

"How do we ensure that our young make the right choices, and survive well in the online world? (...) Schools can work with parents and make a big difference."

– Minister Ong Ye Kung, Committee of Supply Debate 2020





Sense – Think – Act Process

Sense: Identify the possible risks of harmful behaviours online and learn how to protect oneself

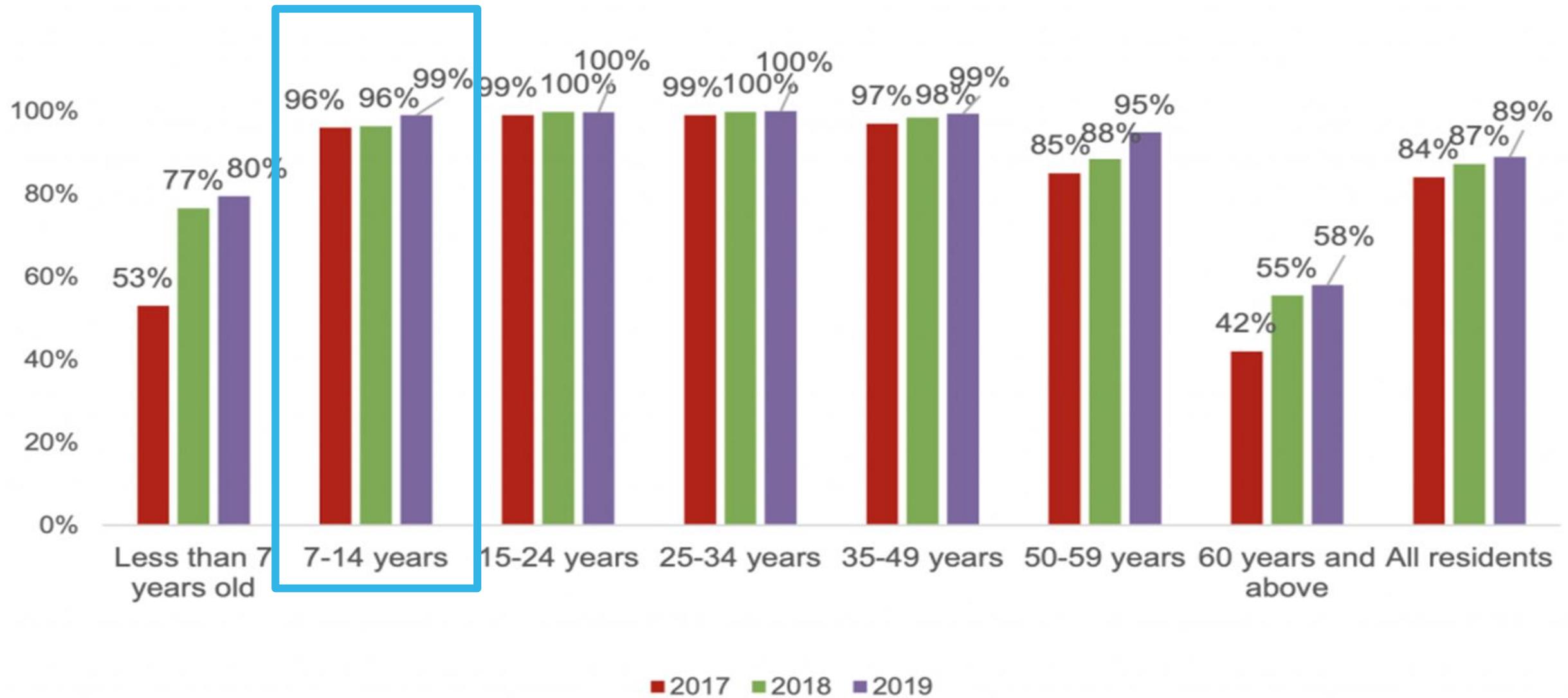
Think: Analyse, evaluate and reflect on the online situation based on the three CW principles

Act: Translate understanding into actions so as to be safe and have a positive presence online



FINDINGS

Chart B2: Proportion of Internet Users by Age Group, 2017 – 2019



Base: Residents who used the Internet in the last 3 months.

Children exposed to digital devices at an early age may have emotional and behavioural difficulties: Study



By KIMBERLY LIM

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KKH study finds links between early screen exposure, sleep disruption and emotional, behavioural difficulties in children



12 Nov 2019

Singapore, 12 November 2019 – Digital media have become an integral part of lifestyles in recent years, and the ubiquity of digital devices coupled with poor screen use habits can have a detrimental effect on the developmental and psychosocial well-being of children.

A new study by KK Women's and Children's Hospital (KKH), together with National University of Singapore, has found that first exposure earlier than 18 months of age to screen devices – such as smartphones, tablets, videogame consoles, television etc – and the presence of multiple screen devices in the bedroom are associated with elevated sleep disruption and emotional and behavioural difficulties (EBD) in preschool children with neurodevelopmental disorders (NDDs).

"Although this study was conducted in children with NDDs, the results from this study are applicable to the general population, and aligned with existing evidence from studies that have been done on typically developing children," said Dr Mae Wong, Senior Consultant, Department of Child Development, KKH, who led the study.

Conducted from 2015 to 2017, the study looked at 367 preschool children in Singapore aged two to five years old with NDDs such as autism, language delay, global developmental delay, and learning disorders. Using caregiver-reported information, the researchers explored the relationships between the children's screen use and sleep habits, and emotional and behavioural difficulties (EBD).

The study has been published in the Journal of Developmental & Behavioral Pediatrics.

Key study findings are outlined below, with further details in Annex A:

- **Age of screen exposure** – More than half (52%) were exposed to screens / commenced screen usage at the age of 18 months or earlier.
- **Screen devices in the bedroom** – More than half (57.7%) had at least one screen device in their bedrooms.

DIGITAL HABITS IN SINGAPORE

12-year-olds in Singapore spend 6½ hours daily on electronic devices: Survey

12-year-olds here spend that much time daily on electronic devices, shows survey

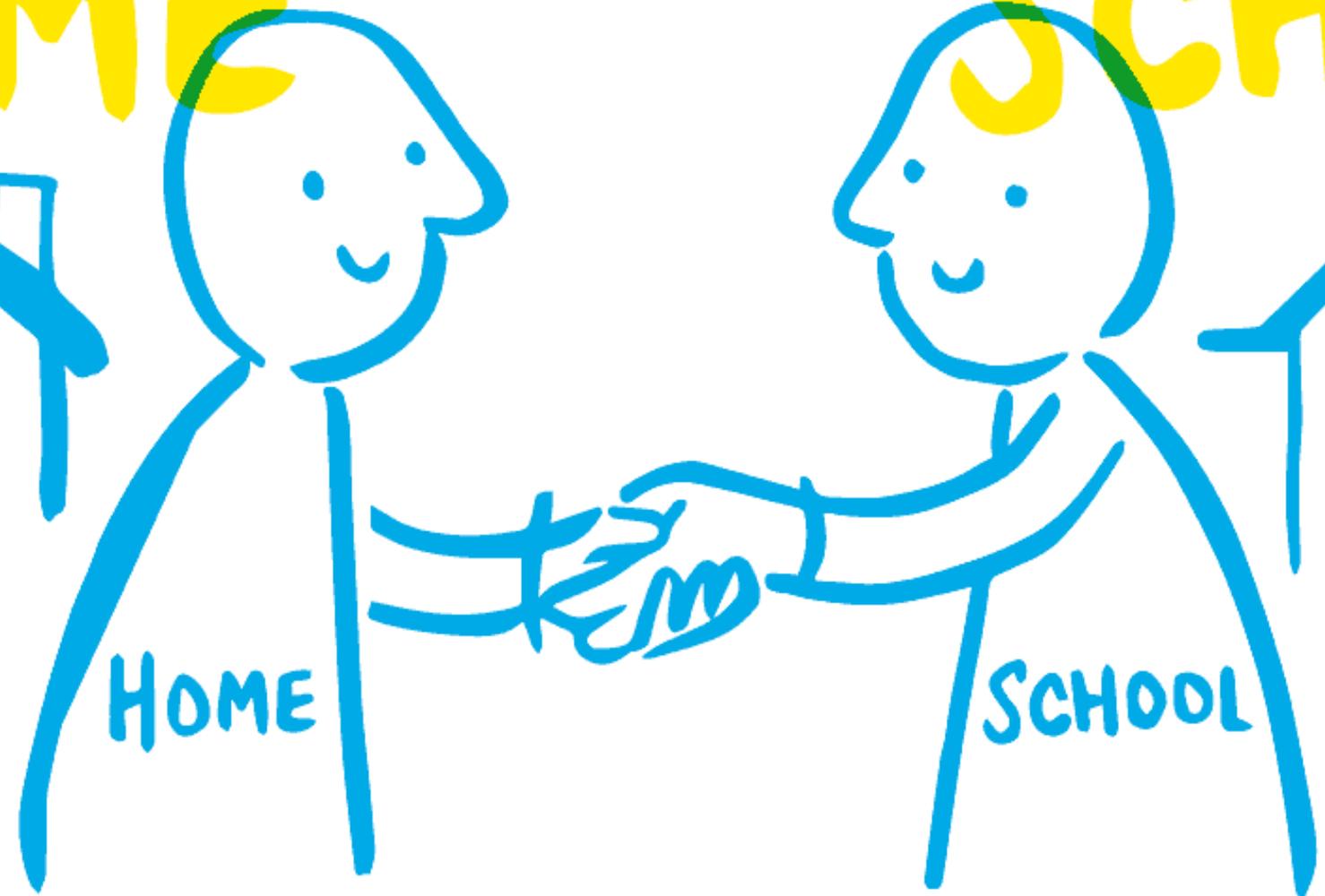




Children are at a high risk of succumbing to **fake news**, becoming victims of **cyberbullying** and **addiction**.

HOME

SCHOOL



HOME

SCHOOL



WARNING SIGNS

Internet addiction is a disorder most commonly seen in kids aged 6-19. Here's what to look out for

- Your child is more comfortable with online friends than real ones
- Gets irritated, anxious if his/her online time is interrupted
- Shows diminished interest in activities

- he or she once enjoyed
- Is secretive about his or her internet usage
- Withdraws from activities with family and friends



WHAT YOU CAN DO

- Monitor internet activity
- Break internet addiction by keeping the computer in a family room
- Spend more time with the child
- If child has limited social interactions, consider a social skills class or seek activities that connect the child with peers
- Encourage outdoor activities



Sleep problems, which range from having difficulty falling asleep to daytime sleepiness.

Stop all screen use among children **one hour before bedtime** & **set house rules** that limit their daily exposure to devices.

Suggestion

DIGITAL USAGE

1. I will use the device ONLY after I have done my homework.
2. I will use the device ONLY after I have asked my parents or caregiver for permission.
3. I will use the device for ___ minutes a day and set the timer to remind me to stop when the time is up.
4. I will charge my device in the _____ (location for common charging) by ___ pm on school nights and ___ pm during weekends.
5. I will not use any digital devices, including smart phones, at meal times and at least one hour before my bedtime.
6. I will obey my school rules on the use of mobile phones in school. The rules are as follows:
 - a. *Example: I will not use my mobile phone in class.* _____
 - b. _____
 - c. _____
7. I will not look at my device while I am on the move (such as crossing the road or cycling) to avoid accidents.
8. I will respond immediately to my parents when they try to contact me.
9. I will be responsible for any damages or any extra monetary charges that I incur.

Be involved in your child's media literacy – eg. best food for the weekend / video editing of a family event.





Family Time





Thank You