

# Helping Your Child Develop Cyber Wellness



FAMILY matters!

Date: **16 September 2017 (Saturday)**

Time: **9am – 12 pm**

Venue: **Rivervale Primary School (PAL Room, Level 2)**

## Synopsis:

In this computer and internet era where information can be easily obtained with one keystroke of our computer, it is a big concern to many parents because there is no way to stop or check the kind of information their teenagers/children are surfing on the internet. The only way is to refrain them from using the computer, which is nevertheless, not a good solution.

Teenagers and children are facing greater temptations surfing the internet such as accessing pornographic websites, e-buying websites, e-chatting websites, etc. These cyber activities can easily entice the internet users which may affect their studies, and may even result in some form of addiction.

In this workshop, parents will learn some practical tips to educate themselves and their children on how to use the internet appropriately and safely to protect themselves. They will also be introduced to three computer software to help them limit the usage of surfing the internet.

## About the speaker:

Mr Michael Chua has 20 years of experience working with various community services with a wide range of clients. He joined the community services as a rehab instructor and thereafter a Youth worker/ Counsellor. Today, he provides consultancy, life coaching, and delivers training programmes with the focus on life skills, family life education, personal effectiveness and work-life balance.

**Note: Please be at the workshop 15 minutes before 9am for registration.**



-----Reply Slip-----

## Family Matters@School: *Helping your child develop cyber wellness*

Please tick   Able to attend  Able to attend with spouse  Unable to attend

Name of Child: \_\_\_\_\_

Class: \_\_\_\_\_

Name of Parent: \_\_\_\_\_

Contact: \_\_\_\_\_

Email: \_\_\_\_\_

**Please place the reply slip in the white box at the security post by 12 September 2017.**

The online reply slip can be accessed via <https://goo.gl/forms/Qu9Q5JaBUR3php3k1> or by



scanning this QR code