INTRODUCING...

C-QUEST- *A MOBILE APP GAME TO PROMOTE CONVERSATIONS ABOUT CYBER WELLNESS BETWEEN PARENTS AND CHILDREN*

C-Quest is specially designed to facilitate meaningful parent-child conversations on their online experiences and explore various cyber wellness issues in order to navigate cyber space skilfully and safely. Through the game, players will learn to be safe, respectful, and responsible users of Information and Communication Technology (ICT).

GET IT ON
Google play

1.Go to Google Play
2.Search "C-Quest" and download the app

Ministry of Education
SINGAPORE

"Parents play a critical role in shaping their children's values, as well as in guiding their online behaviour, and monitoring their computer use. Through playing the game with their children, MOE hopes that the App will serve as a **tool to encourage conversations between parents and their children on cyber wellness**."

Mr Wong Siew Hoong
Deputy Director-General of Education (Curriculum)

How to Play the Game

Parents and their children choose one of the three Cyber Navigators and start to explore the ocean. Along the way, they have to answer questions related to cyber wellness. The aim is to earn stars and collect accessories and equipment for their character.

Protector
(not Attacker)

Be safe online
Do what's right
Protect self and others online

Master
Over Technology
(not Slave)

Be in control
Live a balanced life
Develop a healthy self-identity

Relationship-
Builder
(not Destroyer)

Be respectful to others
Build healthy relationships
Stand up against cyber bullies

Discuss How to Use the Internet Wisely

Handling Cyber Bullying

Balanced Use of Technology

Respect for Copyright

Choose a Question!

Your friend thinks that no one will know he/she is a bully if he/she uses a different account to hurt others. What do you think?

Basic

One of your friends posted unkind remarks about the class monitor's hairdo in the class chat group. He/She told you that he/she did it 'just for fun'. What are your views on this?

ADVANCED

Advanced

Let's Have a Chat!

How much screen time* do you think you need per day? Why?

BASIC

*Screen time is the amount of time you spend on an electronic device.

Time to chat with your partner:

00:00

Let's Have a Chat!

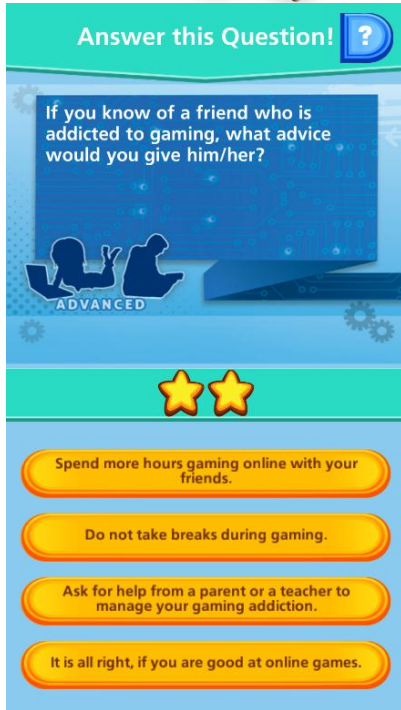Do you think you should copy your friend's work and submit it online as yours? Why?

BASIC

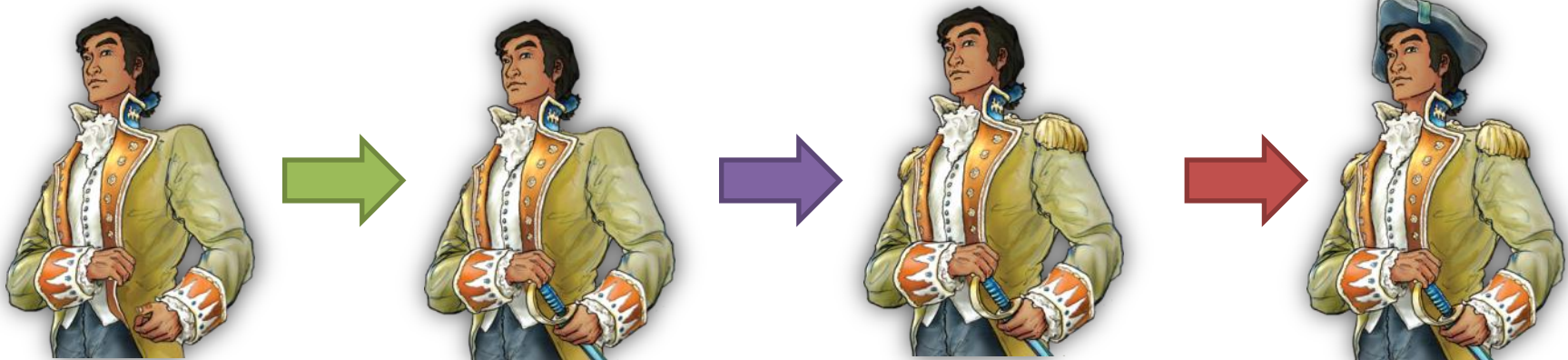Time to chat with your partner:

00:00

Earn Stars and Collect Badges, Accessories and Equipment

→ **Answer** the questions to gain stars.

→ Collect the stars to acquire the badges and items e.g. hat, cape, sword for each role and to unlock the ships to collect treasures!

Learn Useful Tips
to help children thrive in the digital age

Tips for a Balanced Use of ICT

There is a need for re-balancing when the use of Information and Communication Technology (ICT) is excessive and it affects daily functioning.

Balance
= Good Time Management
+ Good Self-Management
+ Good Family Support
+ Intention & Determination

Before You Post, Ask Yourself...

- Is it True?
- Is it Helpful?
- Is it Inspiring?
- Is it Necessary?
- Is it Kind?

Be an Upstander, Not a Bystander

- Report incidents of cyber bullying to your teachers or parents;
- Be a caring friend and give support to the victim;
- Forgive the cyber bully when he/she learns from his/her mistake.

Three Steps to Take When Using Online Content

- Ask
  Do you have to get the author's permission to use his/her work?
- Acknowledge
  Did you give credit to the work used?
- Add Value
  Did you create a product that is different from the original?

Ways to Help Others Through Social Media

- Create awareness about a social cause.
- Raise funds to help the needy.
- Share inspiring stories.
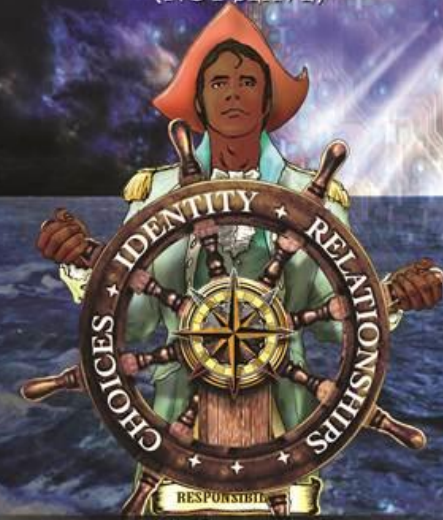- Spread kindness messages online.

Play Your Roles Online!

BUILDER
OF RELATIONSHIPS
(NOT DESTROYER)

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Build healthy relationships
Stand up against cyber bullies

MASTER
OVER TECHNOLOGY
(NOT SLAVE)

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Useful Parent Resources

Refer to the MOE Parents in Education portal for tips and advice on cyber wellness:

http://parents-in-education.moe.gov.sg/primary-education/how-can-i-support-my-child-s-growth-and-development/cyber-wellness

Or let this QR code guide you to the website