

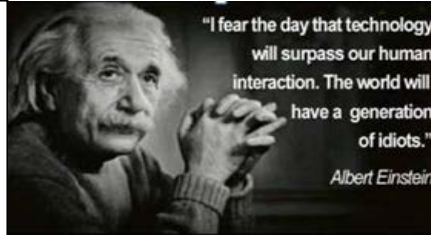


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CYBER WELLNESS & SEXUALITY TALK FOR PARENTS ON 30 JANUARY 2016

MOE:

Cyber Wellness refers to positive well-being of internet users. It involves an understand of the risks of harmful online behaviours, an awareness of how to protect oneself and other internet users from such behaviours



The Media is becoming the educator of our children today.
Internet has become indispensable to our living.
But are you concern with your child's relationship with technology?
Are they searching for answers or addicted to games or surfing the forbidden?

As parents, you want to be calmly and warmly tell your child about healthy cyber culture in the internet community. Your child need to be aware of harmful online behaviour, how to protect oneself and recognise the power of the internet today. You want to have the advantage to be sharing with your child on pornography, have open communication on sexuality within family moral value.

Parents will be sitting in the workshop **with a computer, laptop or smartphone**. Parents will be actively taken through actual internet websites. The workshop will cover:

- The common uses of the Web & their dangers - blogs, Social Media (Facebook, Twitter etc.), forums, Internet gaming and surfing.
- How to ensure Internet safety - protecting personal identity, phishing etc.
- How to use Internet monitoring tools to help your children surf the web responsibly.
- Knowing the sources of sexuality online and how to deal with it.
- Helping your children to avoid the various dangers online.
- Introduction to healthy and educational internet web sites.

Speaker's Profile: Mr. Jim Lim graduated from the University of Singapore with BA (Hons, 2nd Upper) Social Sciences in Social Work. He then went on to be a Social Worker with the Family & Juvenile Courts of Singapore and worked with juvenile offenders, youth-at-risk, victims and perpetrators of family violence, divorcing couples and children affected by divorce.

After his stint at the Subordinate Courts, Jim joined Beyond Social Services as an Assistant Director. His duties included being the Executive Director of the Bukit Ho Swee Family Service Centre. Jim went on to set up the Counselling Service at NorthLight School. It was the first of its kind in the world. He was the Head of Department for Counselling. Jim founded REAL Academy as the first Relationship Consultancy in Singapore. He has authored & published a book entitled "The Kite Story: Perspectives On Parenting & Mentoring" that was launched by NLB in Bishan Library on 9 March 2013. He has worked with about 900 families and trained 1800 youths, parents and professionals till date.

Date & Time of Event:	30 January 2016 (Saturday 8.30 am – 12.30 pm)
Fee:	\$3.00 per pax or \$5.00 per couple
Closing Date of Registration:	10 January 2016
	Light Refreshments will be served

Please submit your registration slip & cash payment (in a sealed envelope) to the General Office.

If you need further clarification on this event, please contact Mdm. Elizabeth Tang at 62539451 or email: bhps.sfe.pri@gmail.com
Thank you for your support and partnership in growing with your child/ward.

Balestier Hill Primary – Cyber Wellnes & Sexuality Parent Workshop

Submit registration slip & cash payment (in a sealed envelope), Attn: Mdm Elizabeth Tang, to the General Office
Non-refundable registration fee is \$3.00 per pax or \$5.00 per couple

Name of Pupil: _____ ()

Class: _____

Name of Parent: _____

Fee Paid: _____

Contact No: (Mobile) _____ (Home) _____

Email _____

Parent's Signature

Date

For official use:

Amount Collected: _____

Collected by: _____

Date: _____