



Family Matters @ Chung Cheng High School (Main)

Parenting workshop

“Topic: The Art & Science of Parenting in the Digital Age”



Date: Saturday, 28th May 2016

Venue: Chung Cheng High School (Main)

Time: 9.30 am – 1.30 pm

Participants: Parent

Fees: FOC (All costs fully borne by Family Matters @ School)

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.

Profile of speaker (Mr 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 in various committees to help youths with cyber addiction problem. He is actively involved in providing treatment and counselling services for video gaming problems for more than 10 years. 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 has helped many parents, education, counseling and social work professionals to cross the digital divide to reach youths.

To sign up for this parenting talk, please register via SMS and provide the names of parents and name/class of the child to our Family Matters @ School Coordinator, Mdm Eileen Tay. Her contact number is: 9862 2644