

## Well-being Guide:

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**Commented [LVJ1]:** Suggestion for change under student resources.  
I have only made edit to Cyber wellness and Mental Health and Wellness area.

**Commented [LVJ2]:** Will look into this next time. 😊

# Cyber Wellness

Cyber wellness is the positive well-being of internet users as we navigate cyberspace. It focuses on equipping netizens like us with the knowledge and skills to harness the power of technology for positive purposes and to maintain a safe and positive presence in cyberspace. It also seeks to shape us as responsible users of the internet.

There are **3 Cyber Wellness key messages:**

- Embrace the affordances of technology while maintaining a balanced lifestyle between offline and online activities.
- Be a safe and responsible user of technology and maintain a positive online presence.
- Be responsible for personal well-being in the cyberspace.

Cyber wellness is important as it helps us learn about the risks and how to keep ourselves safe in the cyberspace.

Click on the various tabs to find out more!

## 1. Cyber Bullying

### What is cyber bullying?



Bullying stops someone from feeling safe and secure, hinders their learning and affects their health. It involves repeated or persistent behaviours (e.g. hurting, frightening, or intimidating others) intended to cause hurt, distress, or humiliation. Any behaviour performed through electronic or digital media by individuals or groups that communicates hostile or aggressive messages intended to inflict harm or discomfort over time against a victim is cyber bullying.

### Hurtful Behaviours Online

Here's what you can do if you are a victim of cyber bullying.



- 1. Stop and stay calm**  
Something made you feel fearful or hurt? Stop and do not reply. Your responses may trigger more bullying.



- 2. Save the evidence**  
Take screenshots and save all messages that show evidence of cyber bullying.



- 3. Block the bully**  
Prevent bullies from further communicating with you online.



- 4. Report the bully**  
Flag online bullies to the online platforms they are using.



- 5. Tell a trusted adult**  
Seek advice from your parents, teachers, or even close friends. You do not need to suffer alone!

## Hurtful Behaviours Online

Here's what you can do if you see cyber bullying happening.



### 1. Play an active role

Take an active role in not sharing messages, posts, photos, or videos that are hurtful or humiliating.



### 4. Take a stand

If you feel safe or confident enough, call out the bully for their behaviour and ask them to remove their post.



### 2. Record the evidence

Take screenshots as proof. Save comments, photos, or videos that show online bullying.



### 5. Tell someone you trust

Bring it up to someone who might be able to help, like a parent or teacher.



### 3. Report the bully

Alert platform administrators to online bullies by flagging them reporting inappropriate content.



### 6. Show support

Be a friend to the victim when they need someone to talk to and remind them not to blame themselves.

## Hurtful Behaviours Online

Being an upstander is important.



### Did you know?

1. When peers intervene, bullying episodes tend to stop within 10 seconds.
2. If you do nothing but stand and watch, you are saying that bullying is alright and acceptable. The victim will feel like he/she deserved it.

Have the courage to do what is right, and influence others to do the same! #StandUpStandStrongStandTogether.

#StandUpStandStrongStandTogether

If you or someone you know is being bullied, do not be afraid to speak up.  
You can report the bullying to your Form Teachers or through this EXIT form (QR code below):



<https://bit.ly/EXITbullying>

## 2. Cyber Addiction

Online activities are enjoyable, so it is easy to spend long hours on the computer. It is normal for you to want to spend more time on activities that fascinate you, and these interests are often good outlets for learning, creativity and self-expression.

However, when any activity becomes the major focus of your life, sometimes to the point where it starts to harm you physically, mentally or socially, you may be suffering from an addiction problem.

### **Signs and symptoms of excessive internet use/gaming:**

- You have problems reducing your use of the Internet;
- You crave spending more time on your digital device;
- You become aggressive, depressed or irritable without your digital device;
- You spend less time with your family;
- You lie to your family about what you do;
- Your sleep is affected, you don't eat regularly and you don't shower as often;
- You are tired in class and you can't concentrate;
- You don't do your school/work;
- You are absent from school or work.

### **Consequences of excessive internet use/gaming:**

- **Physical**
  - Migraines
  - Sleep disturbance
  - Backaches
  - Eating irregularities
  - Poor personal hygiene

- **Psychological**

- Inattention
- Aggression
- Restlessness and irritability
- Preoccupation with games even when not playing
- Loss of interest in other activities

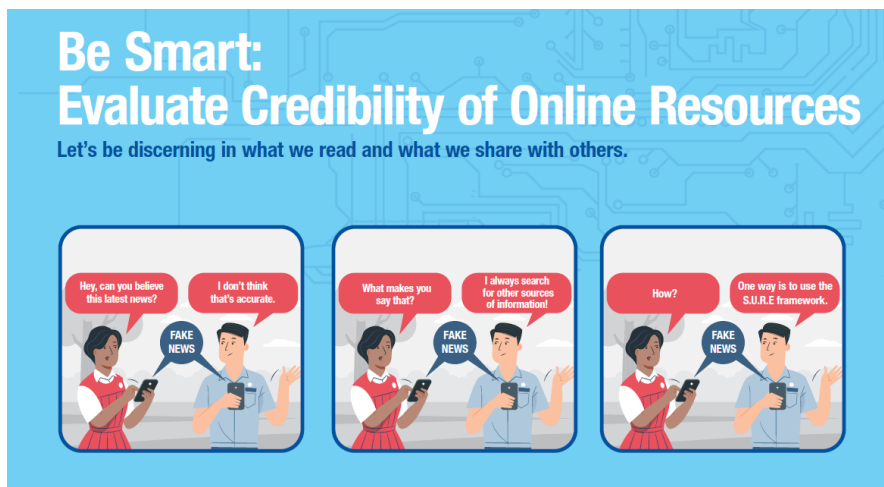
- **Social**

- You neglect personal relationships
- Isolation from family and friends
- Difficulties in engaging in real world communication
- Social awkwardness
- Poor performance in school

Self-help tools:

- <https://www.healthhub.sg/live-healthy/178/stuckintheweb>
- <https://familiesforlife.sg/discover-an-article/Pages/Dealing-with-Cyber-Addiction.aspx>

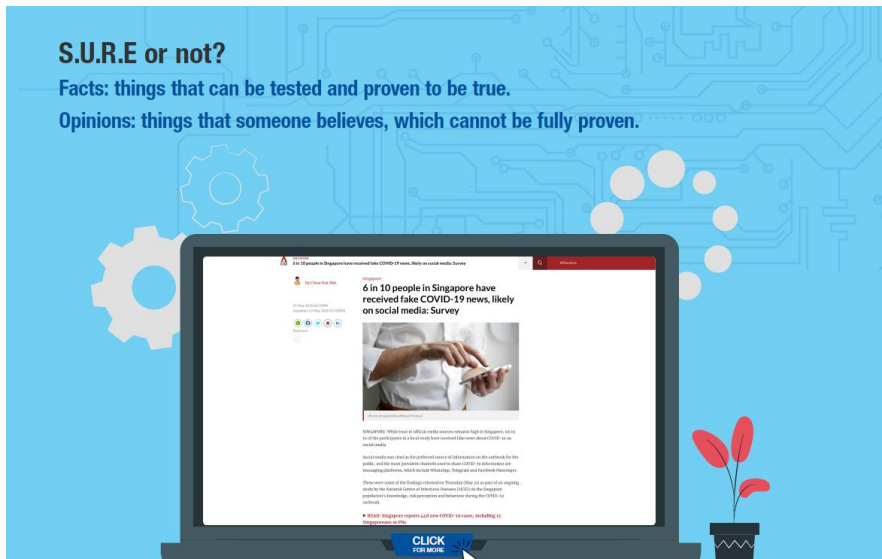
### 3. Online Scams



## S.U.R.E or not?

**Facts:** things that can be tested and proven to be true.

**Opinions:** things that someone believes, which cannot be fully proven.



Use the **S.U.R.E framework** to determine the credibility of the sources.

**TO STAY VIGILANT AGAINST THE SPREAD OF FALSE INFORMATION**

**HERE ARE FOUR STEPS TO BE S.U.R.E.**

**STEP 1: CHECK THE SOURCE**

- Check if there is a website link provided. It may be harder to verify its credibility if no clear source is given.
- On social media platforms, check the post's origin and see if it is an authentic web source.
- Some fake news originate from dubious web sources that imitate official websites by adding in an extension to the web address.

**STEP 2: UNDERSTAND THE INFORMATION YOU READ ONLINE**

- Personal expressions and opinions on social media can potentially expose you to misinformation.
- Understand the difference between factual information and opinions.
- Some fake news are vague in their details and lack factual information, e.g. no date, time, nor links to other official sources to confirm the information.

**STEP 3: RESEARCH THE AUTHENTICITY OF AN ARTICLE**

- Research using credible sources to find out the authenticity of an article or message you received.
- Dig deeper and go beyond the initial source. Do a quick search of any suspicious article or message you receive and treat it with suspicion if there is lack of news coverage or evidence.
- Find at least two or more sources to confirm if the information is real.

**STEP 4: EVALUATE FROM DIFFERENT ANGLES**

- Is the information fair and balanced?
- Before you choose to share or forward information, exercise fair judgment and consider if the headline or media may be manipulated.
- It is important to evaluate any information you receive, as they may not reflect the real actual incident.

Anyone can fall victim to online falsehoods, but you don't have to be the one. By being S.U.R.E, you will be able to discern information better, and help people around you too! **So always remember to check your information. Be S.U.R.E. before you share!**

**S.U.R.E.**  
sure.nlb.gov.sg

Self-help tools:

- <https://www.betterinternet.sg/-/media/BIC-2020/Learn/Online-Impersonation/ONLINE-IMPERSONATION-ENGLISH.pdf>

#### 4. **Helplines and Support**

If you know of anyone who needs help and support on cyber issues, you can always turn to your teachers for support.

Here are some useful websites and helplines:

- <https://www.betterinternet.sg/>
- <https://www.help123.sg/>
- <https://www.scamalert.sg/resources/videos>
- <https://www.csa.gov.sg/gosafeonline>
- <https://www.healthhub.sg/programmes/186/MindSG/Caring-For-Ourselves/Learning-About-Cyber-Wellness-Teens#home>

Name	Contact	Remarks
Help123	1800-612-3123 <a href="https://www.help123.sg">https://www.help123.sg</a>	For support with any Cyber Wellness related issues.
Touch Cyber Wellness	1800 377 2252 Email: <a href="mailto:cyberwellness@touch.org.sg">cyberwellness@touch.org.sg</a>	For support with any Cyber Wellness related issues.
eCounsellingCentre	<a href="http://www.ec2.sg">www.ec2.sg</a>	An eCounselling service by Fei Yue Community Services for youths aged 13 to 25.
Samaritans of Singapore (SOS)	1800-221-4444	24-hour hotline to provide support for mental health issues, especially with regard to suicide.

# Mental Health & Wellness

Mental wellness is a positive state of mental health. It is more than the absence of mental illness. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Being mentally well means that your mind is in order and functioning in your best interest. You are able to think, feel and act in ways that create a positive impact on your physical and social well-being.

## 1. Stress Management

The most dangerous aspect of stress is how easily it can creep up on you. You think that you got used to it. It may start to feel familiar, or even normal. You may not notice how much it is affecting you, even as it exacts a heavy toll.

If you often feel frazzled and overwhelmed, it is time to take action to bring your emotional and physical health back on track.

Since it is not entirely possible to cut out all forms of stress from our lives, it is even more important - and realistic - that we learn how to cope with it. We have the power to keep our stress under control. Discover some of these stress-busting powers!



### **The power of time management**

Being more organised and planning our time in advance can help us feel more in control.

It gives us a clear overview of the tasks that need to be done. Whip out that to-do list and calendar, and start planning!



### **The power of positivity**

Don't let negative thoughts take control over us! Try reframing them into motivation and focus on empowering thoughts, like how we had overcome similar challenges in the past.

Trust that our strengths of past experiences will see us through. Taking note of all the positive things in our life could also give us a more balanced, grateful view of the world!





## The power of mindfulness

Mindfulness is about paying attention to the present moment, to our thoughts and feelings, without any judgement.

Very often, spending too much time problem solving, thinking negative or random thoughts can be draining and stressful.

Practising mindfulness can help us become more aware of our thoughts and feelings, so that instead of being overwhelmed by them, we are better able to manage them.

Self-help tools:

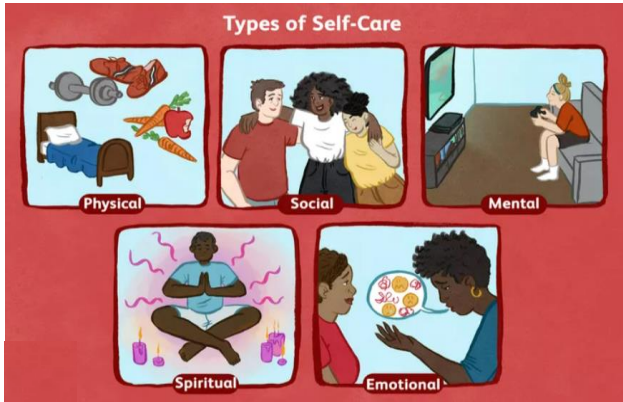
- [Stress self-assessment tool](#)
- [Coping with stress](#)
- [101 ways to cope with stress](#)

## 2. **Self-care**

*What is self-care?*

Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of our minds and bodies by engaging in activities that promote well-being and reduce stress. Doing so enhances our ability to live fully, vibrantly, and effectively. The practice of self-care also reminds both you and others that your needs are valid and a priority.

Self-care isn't just about finding ways to relax. It's about taking care of yourself mentally, physically, emotionally, socially, and spiritually. To care for your health and well-being, it is important to find a balance that allows you to address each of these areas. Sometimes you might need more self-care in one specific area to restore balance or find relief from a stressor in your life.



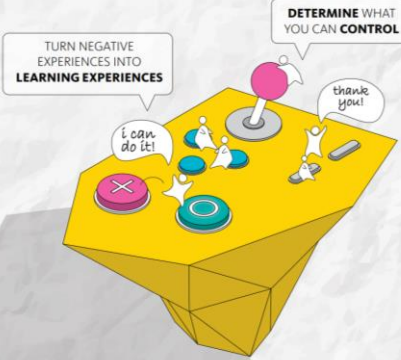
Check out how to start a self-care plan [here!](#)

### 3. Mental Resilience

Having mental resilience means we are able to bounce back and even thrive in the face of extreme difficulty. How do we develop resilience?

## RESILIENCE

### MIND OUR MINDSET



**TURN NEGATIVE EXPERIENCES INTO LEARNING EXPERIENCES**  
i can do it!

**DETERMINE WHAT YOU CAN CONTROL**  
thank you!

**EXPRESS GRATITUDE**

**MIND OUR MINDSET**

**DETERMINE WHAT YOU CAN CONTROL**  
You can't control all external events/factors, or how someone else behaves, but you can control how you react.

**TURN NEGATIVE EXPERIENCES INTO LEARNING EXPERIENCES**  
Acknowledge your feelings and recognise that adversity or failure is part of growth; choose to adopt a hopeful outlook.

**DEVELOP YOUR WELLNESS TOOLBOX**

**EXPRESS GRATITUDE**  
Reflect on at least 3 things on a daily basis on what you've done well, what's going well for you, what/who you feel thankful for or simply what made you feel positive. Enhance this benefit by writing these down in a journal.

**POSITIVE SELF TALK**  
Think of personal affirmative phrases you can use to remind yourself to either take action or to calm down –  
"I can manage this emotion",  
"I can handle it, just like I've handled ..."  
or  
"I will do my best".

## RESILIENCE

### PRACTISE SELF-CARE



**REVIEW YOUR CURRENT COPING MECHANISMS**  
ZZZ...

**CREATE A PLAN TO MANAGE STRESS**  
time to shut down

**EXERCISE**  
bloop

**CREATIVITY / HOBBY**  
relax...

**DIET**  
yum

**RELAXATION TECHNIQUES**  
vllal!

**PRACTISE SELF-CARE**

**REVIEW YOUR CURRENT COPING MECHANISMS**  
Recognise what has helped you cope with past challenging situations or how you have been coping to date.  
What tools and strategies have you found helpful? What things are you doing that are not helpful? Make any necessary changes to increase your ability to cope.

**CREATE A PLAN TO MANAGE YOUR STRESS**  
Identify your sources of stress in your life, these could extend beyond life situations and may stem from your current habits, attitude and beliefs (i.e. perfectionistic).  
Take care of yourself – we need to be healthy in order to meet life's challenges. This includes not just our physical health but mental health too.

**DEVELOP YOUR WELLNESS TOOLBOX**

**EXERCISE** – try to incorporate 30 minutes of physical activity every day, leverage on online exercise videos and apps for inspiration.  
**CREATIVITY / HOBBY** – develop creative pursuits that you enjoy on a regular basis.  
**DIET** – be mindful of what food is fuelling your body.  
**RELAXATION TECHNIQUES** – find somewhere to practice being calm each day.  
**SLEEP** – good quality sleep is one of the most powerful ways to reduce stress while increasing energy, memory and learning.  
**TECHNOLOGY** – use technology in healthy ways by finding time each day to disconnect.

# RESILIENCE

## CONNECT TO COMMUNICATE

**CREATE A CARING SUPPORT NETWORK**

### CONNECT TO COMMUNICATE

**CREATE A CARING SUPPORT NETWORK**  
Show and receive care towards friends, family by talking and keeping in touch on a regular basis. It can foster a sense of hope, purpose and meaning.

**DEVELOP YOUR WELLNESS TOOLBOX**

**COMMUNITY ENGAGEMENT**  
Consider being active in civic groups, faith-based organizations or other local groups.

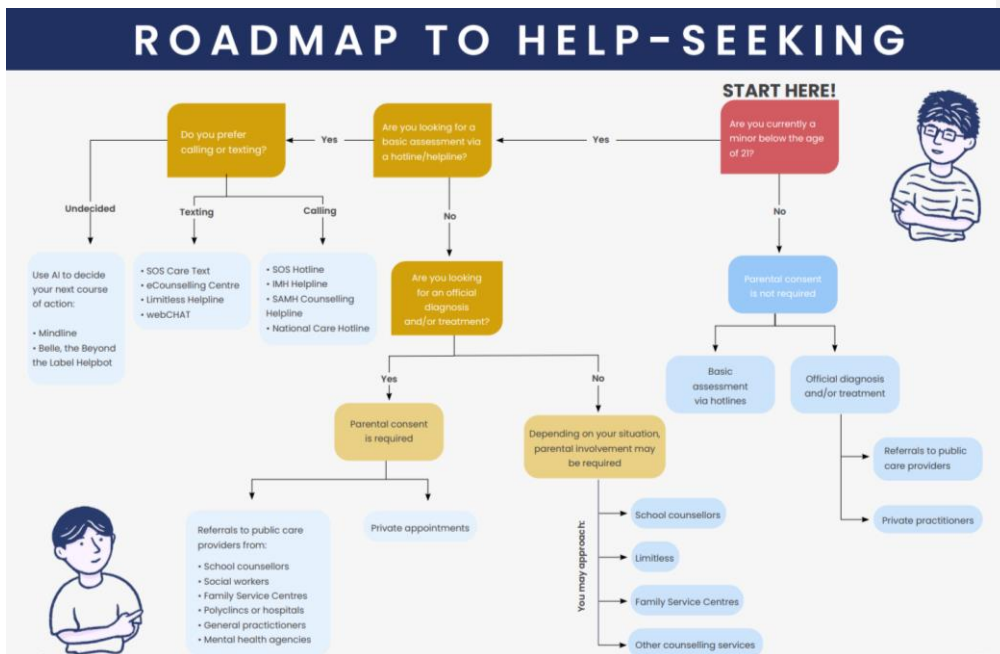
**REACH OUT FOR SUPPORT**  
Recognise the need to gain support from services in the community (i.e. access counselling services for self or for loved ones).

#### 4. Helplines and Support

It is okay to reach out.


With the daily demands of our lives, we may sometimes feel stressed, worried, or even sad. It is common to feel this way and we are not alone in experiencing them. When things start to feel overwhelming, it's okay to reach out for support.

Below is a roadmap to guide you.



Here are some useful tools, websites and helplines:

- [Mindline](#)
- [Belle, the Beyond the Label helpbot](#)
- [Mental health e-kit](#)
- <https://www.healthhub.sg/programmes/186/MindSG/Discover>
- <https://www.limitless.sg/facts>



**Need a listening ear?**

**TOUCHline**  
**TOUCHline** is a helpline to provide youths with emotional support and practical advice.  
Call: 1800 377 2252  
Monday - Friday (Excluding Public Holidays): 9am - 6pm

**SOS**  
**SOS** provides round the clock emotional support for those in distress, thinking of suicide or affected by suicide. This service is manned by trained volunteers.  
Call: 1800 221 4444 (24-hour helpline)  
There is also an alternative avenue of emotional support for those who prefer to write. Response time for this service is within 48 hours, excluding weekends and public holidays.  
Email: [pat@sos.org.sg](mailto:pat@sos.org.sg)

**ec2**  
**ec2** is an e-Counselling Centre where you can talk to a trained counsellor about the issues you are facing, right where you are.  
Youths may chat with with a counsellor online at: [www.ec2.sg](http://www.ec2.sg)  
Monday - Friday (Excluding Public Holidays): 10am - 12pm & 2pm - 5pm

**Help123**  
**Help123** is a service for youth to reach out to someone for cyber wellness issues (from cyber bullying to having your social media account hacked or having an addiction to the Internet).  
Call: 1800 6123 123  
Find out more: [help123.sg](http://help123.sg)  
Monday - Friday (Excluding Public Holidays): 10am - 6pm

**mindline.sg**  
**Mindline.sg** is an online platform that provides tools, tips and resources to help you manage your health and well-being. Explore and find out how you can improve your mental well-being and support your friends too.  
Find out more: [www.mindline.sg](http://www.mindline.sg)

Remember, it is okay to reach out.