

**Primary 6 (2025)**

# **Meet-the-Parents Session**

## **Sharing by Year Head**

**17 January 2025**

**A PRESENTATION BY  
BUKIT TIMAH PRIMARY SCHOOL**



# P6 Student Experience

- Schoolwork & other activities
- Expectations from Others & Self
- Future Challenges



- Managing time through school structures and learning environment
- Understanding their mental state
- Providing information on areas of concern

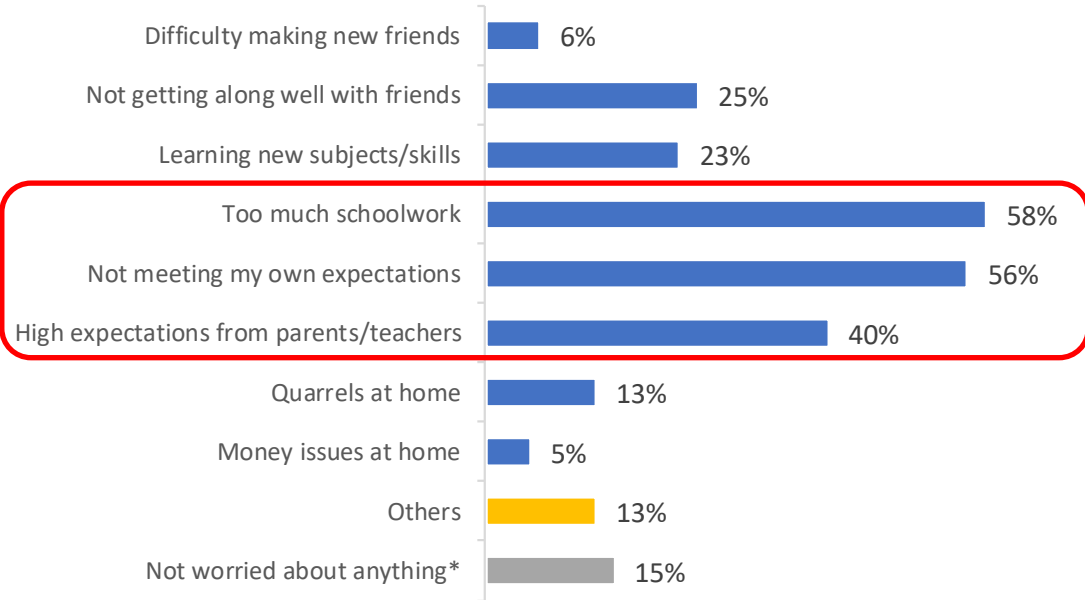
# Term 1 Check-in Survey (2025)



## Question 7 Diagram 1

### Worries about the new year

[students can choose more than 1 option]



\* If student had selected at least one worry and still chose "I am not worried about anything", the latter response will not be considered.

# Growing the Supportive Factors



- P6 Project Synergy (February): building resilience, discovering their motivational factors and commitment to goals

# Providing Relevant and Timely Information

- Parent-Teacher-Student Conference in March with the opportunity to meet subject teachers (by appointment in Term 1 Week 10).
- Regular check-ins by Form Teachers.



# Providing Relevant and Timely Information

- DSA Talk in April – with sharing by alumni and other relevant sessions for parents and students.
- Secondary school talks pre-and post-PSLE.
- Career Exploration Day in May.

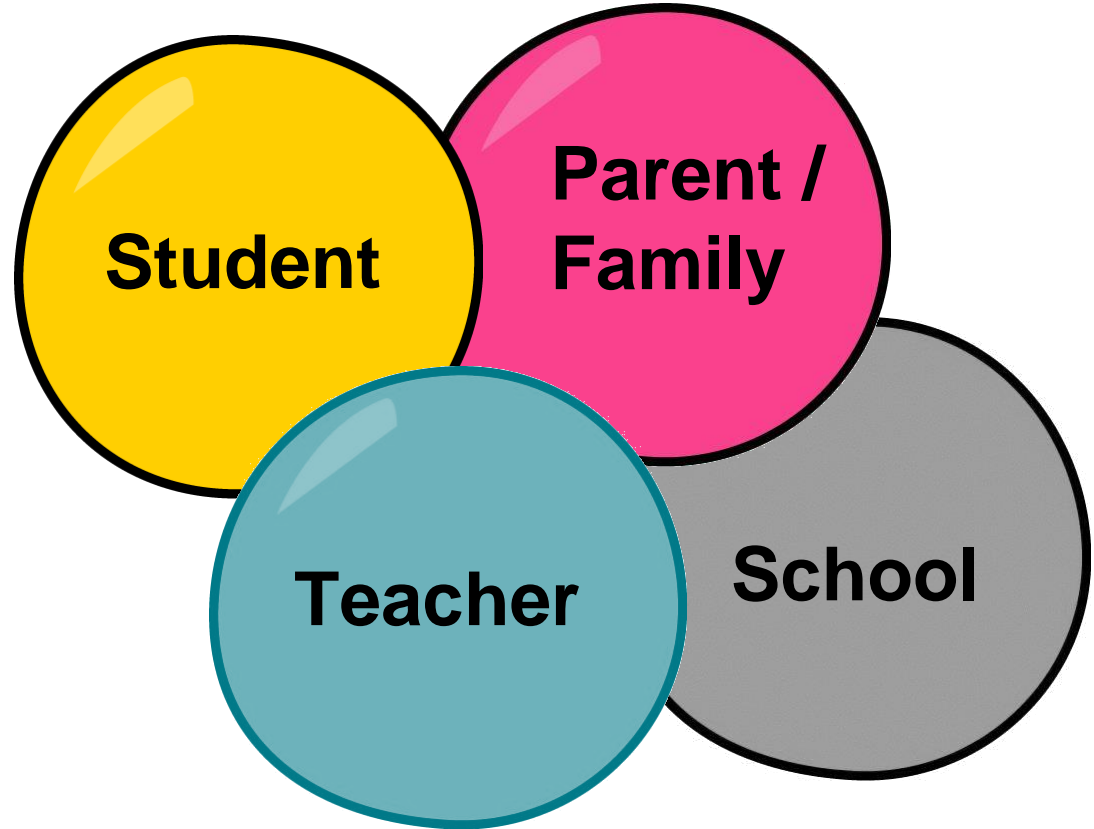


# Post-PSLE Programme

- Curated to meet P6 student needs and future directions
- Includes Code for Fun, and other programmes
- P6 Graduation Day
- Bonding and making memories



# Who matters in this equation?



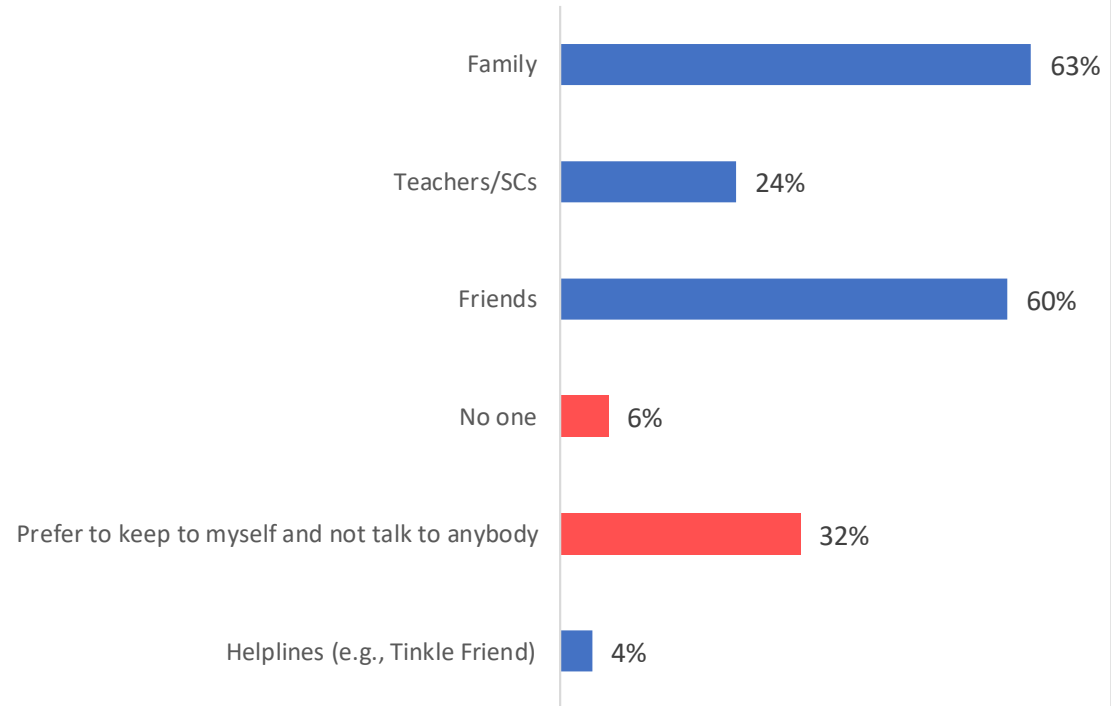


# Term 1 Check-in Survey (2024)



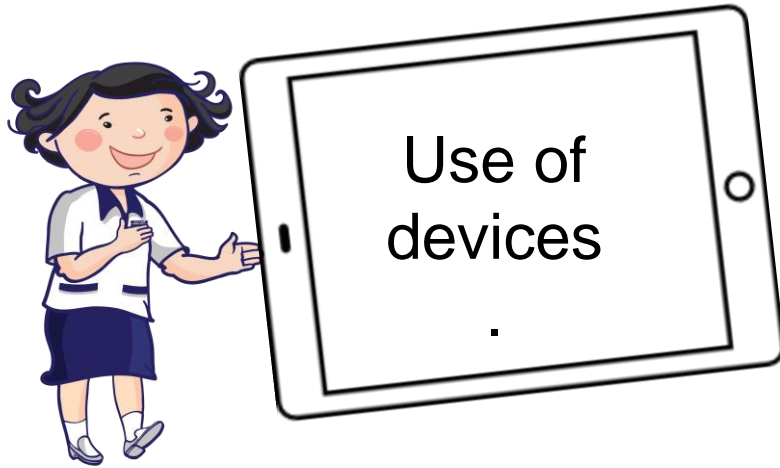
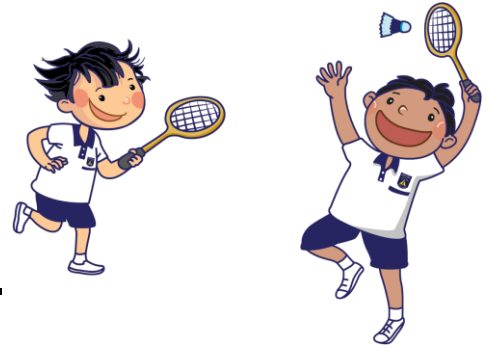
## Question 12

### Sources of support



# Mental Wellbeing of the student

- Balance between studying and leisure.
- Balance between structure and autonomy.
- Balance between encouragement and consequences.



# Did you know?

**67% of children aged seven to nine in Singapore use smartphones every day, and are active on social media**



## DEVICES USED DAILY BY CHILDREN (%)

	Overall	Aged 7 to 9	Aged 10 to 12	Aged 13 to 16
Smartphone	84	67	85	98
Personal laptop	32	13	30	51
Family laptop	36	44	37	27
Tablet/iPad	52	65	51	40
Others	5	7	5	5

Source: The Straits Times, 7 Feb 2021

## Age when they started using social media

Current age/ Starting age	Overall	Age 7 to 9 years old	Age 10 to 12 years old	Age 13 to 16 years old
3 years old or below	9%	17%	6%	4%
4-6 years old	25%	42%	24%	11%
7-9 years old	39%	41%	46%	31%
10-12 years old	22%	NA	24%	40%
13-16 years old	5%	NA	NA	14%

## Parents may not be aware of the online risks

Parents might not be aware, but...

**1 in 3** children has chatted with strangers online

**1 in 3** children has been exposed to pornographic materials

**1 in 4** children has overshared their personal information


Source: MLC-TOUCH Parent Child Poll Findings, 22 Aug 2023




# How can parents help their child develop good digital habits?

- **Role model good digital habits** for your child/ward (e.g. parents/guardians not using devices during mealtimes).
- **Have regular conversations with your child** to better understand what they do online, how to stay safe and how to use technology in a responsible manner.
- **Achieve balanced screen time by discussing and developing a timetable with your child** to moderate their time spent on screens.
- Protect your child from inappropriate content by **using parental controls to supervise and monitor your child's online activities and manage device use.**
- For more content to support your parenting in the digital age and more, please scan the QR code at the top right-hand corner to access the **Parenting for Wellness Toolbox for Parents.**

Navigating the Digital Age Page 1 of 2





## Helping Your Child Manage Device Use & Stay Safe Online



### Develop a Family Screen Use Plan

- A family screen use plan consists of screen use rules, their consequences and screen-free activities that the family can engage in.
- As a family, create your screen use rules by discussing and agreeing on expectations of screen use and the consequences of breaking these rules clearly.


Your screen use rules can include:

 Device-free times and places	 Time limit for devices
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- "What are some suggestions on when and where devices should not be used?"
- "What should we do if we break our agreement?"
- Decide as a family what screen-free activities you want to engage in, like going outdoors, playing sports or playing board games together.
- "What screen-free activities do you think we can do together?"
- Engaging your child in the process of creating screen use rules and inviting them to suggest activities to do together helps increase their ownership of the whole family screen use plan.
- "What do you think of our screen use rules?"

### Role Model Behaviours and Have Open Conversations

- Be consistent in role modelling positive screen use behaviours and habits.
- Engage your child in open conversations about their online activities, how to navigate the online space and its associated challenges. For example:
  - State observation: "I noticed you have been spending a lot of time on your device."
  - Ask open-ended questions: "What do you usually do on your device?"



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Part of these resources were adapted from the Parenting Strategies Program (<https://www.parentingstrategies.gov.sg>) and the Partnership Parenting (PPP) Program (available in consultation with the Program Lead). Feedback: [Feedback@parentingstrategies.gov.sg](mailto:Feedback@parentingstrategies.gov.sg).  
Attribution: Singapore PPP team and content, based on <https://www.doe.gov.sg/resources/parenting>. Your device is shown in Service of the Parents of the well-being.



# Should I allow my child to have their own social media account?

- Most social media platforms **require users to be aged 13 years and above.**
- **Constant exposure to social media content** can make us feel **anxious or overwhelmed**. It is important for **social media users to be mature enough** to navigate such feelings when using these platforms.
- Information is readily available online, but not all of it is true. Children **need to learn to discern truth from falsehood on social media**. Otherwise, they risk blindly following online trends found on such media accounts, which may cause other issues.
- Therefore, **have open conversations** with them on the risks of social media, and why they cannot access social media as they are not of age.





**We will now move on to the  
English briefing and  
Overview of School Support  
for PSLE.**

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## Thank You



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