

Synopsis

Teenagers today use the Internet for both learning & entertainment. Armed with high-speed & mobile Internet access, they usually engage with social media, instant messaging, online videos & video games throughout the day. Some are distracted and experience difficulties with staying on task. Yet others dwell in cyberspace, losing touch with family, studies and neglect basic hygiene.

This workshop presents the latest research on cyber wellness and parental mediation. Parents discover why youths are so motivated to dwell in cyberspace. Parents also learn how social media and videos games drive usage patterns, and how they may sometimes work against cyber wellness.

Parents will also explore the various approaches to mediate in their child's use of technology. They will gain practical ideas to help teenagers self-regulate and avoid problematic use of the video games & social media. The workshop combines science and practical parenting wisdom to deliver the following:

1. Learn to speak to teenagers about multitasking & distractions from social media
2. Gain ideas to engage their children on social media & video games
3. Support & encourage teenagers with real life pursuits
4. Adjust for the right mix of regulation and autonomy for your child's development

Testimonials (Verbatim)

- *"Thank you for the most engaging talk. I'm now more aware of what goes on in the cyber minds of my students." – Khong Kang Lim, Parent & Teacher, Dunearn Secondary School*
- *"Very lively, interesting and presented with authority. Excellent!! Very clear and well illustrated. A morning well spent." – Parent, Dunearn Secondary School*
- *"Packed with a lot of useful information which is well backed up by research. Promotion of healthy attitudes and habits for young." – Parent, Dunearn Secondary School*
- *"Great, in depth perspectives on motivation and what games really "offer" the players." – Sally May Tan, Parent*
- *"Mr. Poh has given very realistic examples of what is going on out there and the seriousness of the issues. With the sharing from his talk, I am more empowered to address issues like game addiction in my family. Thank you for the impressive talk!" – Parent, Hua Yi SS*



- *"Really let us as parents understand what are the different variety of video games today" – Wendy Cheng (parent), Bartley SS.*
- *"Packed with excellent information & guide to be a better father & working adult. Attended 3 seminars by Kingmaker in BCPS over past 2 yrs. Each seminar enriched me a fundamental parenting skills in digital age through simple to understand, logic, research & factual presentation. Never knew parenting challenges can be that easily managed & achievable. – Lim Yan Seng, (Parent), Beacon Primary School*
- *"Very informative, engaging, humourous. Has concrete survey results that are accurate!" – Lay Peng (Parent), Beacon Primary School*
- *"I like the multitasking tests. I served as an eye-opener to me as I've strongly believed multitasking as an effective way of getting things done. Very relevant and useful topic in this cyber age, not only for children but for adults as well." – Pava (Parent), Beacon Primary School*
- *"Thanks for the talk on "the Art and Science of Parenting" today at the Beacon Pri Parent's Conference. I learnt alot, and had a good time doing it too. Looking forward to other related events, if they are open to the public." – Yvonne Ang (Educator), Beacon Primary School*

Appendix A1



Poh Yeang Cherng

Mr. Poh Yeang Cherng is Director and Principal Consultant at Kingmaker Consultancy Pte. Ltd. He is a pioneer of the Cyber Wellness movement in Singapore and has served on the National Internet Advisory Committee's Cyber Wellness Task Force (2002-2005).

He set up Singapore's first Cyber Wellness Centre in 2006 has consulted for similar efforts in Malaysia. He was also directly involved in developing a body of cyber wellness values, ethics and best practices, to promote cyber wellness at the national level. As a member of the Community Advisory Committee from 2006-2007, he designed and implemented Cyber Wellness Training Templates for the Media Development Authority.

Mr. Poh first pioneered the development of treatment protocols and group intervention programmes for video game addiction, starting in 2003 with Inter Ministry Committee for Youth Crime (IMYC) and National Youth Council (NYC), to help youths with gaming programmes. He subsequently expanded the programmes and eventually set up Singapore's and probably the world's first few counselling services for video gaming problems in 2006. The protocols and system he set up is now the subject of much research interest. Since 2011, Mr. Poh has continued the development of group intervention programmes for emerging cyber wellness problems such as cyber bullying, virtual consumption and risky behaviour on social media.

As an active practitioner-researcher, Mr. Poh regularly conducts research projects in schools regarding the effects of social media and video games on adolescents. He consults specially regarding Internet youth trends and corresponding intervention strategies. He has helped many parents, education, counselling and social work professionals to cross the digital divide to reach youths.

In the area of publications, he has extensive experience developing both web and print content relating to cyber wellness and parenting. He played a central role in developing a Cyber Wellness Handbook for Parents (for MCYS) in 2009 and also led a team to create much original content regarding gaming, social networking and counselling intervention.

Highlights of Professional Experience

1. Crafted Singapore's National Cyber Wellness Framework and Cyber Wellness Values for Media Development Authority, Cyber Wellness Task Force (2004)
2. Designed National Cyber Wellness Training Templates for MDA (2005)
3. Designed and executed MDA's train-the-trainer cyber wellness programme for 26 candidates from 6 authorised training companies (2005)
4. Setup Singapore's first Cyber Wellness Centre in 2006
5. Faculty member for Executive Counselling & Training Academy since 2008
6. Curriculum Development & Master Trainer for Health Promotion Board (HPB) & Chinese Development Assistance Council (CDAC) Cyber Wellness Parenting Workshops for 2011 & 2012

Publications

1. Stanaland, A., Lwin, M., Yeang-Cherng, P., & Chong, C. (2015). Protecting Preteens on Facebook: An Exploratory Examination of Parental Mediation Strategies for Children's Facebook Use in Singapore. *Studies In Media And Communication*, 3(1), 56-61.
doi:10.11114/smc.v3i1.809
2. Poh, Y., Ang, P.H. (2011, June). Empowering Singapore Parents for Internet Censorship. Paper presented at the Asian Media Information and Communication Centre Conference 2011, Hyderabad, India.

Key Engagements

1. Singapore Media Forum 2016
2. ASEAN Paediatric Federation Congress 2014
3. Media Sense & Sensibility Seminar (Kingmaker Consultancy Pte. Ltd., 2012, 2014)

4. 3rd Lam Woo Distinguished Social Work Awards & Seminar (Engaging the Family: The Development of Family Social Work in China 闔府統請：家庭社會工作的發展與前瞻) (2014, Peking University)
5. Beacon Primary's 6th, 7th, 8th, 9th Parents' Conference (2013, 2014, 2015, 2016)
6. DECODE Conference (Fei Yue Community Services, 2014)
7. East Zone Center of Excellence Cyber Wellness Workshop (2014, 2015)
8. East 1 Cluster Professional Development for Media Literacy (2016)
9. West 6 Cluster Research Seminar & Educator Training Workshop (2012)
10. 20th Asian Media Information and Communication Centre (AMIC) Annual Conference (2011)
11. Digital Literacy Symposium (CIVICA, 2011)
12. Asian Festival of Children's Content (Singapore Book Council, 2011, 2012)
13. 1st Asia Pacific Behavioural and Addiction Medicine Conference (2010)
14. Civics and Moral Education Conference (Ministry of Education, 2010)
15. COMPASS Convention (Ministry of Education, 2009)
16. Lam Woo Social Work Seminar (Beijing University and Hong Kong Polytechnic University, 2009)
17. 2nd Educating for Health Conference (Health Promotion Board, 2009)
18. Criminal Investigation Department Crime Investigation Workshop (2006, 2008)
19. ICT Seminar for Ministry of Education Directors (2007)
20. Many Family Life Education talks with schools such as RI, RGS, HCI, ACS(I), VJC

Other Notable Engagements

1. Nanyang Technological University
 - a. "Social Media Issues & Underage Facebook Users" Lecture for Masters of Mass Communication at Wee Kim Wee School of Communication & Information (2012)"
 - b. National Institute of Education Cyber Wellness Training for Pre-Service Teachers (2009)
2. "Counselling Pathological Gamers" Professional Workshops
 - a. National University Hospital, 14 Mar 2010
 - b. Community Youth Health Conference 2010

3. Singapore Ministry of Education Engagements
 - a. Civics and Moral Education Conference 2010 (Closing Keynote)
 - b. Curriculum Planning & Development Division Learning Journey (May 2009) and Professional Sharing (15 Sep 2009)
 - c. Gifted Education Branch "Reaching the Wired Generation" (2008)
4. Ministry of Communication Youth and Sports Probation Officers' Training (May 2010)
5. People's Association Youth Movement Policy Forum (Jan 2009)
6. Health Promotion Board Education for Health Conference 2009
7. National Youth Council Research Seminar (2009)
8. Microsoft Corporation "Get Net Safe" Community Security Outreach (2006)

Endorsements for Speaker

- *"the presenter- very lively and engaging and gives very good and relevant examples"* – Mr. Mohd Azhar, Vice Principal Bartley SS
- *"Engaging and (addresses) real life problem faced by Educators. Speaker is knowledgeable as an educator and a gamer as well."* – Tan Lin Chuan, Maris Stella High School
- *"This is the best workshop, Mr. Poh is a great trainer, he teaches you about cyber bullying you confirm understand"* - Rama Paija, 15 Years Old
- *"The speaker is humorous. Short and sweet and efficient, meet objectives"* – Mr. Moon, Chung Cheng High School (Yishun)
- *"the speaker is engaging and knowledgeable. Has relevant examples and data to support the talk. Helps gain insight on game addiction"* – Cindy Liong, Maris Stella High School
- *"Speaker is interesting, he understands the trends among the teenagers and uses it effectively to connect with his audience. Love that he updated his slides with latest information(even info from the previous morning!): shows his dedication"* – Anonymous secondary 3 student, Raffles Girls' Secondary School