

## **What can you do if your teen spend too much time online?**

Posted on 22 Feb 2024.

Dear Parents/Guardians

Does your teen spend a lot of time on the Internet and social media every day? If your response is yes, you should pause and take stock of their digital wellness. Digital wellness is all about keeping a balance between online life and real life.

We are pleased to inform you that Morning Star Community Services, one of the parent support providers partnering MOE schools is conducting three Positive Parenting Programme (Triple P) Level 2 Webinars in March on Achieving Digital Wellness.

All 3 sessions are conducted on Saturdays from 11:30am to 12:30pm, fully subsidized by MSF.

Date / Topic

9 Mar / Responsible Teens

16 Mar / Competent Teens

23 Mar / Connected and Engaged Teens

Through the 3 intertwined seminars, you will learn how to help your teens maintain both online and offline connections to satisfy all their psycho-social needs. These workshops intend to help teenagers keep a balance between online life and real life.

You may refer to the attachment for more details.

File attachments

[Triple P L2 Secondary \(Run 3\) EDM - Achieving Digital Wellness \(002\).pdf](#)