

3 October 2008

PRESS RELEASE

TOUCH Community Services organises free public workshops in conjunction with the newly released Cyber Wellness Handbook for Parents

Recognising the increasing need to equip parents and their children with the necessary knowledge and tools to achieve and enjoy cyber wellness, TOUCH Community Services has produced a 28-page handbook, titled '**Cyber Wellness Handbook for Parents**'. Supported by the Ministry of Community Development, Youth and Sports (MCYS), National Family Council and Singapore Totalisator Board, the handbook is distributed through all schools to reach parents of students at the Primary Three to Secondary Three level. The handbook is also available for sale at major bookstores and retails at S\$6.00.

Addressing a wide range of common topics faced by today's youths in the Internet age such as online chatting, pornography, cyber bullying, and computer gaming, the handbook aims to help the everyday parent understand what their children is preoccupied with, and conquer their fears of the unknown cyberspace.

Spearheading the cyber wellness efforts is the team from TOUCH Cyber Wellness & Sports (TC&S). A pioneer in the field of cyber wellness education, TC&S has brought the cyber wellness message to more than 260 schools and 420,000 youths and adults since 2001, and has counselled more than 100 youths and their parents.

Mr Eugene Seow, Executive Director, TOUCH Community Services, said, "We are heartened at the opportunity to be an advocate of the cyber wellness message to schools and parents through the handbook. We believe that it is important for parents to know and understand how things on the Internet work, because only then can they truly begin to bond with their children and make the most of the Internet in their parenting journey."

"This long-awaited handbook is definitely a recommended guide for all parents – it's easy to read, comprehensive and relevant," said Mdm So Mun Yee, Vice-Principal, Tanjong Katong Secondary School. "It contains useful references and websites for readers who are keen to find out more about the various aspects of cyber wellness. There are many tips and suggestions on handling the potential dangers lurking in the cyber world. What I especially like about the handbook is the balanced approach taken in illustrating both the positive power of the Internet as well as the areas of concern in the virtual world."

In conjunction with the release of the handbook, TOUCH is organising a series of three **free workshops for the public** to promote cyber wellness and to empower parents to engage their children effectively in cyberspace. The free workshops are targeted at helping parents apply some of the handles found in the handbook. For more information on the workshops, please refer to Appendix A.

The first session of the workshops will kick off on **Saturday, 25 October 2008**. Your reporter and photographer/camera crew are cordially invited to cover the event. The details of the event are as follows:

Date : Saturday, 25 October 2008
Time : 10.30am – 12.30pm
Venue : 3615 Jalan Bukit Merah
TOUCH Community Theatre
Level 1 Auditorium

- End -

For media enquiries and attendance, please contact:

TOUCH Community Services

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About TOUCH Community Services

TOUCH Community Services is a not-for-profit charitable organisation officially registered in 1992. TOUCH was granted the charity status and became a full member of the National Council of Social Service on 12 December 1994. Over the last 16 years, TOUCH has reached out to more than 100,000 individuals from all religions and races. Our clients include children from low-income or single-parent families, youths at risk, needy families, people with special and healthcare needs, and the frail elderly.

About TOUCH Cyber Wellness & Sports

A pioneer in the field of cyber wellness education since 2001 and supported by the Ministry of Community Youth and Sports, National Youth Council and the Media Development Authority, TOUCH Cyber Wellness & Sports (TC&S) has partnered with educators, parents and adults, reaching out to over 420,000 individuals through **CRuSH (Cyberspace Risks and where U Seek Help)** and **PlanetCRuSH Cyber Wellness Centre** located at Bukit Merah Central – a one-stop cyber wellness resource centre that includes experiential programmes and counselling services. TC&S' programmes aim to educate youths in a balanced manner, anchoring them in healthy gaming communities, exposing them to cyber wellness mentors and helping them to stay in control of their Internet usage habits. Parents, educators and counsellors are also educated on the latest Internet trends, equipping them to bridge the digital divide, and creating an environment that supports cyber wellness and intervention.

**FREE CYBER WELLNESS WORKSHOPS
IN CONJUNCTION WITH
THE RELEASE OF 'CYBER WELLNESS HANDBOOK FOR PARENTS'**

DATE	WORKSHOP TITLE	VENUE
25 Oct	<p>How to Play Digital Games with Your Kids <i>Parents learn to play games to engage their kids.</i></p> <p>Mr Poh Yeang Cherng, Manager, TOUCH Cyber Wellness & Sports</p>	<p>3615 Jalan Bukit Merah TOUCH Community Theatre, Level 1 Auditorium</p>
1 Nov	<p>Teaching Truth and Exposing Lies – Use the Internet to Teach Good Family Values <i>Worried about false and harmful content? We give tips to protect and teach your kids before they learn the wrong information.</i></p> <p>Mr Jiow Hee Jhee, Assistant Manager TOUCH Cyber Wellness & Sports</p>	<p>Bukit Merah Central (Exact venue to be confirmed)</p>
8 Nov	<p>Networking with Your Kids (and Their Friends) through the Internet <i>Use blogs and social networks to get into your kids' world.</i></p> <p>Mr Anthony Yeong, Counsellor TOUCH Cyber Wellness & Sports</p>	

- Workshops are held on **Saturdays, 10.30am to 12.30pm.**
- Each workshop includes half an hour of Q&A. Staff from TC&S will be onsite to provide consultation for parents.
- The handbook will also be available for sale at all the sessions, at a **special promotional rate of S\$4.00.**
- For more details and registration, visit www.planetcrush.org