out for the phone when away from it, feels distressed when it cannot be found

What can parents do to help their children manage their use of digital devices?

- ✓ Talk about the consequences of Excessive Internet Use with your child
- ✓ Set screen time limits, tech-free family times (e.g. meal times) and zones (e.g. bedrooms)
- ✓ Organise tech-free family activities and promote tech-free hobbies
- ✓ Promote and role model balanced Internet use

Source: https://ictconnection.moe.edu.sg/cyber-wellness/for-parents

KEY MESSAGES TO PARENTS

Talk about the consequences of Excessive Internet Use with your child

Set up screen time limits and tech-free family time

Encourage tech-free activities and hobbies

Promote and role model balanced Internet use
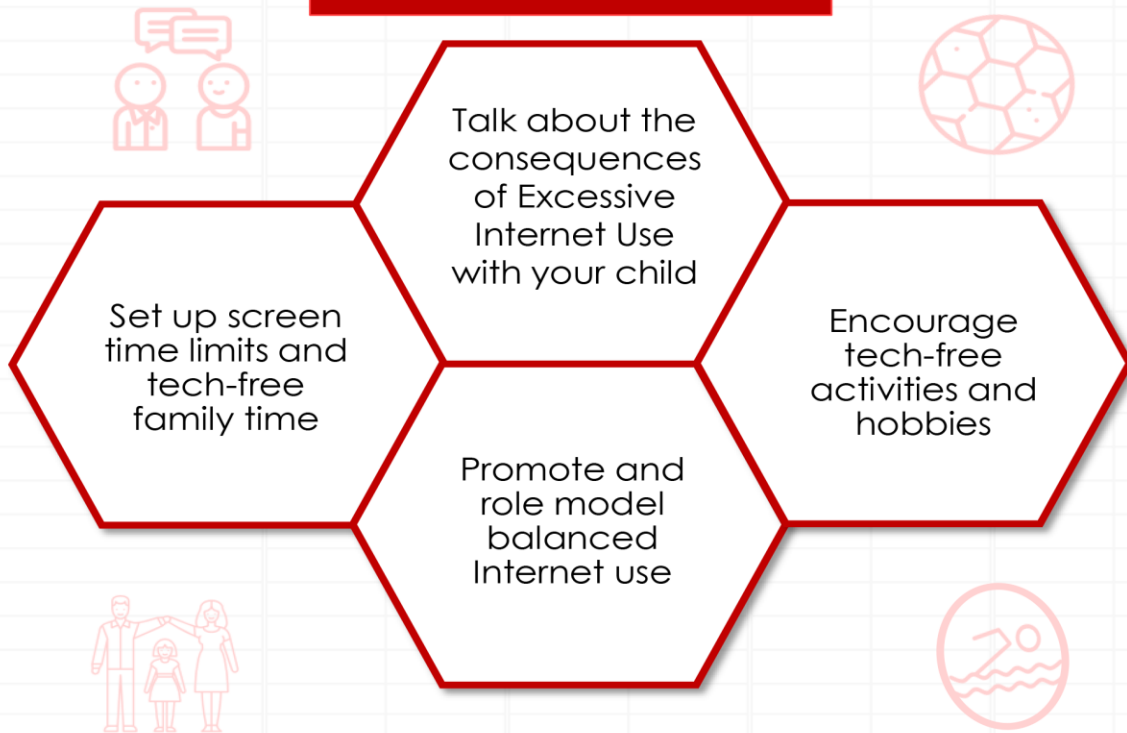
Where to Find More Information on Excessive Internet Use?

Ministry of Education
MOE's Cyber Wellness Portal has useful tips, strategies and resources on various cyber issues. You can also access it through "The ICT Connection" mobile app.
ictconnection.moe.edu.sg/cyber-wellness/for-parents

Ministry of Social and Family Development
Check out the What Bothers Youth portal by Central Youth Guidance Office which has some useful tips and contacts for balanced use of the Internet.
whatbothersyouth.sg/en/Pages/Online--Gaming-Addiction.aspx

Health Promotion Board
This article provides useful tips and resources for parents to manage excessive Internet use in their children.
healthhub.sg/live-healthy/1037/help-your-child-untangle-from-the-web

Media Literacy Council
Check out tips from the Media Literacy Council on how can the parents help their child to strike a balanced use of the Internet.
medialiteracycouncil.sg/online-safety/Pages/internet-addiction.aspx

National Addictions Management Service
The National Addictions Management Service has useful resources on gaming/ internet addiction, including a hotline for gaming addicts.
nams.sg/addictions/Gaming-Internet-Addiction/Pages/Gaming-Internet.aspx

Ministry of Education
SINGAPORE

CYBER WELLNESS
Responsible Digital Learners

Source: https://ictconnection.moe.edu.sg/cyber-wellness/for-parents