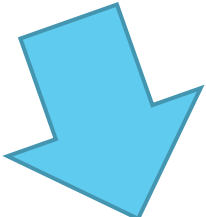

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The text is centered on a white background that is partially framed by these blue shapes.

Internet Use among students amid Covid-19 pandemic


Full home-based learning for students in all schools and institutes of higher learning from April 8 to May 4.



June school holidays to start from May 5 till June 1 to cover extended circuit breaker period.

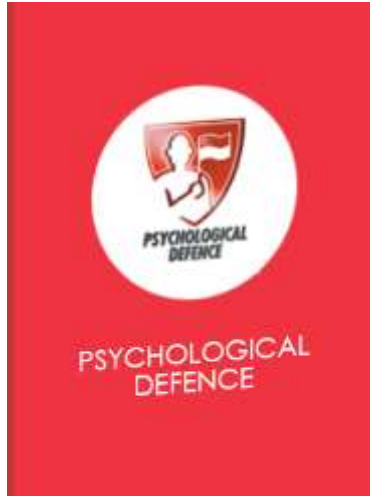


Parents are strongly encouraged to keep their children at home.



The above factors increase children's usage of the Internet.

This increases the possibility of issues such as
Cyber Bullying.



- Cyber bullying causes children to feel lonely, angry, embarrassed, and confused when bullying occurs, which can lead to depression, anxiety, school avoidance, and even suicide.

As we do our part to practise safe-distancing to protect the health of ourselves and those around us, we must also pay attention to children's online activities. Their mental and emotional well-being is equally important as well.

Recommendations for students

- ❑ Stay connected with family and friends through phone and video calls.
- ❑ Involve in other offline activities, such as listening to music, doing exercise and reading.
- ❑ Talk to a trusted adult when you encounter online or offline issues.

Helplines

(If you know someone who may need help, share this with them too)

National Care Hotline: 1800-202-6868

Mental Well-being

- Fei Yue's Online Counselling Service
- Institute of Mental Health's Mental Health Helpline (6389-2222)
- Samaritans of Singapore (1800-221-4444)
- Silver Ribbon Singapore (6385-3714)

Marital and parenting issues

- Community Psychology Hub's Online Counselling platform

Violence or abuse

- Big Love Child Protection Specialist Centre (6445-0400)
- HEART @ Fei Yue Child Protection Specialist Centre (6819-9170)
- PAVE Integrated Services for Individual and Family Protection (6555-0390)
- Project StART (6476-1482)
- TRANS SAFE Centre (6449-9088)

Counselling

- TOUCHline (Counselling) - 1800 377 2252

For other Helplines and mental health-related support

- Visit go.gov.sg/hotlines

“Taking care of our mental and emotional health is key to us emerging stronger from this crisis.”

*Minister for Social and Family Development,
Mr Desmond Lee*

