

**2023**  
**CYBER**  
**WELLNESS**  
**AMBASSADORS'**  
**PROGRAMME**

**@ ASSUMPTION**  
**PATHWAY SCHOOL**

 **TOUCH** *Cyber Wellness*

10 February 2023

Mr Manimaran Shyam Luke S/O Samiayya

Assumption Pathway School

**PROPOSAL AND QUOTATION FOR CYBER WELLNESS PROGRAMME FOR ASSUMPTION PATHWAY SCHOOL**

TOUCH Cyber Wellness (TCW) is a market leading and award-winning team in the arena of school-based cyber wellness programmes. Within the school context, TCW works closely with youths, educators, and parents to cultivate respect, a balanced lifestyle and responsible use of digital technologies to affect a positive and healthy cyber culture at home, in school and around the community.

We are pleased to forward you our proposal and quotation for the school.

TCW sincerely hopes to have the opportunity to serve Assumption Pathway School; we are able to customise the cyber wellness workshops to help meet any needs your school may have. If you need more information, please do not hesitate to contact us.

We look forward to your favourable reply.

Thank you.

Yours sincerely



Mrs Anita Low-Lim  
Chief Transformation Officer  
TOUCH Wellness Group  
TOUCH Community Services

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## MISSION STATEMENT

**TOUCH Cyber Wellness, through cutting-edge and relevant strategies, advocates respect, a balanced lifestyle and responsible use of digital technologies to help families grow together in the digital age.**

## WINNER WOFOO ASIAN AWARD FOR ADVANCING FAMILY WELL BEING 2016

(SILVER AWARD & MY FAVOURITE PROJECT)- gives recognition to outstanding and pioneering initiatives that have advanced an innovative idea, model, or paradigm that can improve the quality of life for families and enhance their well-being in the Asian region. This platform encourages the transfer of innovation and knowledge among professionals in different countries, ultimately contributing to the sustainable development of family well-being and strengthening of family functioning in the whole of Asia. The Award was presented by Ms. Daniela Bas, Director of Division for Social Policy and Development, Department of Economic and Social Affairs, United Nations, at the 5<sup>th</sup> Regional Symposium of the Consortium of Institutes on Family in the Asian Region (CIFA) held in South Korea, Seoul.



## WINNER SINGAPORE YOUTH AWARDS 2011 (COMMUNITY & YOUTH

SERVICES TEAM CATEGORY) - the highest youth accolade in Singapore. Award was conferred in recognition of its commitment in encouraging holistic youth development through promoting cyber wellness, healthy gaming and online safety. The Award was presented by Mr Teo Chee Hean, Deputy Prime Minister & Coordinating Minister for National Security & Minister for Home Affairs at the Istana.



## PIONEERS IN SINGAPORE CYBER WELLNESS EDUCATION

As the nation's pioneer and leading non-profit agency advocating cyber wellness and new media literacy for children, teenager, parents, and educators, we have been providing quality cyber wellness education to primary, secondary and tertiary schools since 2001. We have reached out to more than **1,000,000** students, educators, parents and professionals in over 320 schools.

## HOLISTIC APPROACH IN CYBER WELLNESS EDUCATION

Supported by a dedicated R&D team, TCW is currently the **only** service in Singapore that provides a full suite of cutting-edge cyber wellness programmes in education, mentoring and counselling to students, teachers, and parents.

## ALIGNMENT WITH MOE'S CURRICULUMS

In alignment with the **MOE Cyber Wellness Framework (Sense-Think-Act), ICT Master Plan 3 (MP3) and Character and Citizenship Education (CCE) curriculum**, TCW programmes are tailored to nurture students' character through cyber wellness values. Students are encouraged to make informed and responsible decisions in the cyber space.

## **CONSULTANCY SERVICES FOR SCHOOL'S STRATEGIC PLANNING**

TCW is committed to assisting schools in raising, building, and strengthening the cyber wellness culture within the school community.

- Cyber wellness profiling and needs analysis for schools
- Conceptualise and establish structured cyber wellness programmes in schools
- Infusion of cyber wellness values with academic curriculum
- Conceptualise, plan and implement cyber wellness campaigns/festivals/projects in schools
- Conceptualise and design programmes for a Cyber Wellness Centre in schools

## **PARTNERSHIP WITH NATIONAL MINISTRIES**

Since 2004, TCW's efforts and programmes have received strong endorsements and commendations from national ministries and agencies such as Media Development Authority (MDA), Ministry of Social and Family Development (MSF), Ministry of Culture, Community and Youth (MCCY) and National Youth Council (NYC).

## INTRODUCTION

TOUCH Wellness Group focuses on providing holistic programmes, resources and services are focused on mental, physical, and cyber wellness of clients.

**TOUCH Cyber Wellness** is one of the services under the pillar of TOUCH Wellness Group.

For more information, please visit [www.touch.org.sg](http://www.touch.org.sg).

## PROPOSAL OVERVIEW

TOUCH Cyber Wellness's programme proposal for **Assumption Pathway School** aims to achieve the following objectives:

1. Promote awareness of cyber wellness knowledge, values and the latest Internet risks and threats from the ever-changing Internet landscape.
2. Educate students to be responsible, respectful, balanced, and astute in using the Internet.
3. Impart insights on how youths can take effective actions in protecting themselves, their community and change their attitudes towards undesirable behaviour on the Internet.
4. Produce tangible outcomes / deliverables that empower students to positively influence their peers and contributing actively in promoting cyber wellness to the school community.
5. Imbue students with positive strategies to handle possible cyber wellness issues and concerns.

**PROGRAMME FEES**

Description	Qty	Unit Price (S\$)	Amount (S\$)
<p><b>CYBER WELLNESS AMBASSADORS' PROGRAMME</b></p> <p><b>Date(s):</b> 20 March 2023, 23 March 2023, 27 March 2023, 30 March 2023  <b>Time:</b> 3.00 pm – 4.30 pm (Mondays) ; 2.30 pm – 4.00 pm (Thursdays)  <b>Duration:</b> 4 sessions x 1.5 hours  <b>Topic:</b> TBD  <b>Participants :</b> Up to 19 pax  <b>Mode :</b> Physical</p> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>Additional students will be charged at \$50.00/pax (not incl GST)</li> </ul>	1 run	2,000.00	2,000.00
<b>TOTAL:</b>			<b>\$2,000.00</b>
<b>GST @ 8%:</b>			<b>\$160.00</b>
<b>TOTAL COST (INCLUDING 8% GST):</b>			<b>\$2,160.00</b>

**Note:**

- i. To change or cancel your session date without incurring fees, any changes must be informed **at least 2 weeks** prior to the programme date.
- ii. The price and terms of offer quoted are **valid for 14 days** from the date stated on the proposal and quotation. Validity of offered terms will be strictly adhered to.
- iii. The invoice will be issue **within 10 working days** upon completion of each segment of programme.
- iv. For further clarifications, please do not hesitate to contact, **Lynn Yip** at [lynn.yip@touch.org.sg](mailto:lynn.yip@touch.org.sg).

*I am agreeable to the stated terms.  
Please proceed with the workshop.*

Accepted by \_\_\_\_\_  
**Name:**  
**Assumption Pathway School**

PROGRAMME DETAILS

<b>Duration</b>	6 hours
<b>No. of Sessions</b>	4
<b>Participants</b>	19 pax
<b>Focus</b>	<ol style="list-style-type: none"> <li>Promote awareness of cyber wellness knowledge, values and the latest Internet risks and threats from the ever-changing Internet landscape.</li> <li>Educate students to be responsible, respectful, balanced, and astute in using the Internet.</li> <li>Impart insights on how youths can take effective actions in protecting themselves, their community and change their attitudes towards undesirable behaviour on the Internet.</li> <li>Produce tangible outcomes / deliverables that empowers students to positively influence their peers and contributing actively in promoting cyber wellness to the school community.</li> <li>Students will understand that online and offline interactions are bounded by the same principles of relationship forming.</li> <li>Students will understand the importance of establishing a healthy offline community of family and peers apart from their online community.</li> </ol>

PROPOSED PROGRAMME OUTLINE

Session 1 (20 March 2023):

TIME	PROGRAMME DETAILS	LEARNING OBJECTIVES
30 mins	<ul style="list-style-type: none"> <li>Introduction</li> <li>Roles &amp; Responsibilities of a Peer Support Leader (PSL)                             <ul style="list-style-type: none"> <li>The influence of PSLs</li> </ul> </li> <li>Introduction to Cyber Wellness</li> </ul>	<ul style="list-style-type: none"> <li>Students will understand their role as cyber wellness leaders and be encouraged to see themselves as agent of change in the school.</li> <li>Students will gain greater awareness of cyber wellness issues as well as knowledge useful to their peers.</li> </ul>
45 mins	<ul style="list-style-type: none"> <li>Content Topic: TBD</li> <li>Group discussion</li> </ul>	<ul style="list-style-type: none"> <li>Students will be able to develop a deeper and more refined understanding of the various cyber wellness issues.</li> <li>Students will be able to apply what they have learnt and incorporate the learning towards supporting their peers.</li> </ul>
15 mins	<ul style="list-style-type: none"> <li>Briefing for deliverables                             <ul style="list-style-type: none"> <li>Year 1: Online Games</li> <li>Year 2: Posters</li> <li>Year 3: Presentation Slides</li> </ul> </li> </ul>	



### Session 2 (23 March 2023):

TIME	PROGRAMME DETAILS	LEARNING OBJECTIVES
30 mins	<ul style="list-style-type: none"><li>• Introduction</li><li>• Recap of topic</li><li>• Recap quiz</li></ul>	<ul style="list-style-type: none"><li>• Students will refresh their understanding and learning from the previous session.</li></ul>
60 mins	<ul style="list-style-type: none"><li>• Commence working on deliverables<ul style="list-style-type: none"><li>○ Trainers will go around to guide students</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Students will be able to apply what they have learnt and incorporate the learning pointers into their deliverables.</li></ul>

### Session 3 (27 March 2023):

TIME	PROGRAMME DETAILS	LEARNING OBJECTIVES
60 mins	<ul style="list-style-type: none"><li>• Introduction</li><li>• Completion of Deliverables<ul style="list-style-type: none"><li>○ Trainers will go around to guide students and provide feedback from previous session</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Students will be able to apply what they have learnt and incorporate the learning pointers into their deliverables.</li></ul>
30 mins	<ul style="list-style-type: none"><li>• Public Speaking Training</li></ul>	<ul style="list-style-type: none"><li>• Students will be able to equip themselves with public speaking skills that will assist them in the presentation of their deliverables to others.</li></ul>

### Session 4 (30 March 2023):

TIME	PROGRAMME DETAILS	LEARNING OBJECTIVES
15 mins	<ul style="list-style-type: none"><li>• Introduction</li><li>• Preparation for presentation of deliverables</li></ul>	
65 mins	<ul style="list-style-type: none"><li>• Presentation of Deliverables</li></ul>	<ul style="list-style-type: none"><li>• Students will be able to share what they have learnt with others by showcasing their work.</li></ul>
10 mins	<ul style="list-style-type: none"><li>• Closing</li><li>• Post-programme Survey</li></ul>	

## LOGISTIC SUPPORT/REQUIREMENT

**Assumption Pathway School** would provide the logistical setup i.e., projector, cables, and sound system for the respective programmes if applicable.

### Additional Information:

- **Handouts** would be provided for all students.
- **All materials (if applicable)** created by the participants will be compiled and returned to the school.
- A **post programme feedback** will be conducted to assess students' learning from the workshop as well as for school evaluation purposes of programme.

# **TOUCH** *Cyber Wellness*

**TOUCH Cyber Wellness (TCW)** is a service of TOUCH Youth, a division of TOUCH Community Services. We are Singapore's pioneer and leading non-profit agency advocating cyber wellness and new media literacy for children, teenager, parents, and educators.

**WINNER** of the *Singapore Youth Awards 2011 (Community & Youth Services Team Category)* - the highest youth accolade in Singapore. Award was conferred in recognition of its commitment in encouraging holistic youth development through promoting cyber wellness, healthy gaming and online safety. The Award was presented by Mr Teo Chee Hean, Deputy Prime Minister & Coordinating Minister for National Security & Minister for Home Affairs at the Istana.

**FIRST** agency in Singapore to provide Cyber Wellness Education to schools, reaching out to more than 320 schools and 1,000,000 youths, parents, educators and counsellors since 2001.

**ONE MILLION** students, educators, counsellors and parents reached through the work of TCW in 2012.

**KEY** agency providing counselling in cyber wellness issues in Singapore.



▲ *The TCW team receiving the Singapore Youth Award (Community & Youth Services Team Category) in 2011*

**FIRST** agency in the world to develop an **“Adolescent Pathological Video Gaming Treatment Model”** in use since 2006. This model was validated by Dr Timothy Sim (Associate Professor, The Hong Kong Polytechnic University) in 2012.

**MOE** selected agency for Full-time School Counsellors' training on cyber wellness-related issues (2013-2014).

**ASSOCIATE** Member in Media Literacy Council (MLC).

**GLOBAL** partnership and exchange in R&D (Singapore, Taiwan, Hong Kong, USA, Korea and China).



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