WATCH
WHAT YOUR CHILD'S WATCHING

In the current landscape, our younger generation is spending more time with the various media channels than they are interacting with us.

So the very valid question of just what influences our children are being exposed to needs a truly vigilant eye.

As a parent, we can all appreciate the unconditional love we have for our children. Every one of us shares the same dreams of wanting them to grow up healthier, smarter and happier. The thing is, children these days are growing up faster than ever – some would even argue too fast.

What this guidebook seeks to do therefore, is provide you and minders with the various tools necessary across these very same media channels to develop your children. All the steps here will take just a moment to carry out to guide your child's media consumption.

Internet
Films & Videos
Television
Video Games
Arts Entertainment
Publications

Cyber-bullying happens to 👤 of 👥👥👥👥 children in Singapore

In our society, 5 in 10 parents aren't aware how much music and videos their children are downloading from the Internet*.

In Singapore, an astounding 73% of our children have had a negative online experience*. During surfing, 33% of them were exposed to violent or nude images*.

What's worse, online strangers have tried to arrange for a face-to-face meeting with 26% of our children*.

The digital revolution – especially the advancement of mobile and digital technologies – has changed the way we use and consume media. This new environment presents a variety of risks and pitfalls, especially to those who are unfamiliar with it. Which is why it's vital that your children are equipped with critical discerning skills that they can apply while consuming media and cyber content.

It Starts With You

To be able to guide your children, you must first be familiar with the Internet world. If you are a novice in the cyberworld, here are some starter tips on getting familiar with the Internet, and some basic rules that you can implement at home to encourage responsible and sensible surfing habits in your children.

Be familiar with Internet jargon:
Do you know that to your children, poking a friend means 'saying hello'? Or that 'flame' means to send nasty and/or insulting online messages?

OBTW =
Oh, by the way

Eddress =
Email Address

Noob =
Newbie
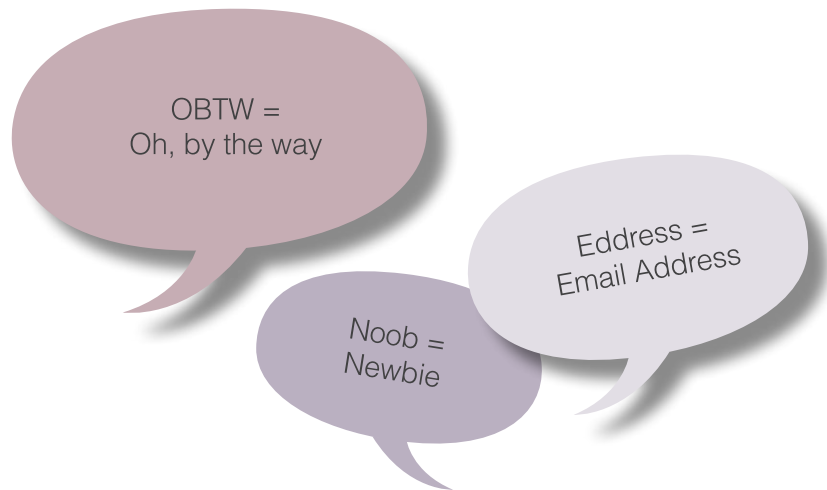
It's never too late to learn the ABCs of the cyberworld. One proven way to connect with your children is to become familiar with the online abbreviations and slang that they frequently use today.

Do use the resource links here to learn more about Internet lingo:
www.internetslang.com or www.netlingo.com

Distinguish and identify what is appropriate and legal:
When it comes to browsing the web, it helps to know the legal implications of your children's online usage.

For example, a peer-to-peer (P2P) application or network encourages the sharing of files with other online users. However, the sharing of copyrighted works, such as digital images or music, without prior permission from the creator is illegal.

So it makes sense to keep a lookout for new or foreign files on their computers. When spotted, ask your children where these files came from. Providing early guidance on illegal file sharing is one effective way to protect them against legal problems.

Explain Internet risks and consequences:
There is no better way to safeguard your children against online threats than by equipping them with knowledge about the positive and negative influences of the Internet.

Explain the need to choose appropriate privacy settings on their online accounts. This will control the amount of personal information that is revealed over the Internet and determine who is allowed to view them.

Establish house rules:
To cultivate good cyber habits, set up house rules on computer usage. This includes setting a reasonable 2-hours a day limit on computer usage. Homework should also be completed before using the computer for recreation.

Maintain open communication:
Initiate friendly discussions with your children on the dos and don'ts of the Internet. Listen to their concerns and objections. Explain the reasons clearly should you need to maintain your stand or rules.

The Right Exposure At The Right Age

At different ages, your children will be interested in different Internet and/or computer activities. This is a simple guide to what you can expose them to at different ages.

2 to 6

Cognitive (language and motor skills) development

Internet usage
It is a good time to develop good habits and correct bad behaviour.

Exposure to computer and the Internet should be minimised. Instead encourage your children to read books or listen to music.

7 to 12

Reasoning ability development

Internet usage
It is a good time to instill values and encourage good behaviour.

Supervise your children's web surfing activities. Do not allow them to go into chat rooms or play online games in your absence. Encourage your children to adhere to time limits on computer or Internet usage.

13 to 16

Social and identity development

Internet usage
Communicate house rules to your children on the kind of acceptable online activities and behaviour, such as keeping personal information private as well as being polite and courteous to other online users.

17 & above

Independence development

Internet usage
Remind your children of the need to maintain their online privacy, as well as encourage them to critically analyse what they see and read on the Internet.

Tips To Guide Online Behaviour

1. Adjust privacy setting to keep personal information private
Teach your children that personal information, photos and videos should only be shared with friends whom they know well and have met in person.

3. Create strong passwords
Teach your children to create passwords using at least eight characters that are a mixture of letters, digits and symbols. Never share passwords with anyone.

2. Say 'No' to meeting strangers
Making friends online is fun but meeting them may not be a good idea. Educate your children to say "No" firmly to anyone who asks to meet up in person.

4. Monitor time spent on computer

Set reasonable limits on time spent using the computer. Encourage your children to take regular breaks at least once every 30 minutes while using the computer.

5. Install security software

Parental control software enables you to remotely monitor your children's online interactions. Install anti-virus and firewall software. Conduct regular virus scans and updates of such software.

6. Unknown content could be dangerous

Encourage your children to first check with you and ask for permission before downloading any content from the website and to delete email messages and/or attachments from unknown senders.

7. Practise netiquette

Some examples include being polite and respectful of others online. Type messages in lower case to avoid online shouting.

Learn About Parental Control Software

There are parental control software to monitor your children's Internet access. At best, these tools should support parents in guiding their children, but they should not be a substitute for your supervision.

The primary benefits of parental control software include the blocking of objectionable content, such as pornographic sites, to prevent accidental exposure to inappropriate content. They can also help to limit and regulate the amount of hours that your children spend online.

Knowing The Four Main Filter Types

Client-Based Filters:
Designed for home computers, they are installed directly on the computer and may be configured to provide varying levels of filters for multiple users.

Typically, this service enables updates to one or more blacklists. However, they are not always that effective as even children can find ways around them.

ISP Server-Level Filters:
As the name implies, this software is installed directly onto a server or a network router and the filtering occurs upstream of the user.

The ISP will typically use a blacklist to determine which sites are to be filtered, and you can choose to depend on a public open source blacklist of sites (for minors) or further add on to the list with the assistance of user communities it helps to build.

Third-Party Filters:
Often used by an ISP that wishes to outsource content filtering for its customers, this filter can be deployed on a server or router hosted by a third-party.

Naturally, this requires the third-party server to be in the path for either web requests initiated by a user or delivery of content in response to a request.

Search Engine Filters:
Most major search engines such as Google and Yahoo! offer filtered search capabilities that enable customers to manage their own access to content.

Parents can use tools embedded in the search engines to block objectionable content that their children might otherwise stumble upon. Access to these sites, how-ever, are still not blocked.

Examples Of Client-Based Filters

M1 Internet Security
www.m1.com.sg/M1InternetSecurity

M1 Internet Security comprises a suite of services with features such as Antivirus, Anti Spyware, Anti Spam, Parental Controls, Unauthorised Change Prevention, Data Theft Prevention and WiFi Protection.

You can choose to customise website filtering settings for each child based on auto-default age group settings and specific contents such as controversial or adult topics. For instance, age 3 – 7 belongs to the 'Child' category, while age 8 – 12 belongs to the 'Pre-teen' category. You are also able to pre-determine the number of hours, time or day (weekday/weekend) of Internet usage via the Web Access Schedule Element. Summary logs on your child's Internet activities can also be generated.

SingNet Security Suite
www.singnet.com.sg/securitysuite

SingNet Security Suite is an all-in-one online protection with filtering capabilities. Powered by McAfee, the software protects from online threats such as viruses, spyware and phishing among others.

The parental control feature allows you to control the content, websites and images that your children can see. It allows you to set schedules for Internet access. Once your children log into their Windows account, the filtering rule applies automatically when they surf.

You can also set schedules for each child's usage on the Internet and check on the child's Internet activities showing the denied and allowed sites via URL tracking for each account.

SingNet Family Protection
www.singtel.com/familyprotection

SingNet Family Protection makes it easy for you to protect your children online. It offers you comprehensive online parental controls, allowing your children to surf the Internet in a safe manner.

You can install SingNet Family Protection on up to 3 computers in your home. This simple set-up provides you with peace of mind while allowing your children to explore safely online and protects your children of all ages from inappropriate content, social networking risks, strangers, and other threats.

With SingNet Family Protection, you can protect your children from objectionable websites and ensure they watch only appropriate YouTube videos based on category filtering and keyword technology. Individual accounts can be set up for your children so that all the different activities and usage patterns will be monitored. You will also be able to receive email alerts when they access blocked websites or post confidential information online.

SafeShield
www.starhub.com/safeshield

SafeShield protects your computer devices against web-based threats like viruses, email spam, phishing and more. It offers browsing protection that identifies unsafe websites to guard against identity theft. SafeShield's time-lock control feature also helps to prevent your children from accessing the computer in your absence.

Examples Of A Server-Level Filter

SafeSurf
www.starhub.com/safesurf

Exclusive to StarHub Home Broadband customers, SafeSurf acts as a content filter, automatically blocking sites unsuitable for young minds. It allows you to set up and maintain a healthy online environment for your children even when you are not physically with them.

SafeSurf is a tamper-proof service – you do not have to worry about your children by-passing the service. SafeSurf ensures that you and your family can surf online safely without any interruption. All you need is to sign up for the service without the need for additional downloads, updates or installation.

Examples Of Other Filters

Apart from filter software offered by local Internet Service Providers, there are other filtering products that can be purchased online or off the shelves. Individual users will need to install and customise these filters. Here are some filters that you can consider for your home:

Norton Online Family
www.onlinefamily.norton.com

Norton Online Family is a free web-based service which allows you to set rules and boundaries on the type of activities and sites your children can access, as well as sets time limits on their Internet usage. Built-in messaging lets you have an open discussion with your child about activities and better understand their intentions in real-time.

Net Nanny
www.netnanny.com
An Internet protection software that helps you determine what type of online activities are appropriate for your children.

CYBERsitter
www.cybersitter.com
A non-intrusive Internet content filtering for children and families.

McAfeeSafe Eyes
www.internetsafety.com
An Internet monitoring software to protect children from exposure to inappropriate content, social networking risks and other threats.

Cyber Patrol
www.cyberpatrol.com
A web filter and monitoring software to block undesirable websites.

Bsecure
www.bsecure.com
An Internet protection software for family.

Search Engine Filters

SafeSearch for Google, Yahoo! And Bing

SafeSearch filtering is available for Google, Yahoo! and Bing. The filtering feature blocks out undesirable content from appearing in search results.

Simply select one of the three options in the Preferences settings of the search engine you are using:

Strict
Filters out adult web, video and image search results.

Moderate
Filters out adult video and image search results only. (Default setting)

Off
Does not filter search results.

To learn more about search engine filters, visit:

Google Family Safety Center
www.google.com/familysafety

Yahoo! Safely
sg.safely.yahoo.com

Beyond the above listed Internet filters, you may also consider filters for emails, browsers and operating systems to protect your family. Check out the application manual or settings to set your preferred security level.

Learn From
These Websites

Cyber Wellness @ SG

www.cyberwellness.org.sg

The project aims to encourage positive cyberspace culture among students and parents.

Junior and Senior Cyber Wellness Achiever

www.cyberwellness.com.sg

The project is an interactive learning programme for students to learn about issues they might face on the Internet.

Planet CRuSH

www.planetcrush.org

The programme aims to reach out to students and actively educate them on healthy gaming and online safety tips.

Savvysurfer.sg

www.savvysurfer.sg

The site hosts a selection of articles and videos about Internet addiction as well as cybercrimes.

CHILDREN

who view a lot of media violence are more likely to view violence as an effective way of settling conflicts

The simple reason films are classified is to help you make an informed choice about what your children are about to watch. The classification includes consumer advice which provides more information about the film. Knowing the ratings and consumer advice will help you ensure that they are not exposed to inappropriate content.

A teenager who can't stomach strong violence may wish to avoid a gory, violent film. And you would want to know if a teenage romance is suitable for your 10 year old. Similarly, someone who finds bad language offensive might want to know in advance if a film contains coarse or crude language.

Ratings Help You Choose Appropriate Films

Content is classified based on a film's theme, content, presentation and impact of the film as a whole. When deciding on a film or video for your children, being familiar with the ratings helps you make suitable and informed choices. Always check the rating and consumer advice before making a movie purchase.

G
GENERAL

Entertainment that is suitable for the whole family.

PG
PARENTAL GUIDANCE

Suitable for most, but not all ages. Always be around to guide your young children when they are watching PG content, as some scenes may be disturbing to them.

PG 13
PARENTAL GUIDANCE 13

Suitable for viewers aged 13 and above. Parents may wish to guide their young children.

NC16
NO CHILDREN UNDER 16

Not appropriate for children under 16 years of age, as the film may contain more explicit scenes.

M18
MATURE 18

Only for viewers aged 18 and above, these films may contain mature themes which are more suitable for young adults.

R21
RESTRICTED 21

These films contain adult issues, themes and more explicit scenes that are not suited for those under 21.

Tips To Selecting Appropriate Films For Your Children

To help you to be proactive in managing the media content your children have access to, it's useful to remember the following tips:

1. Share Recommendations
Speak to other parents and share film recommendations suitable for children and the family.

3. Read Reviews
There are various websites that offer film reviews written with children in mind. Parents can read up on these before deciding on a film.

Examples of these sites include:
Parent Previews - **parentpreviews.com**
Kids in Mind - **kids-in-mind.com**

2. Check Ratings
MDA maintains a classification database where you can find out the ratings and consumer advice (if any) of a film or video. This sometimes includes a description of the type of content your children might encounter in the film. The database is available at **https://app.mda.gov.sg/classification**

4. Keep Tabs and Ticket Stub
If your children are going to the cinemas, it's good to know who accompanies them and which film they're watching by requesting that they retain the ticket stub.

5. Begin Movie Nights
Make watching movies a family affair. Use this opportunity to introduce your children to various genres and encourage film appreciation.

6. Keep Out of Reach
Avoid storing or placing videos with restricted ratings (i.e. NC16, M18) around the house if you don't wish your children to have access to such content.

7. Voice Your Concerns
Ensure retailers check the age before they sell the film to your children. Do voice your concerns to the authorities if they do not.

8. Illustrate Issues
Use movie content as an opportunity to discuss issues with your children such as violence, sex, language, drugs and alcohol use. Avoid being preachy though.

9. In Plain Sight
Avoid having a TV and DVD player in your children's bedrooms where you can't monitor what or how much they're watching.

Making An Informed Movie Selection

The images on movie posters can be misleading. What may seem like a child-friendly movie might turn out to be otherwise. To be sure that the movie is suitable for your children, you can look out for the rating and consumer advice that are printed on the movie posters. This will help caution you against any unsuitable content for children of different age groups.

PG — Violence and Disturbing Scenes

NC16 — Coarse Language and Violence

Image courtesy of Warner Bros. Singapore Pte Ltd

Image courtesy of United International Pictures (Pte)

Look Out For Our Guide At Cinemas And Video Outlets

ON AVERAGE, A CHILD WOULD HAVE WATCHED 4000 HRS OF TV BEFORE THEY ENTER KINDERGARTEN

Since the invention of television decades ago, it has been one of the most influential sources of entertainment across the world.

The combination of colourful moving graphic images and sound is a powerful entertainment and learning tool. However, this also dramatises content and affects young children.

Do learn more about what your child is watching and the types of content more suited for them by understanding the rating system for television.

Setting Broadcast Standards

When it comes to setting broadcasting standards, the MDA's approach is one of co-regulation. By working closely with broadcasters and members of the public, Singapore programmes are able to reflect appropriate levels of broadcast content based on community standards.

Programmes on Free-to-Air TV are for general audiences. However, programmes which require parental guidance are rated PG or PG13. You can identify them by these symbols:

PG — PARENTAL GUIDANCE

Suitable for most, but not all ages.
Always be around to guide your young children when they are watching PG content, as some scenes may be disturbing to them.

PG13 — PARENTAL GUIDANCE 13

Suitable for viewers aged 13 and above.
Parents may wish to guide their young children.

Ensuring That Your Children Watch Appropriate Programmes

All shows aired between 6am and 10pm on Free-to-Air TV channels are suitable for family audiences of every age. Programmes after 10pm may contain some mature content. Parents should guide their children when viewing such programmes.

Understanding the rating system is another way to help you decide which shows are appropriate for your children. Those rated PG (Parental Guidance) usually deal with themes or contents that may not be appropriate for young viewers. There are no time restrictions on the scheduling of PG-rated programmes.

What is the difference between PG and PG13?

Programmes rated Parental Guidance 13 (PG13) can only be screened after 10pm on Free-to-Air channels because they contain more mature themes or scenes than those rated PG.

To select the right programmes for your children, simply refer to the newspapers/magazines, TV channel web pages as well as Electronic Programme Guides (EPG) for the ratings and viewing advisories.

Useful Tips On Children And Television

Keeping children away from the television is not possible. In any case, there is a whole range of educational programmes available which are mentally stimulating and thus benefical for your children.

You can use the tips below to guide your children's TV consumption.

1. **Unwind by pursuing other interests such as reading**
   Encourage your children to do the same.

2. **Your children should never watch TV while doing their homework**

3. **Never watch TV while having a meal**

4. **Don't have a TV set in any bedroom**

5. **Don't let the TV set become the focus of your family room**

TV and very young children

When it comes to television and young children, the best plan is not to let them get started at a very young age. Since this is not always possible, young children can watch DVDs because they are commercial-free. Even educational programmes should be viewed for no more than 20 to 30 minutes – and only when you are occupied, for example, while preparing a meal or otherwise engaged.

TV and older children

Decide as a family what shows to watch and stick to this plan. To help everyone achieve this, paste the schedule close to the television set. Be sure to turn off the television set as soon as the programme is over.

1. **Encourage trade-offs**
   If your children want more 'TV time', make them earn it by reading, exercising or pursuing some other approved activity. For example, reading for half an hour earns them 30 minutes of TV time.

2. **Draw up a list of fun activities and stick it near the TV set**
   This way, when bored, your children know what to do besides watching TV.

3. **Keep board games, books, puzzles and toys near the TV set**
   This makes it easier for them to pursue other pastimes.

4. **Whenever possible, watch TV with your children**
   Discuss what they are watching and help them to understand the messages they are receiving. Remind them to question television and advertising content rather than just accepting them at face value.

Rated Programmes On Pay Television Platforms

Since viewers consciously choose and pay for content on Pay TV platforms, programmes with higher ratings of NC16 (Not for Children Under 16) and M18 (Mature 18) are allowed for broadcast on Pay TV channels. To protect the young, M18 titles can only be broadcast from 10pm onwards.

The classification guidelines used draws reference from the BFC's (Singapore's Classification Board) film classification system and uses the same rating symbols.

G

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Entertainment that is suitable for the whole family.

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Suitable for viewers aged 13 and above. Parents may wish to guide their young children.

NC16

NO CHILDREN UNDER 16

Not appropriate for children under 16 years of age, as the film may contain more explicit scenes.

M18

MATURE 18

Only for viewers aged 18 and above, these films may contain mature themes which are more suitable for young adults.

Active Steps To Help The Right Content Reach Home

If you have SingTel mio TV, StarHub Cable/Demand TV or M1 1box, you have the option of activating the parental lock features. Through a few simple clicks, you can limit your children from accessing unsuitable TV channels and Video-on-Demand titles.

mio T V

SingTel mio TV

Parental Control Settings

On SingTel mio TV, the Parental Control feature allows suitable content or movie titles to be viewed by a specific age group. It stops children from viewing certain live broadcast channels, recorded programmes and rented videos. There is also a rental lock feature that helps to verify each transaction before it takes place.

To learn more about the Parental Control Settings, you can:

i) learn through a video demonstration at mio.singtel.com/miotv/about_quick-guide_settings.asp

ii) download a version of the guide at mio.singtel.com/miotv/miotv_quickguide.pdf

If you forget the PIN, you can call 1688 to reset the PIN. Staff will perform the necessary identity checks before resetting the PIN. The hotline operates 24 hours a day, 7 days a week.

StarHub TV

Parental Lock Features

StarHub TV's Parental Lock feature allows you to control what your children are watching. You can control access to a specific channel or lock recorded programmes on My Playlist using a 6-digit Personal Identification Number (PIN).

For Demand TV, locks are available on the HubStation, HubStation HD and HD Interactive set-top box. You can control access to the Demand TV portal using the 6-digit PIN, limit purchasing capability to specific household members and lock content rated "NC16" or "M18".

For more information on how to activate StarHub's Parental Lock feature, log on to http://**www.starhub.com/parentallock** for a step-by-step manual instruction.

1box by M1

Parental Control Pin

The 1box allows you to stream videos from your favourite sites, learn with kids, play games, chat with friends online, watch movies and concerts, listen to music, view photos and more – all on your TV.

On-demand content services such as music, education and games are also available for monthly subscription or pay-per view (on-demand) on 1box. The pin feature on 1box allows you to restrict access to modules such as Video on Demand, Education, iConcerts and Games. You can find out more on the parental control pin settings at http://www.m1.com.sg/1box/1box_QSG.pdf

EVERY WEEK, A CHILD SPENDS UP TO 27 HOURS ESCAPING INTO THE WORLD OF VIDEO GAMES

Source: Study conducted by National Institute of Education

It is no secret today's children are probably far more technologically savvy than you and your spouse; hence it's critical that you know enough to protect your children against the undesirable impact of video games.

According to some experts, playing video games does have its own benefits. Thus, children should not be prohibited entirely from playing. Instead, you can steer your children to the right content by using the Games Classification System and manage their gaming activities using parental locks among others.

Understanding Games Classification System

One of the best ways to start is to get involved in the purchase of your children's games. By referring to the ratings given by MDA to games, you can find out if the content in the game is suitable for your children.

There are 2 ratings given to games.

Suitable For 16 & Above

Age Advisory 'Suitable for 16 & above' is issued to games which are not recommended for children below age 16.

They commonly contain content that display violence, partial nudity and some coarse language that is not suitable for children below the age of 16.

Game retailers are encouraged to exercise responsibility and not sell such games to those below 16.

M18

Games with an 'M18' (Mature 18) rating are not suitable for the young.

They may contain materials such as mature themes, realistic depictions of violence, drug use, nudity and frequent use of strong, coarse language.

Such games will carry an M18 certificate and consumer advice (e.g. violence and gore, coarse language and sexual content). Make it a point to keep a lookout for the rating and advice.

Game retailers in Singapore are encouraged to exercise responsibility and not sell games to children who do not fall within the recommended age group of the advisory rating. They are also required to check the age of a customer at the point-of-sale. This responsibility, however, should not fall solely on the shoulders of the retailers.

You, too, need to play an active part to ensure that the wrong content does not fall into your children's hands.

What does it mean when a video game carries no rating labels?
Games approved for general distribution but do not fall under the Age Advisory or M18 category will not carry any rating labels. However, this is not an indication that the game is appropriate for your children.

You should always do some research on the content of the game before making any purchase decisions.

To check if a title has been approved for sale, you can refer to the MDA Video Games Ratings Database
https://app.mda.gov.sg/classification

When a game title is not found in the MDA database, you can do some research from online forums and other authorised websites to find out if the game is suitable for your children.

A list of such websites is listed in page 72 under Useful Resources.

Learn About
Foreign Rating Symbols

Why are there foreign rating symbols on some games?

Most games sold in Singapore are imported. Game boxes may carry symbols from other rating boards such as the Entertainment Software Rating Board (ESRB) for games released in the US, and the Pan European Game Information (PEGI) ratings for games released in Europe. When purchasing games for your children, parents can also refer to these ratings for more information.

ESRB (USA) www.esrb.org

The Entertainment Software Rating Board (ESRB) ratings are designed to provide concise and impartial information about the content in computer and video games so consumers, especially parents, can make an informed purchase decision.

ESRB ratings have two equal parts: rating symbols suggest age appropriateness for the game and content descriptors indicate elements in a game that may have triggered a particular rating and/or may be of interest or concern.

PEGI (Pan Europe) www.pegi.info/sg/

The PEGI labels appear on the front and back of the packaging indicating one of the following age levels: 3, 7, 12, 16 and 18. They provide a reliable indication of the suitability of the game content in terms of protection of minors. The age rating does not take into account the difficulty level or skills required to play a game.

For information on games classification in Australia and Japan, please refer to:

Australia Classification Board
www.classification.gov.au

Computer Entertainment Rating Organisation (Japan)
www.cero.gr.jp

ESRB Rating Symbols

EARLY CHILDHOOD
Titles rated EC (Early Childhood) have content that may be suitable for ages 3 and older. Contains no material that parents would find inappropriate.

EVERYONE
Titles rated E (Everyone) have content that may be suitable for ages 6 and older. Titles in this category may contain minimal cartoon, fantasy or mild violence and/or infrequent use of mild language.

EVERYONE 10+
Titles rated E10+ (Everyone 10 and older) have content that may be suitable for ages 10 and older. Titles in this category may contain more cartoon, fantasy or mild violence, mild language and/or minimal suggestive themes.

TEEN
Titles rated T (Teen) have content that may be suitable for ages 13 and older. Titles in this category may contain violence, suggestive themes, crude humor, minimal blood, simulated gambling, and/or infrequent use of strong language.

MATURE
Titles rated M (Mature) have content that may be suitable for persons ages 17 and older. Titles in this category may contain intense violence, blood and gore, sexual content and/or strong language.

ADULTS ONLY
Titles rated AO (Adults Only) have content that should only be played by persons 18 years and older. Titles in this category may include prolonged scenes of intense violence and/or graphic sexual content and nudity.

RATING PENDING
Titles listed as RP (Rating Pending) have been submitted to the ESRB and are awaiting final rating. (This symbol appears only in advertising prior to a game's release.)

The ESRB rating icons are registered trademarks of the Entertainment Software Association.

ESRB Content Descriptors

Some examples of the content descriptors are below. You can visit **www.esrb.org** for the full list of descriptors.

Alcohol Reference	Reference to and/or images of alcoholic beverages
Blood and Gore	Depictions of blood or the mutilation of body parts
Crude Humour	Depictions or dialogue involving vulgar antics, including "bathroom" humour
Intense Violence	Graphic and realistic-looking depictions of physical conflict. May involve extreme and/or realistic blood, gore, weapons and depictions of human injury and death
Language	Mild to moderate use of profanity
Lyrics	Mild references to profanity, sexuality, violence, alcohol or drug use in music
Nudity	Graphic or prolonged depictions of nudity
Sexual Content	Non-explicit depictions of sexual behaviour, possibly including partial nudity
Strong Language	Explicit and/or frequent use of profanity
Use of Drugs	The consumption or use of illegal drugs
Violence	Scenes involving aggressive conflict. May contain bloodless dismemberment
Violent References	References to violent acts

PEGI Rating Symbols

PEGI 3

The content of games given this rating is considered suitable for all age groups. Some violence in a comical context (typically Bugs Bunny or Tom & Jerry cartoon-like forms of violence) is acceptable. The child should not be able to associate the character on the screen with real life characters, they should be fantasy. The game should not contain any sounds or pictures that are likely to scare or frighten young children. No bad language should be heard and there should be no scenes containing nudity or any reference to sexual activity.

PEGI 7

Any game that would normally be rated at 3 but contains some possibly frightening scenes or sounds may be considered suitable in this category. Some scenes of partial nudity may be permitted but never in a sexual context.

PEGI 12

Video games that show violence of a slightly more graphic nature towards fantasy characters and/or non graphic violence towards human-looking characters or recognisable animals, as well as video games that show nudity of a slightly more graphic nature would fall in this age category. Any bad language in this category must be mild and fall short of sexual expletives.

PEGI 16

This rating is applied once the depiction of violence (or sexual activity) reaches a stage that looks the same as would be expected in real life. More extreme bad language, the concept of the use of tobacco and drugs and the depiction of criminal activities can be content of games that are rated 16.

PEGI 18

The adult classification is applied when the level of violence reaches a stage where it becomes a depiction of gross violence and/or includes elements of specific types of violence. Gross violence is the most difficult to define since it can be very subjective in many cases, but in general it can be classed as the depictions of violence that would make the viewer feel a sense of revulsion.

PEGI Content Descriptors

Descriptors shown on the back of the packaging indicate the main reasons a game has received a particular age rating. Here are the right descriptors to look out for:

Bad Language
Game contains bad language

Drugs
Game refers to or depicts the use of drugs

Gambling
Games that encourage or teach gambling

Violence
Game contains depictions of violence

Discrimination
Game contains depictions of, or material which may encourage discrimination

Fear
Game may be frightening or scary for young children

Sex
Game depicts nudity and/or sexual behaviour or sexual references

Online Gameplay
Game can be played online

Useful Tips On Video Games And Your Child

Completely eliminating video games from your children's lives might be difficult if not impossible. You can, however, decrease the negative impact they'll have on your children with the following tips:

1. Check the ratings
Refer to the ratings and consumer advice on the package to select the right game for your children.

2. Understand your children's personality and habits
Recognising your children's character and tendencies will better help you select video games suited to their nature and maturity level.

3. Create networks for discussion
Talk to other players and older children to learn more about video games.

4. Monitor playing habits
It's always a good idea to be aware of your children's usage of video games.

5. Read the packaging
Game content is usually described in detail on the back of game packages and accompanied with graphical representations of game play.

6. Play games with your children
Apart from being a good way to have fun with them, it also helps keep you updated on their interests and what they find exciting and engaging, as well as the latest video game trends.

7. Be cautious with online enabled games

Some games allow players to interact with other players on the Internet. These games may allow live-cast features, user-generated content and other content that are not part of the rating given to the game.

9. Learn about parental controls

The latest video consoles, handheld hardware devices and new operating systems, from Windows Vista onwards, let you limit the content your children can acess. Activating these controls help ensure that your kids only play games that you deem appropriate for them.

8. Beware of downloadable 'mods'

Downloadable 'mods' can significantly change game content. Games can be altered so drastically that they are inconsistent with the original game rating and hence may not be appropriate for younger players.

10. Read reviews

Besides the packaging, you can find out more about games through reviews, demos and trailers. They are all easily available in magazines or on the Internet.

Is Your Child Addicted To Video Games?

One of your biggest worries is that your children might be addicted to video games. If they display any of the symptoms below, you might need to act immediately. The signs include:

- the inability to stop playing video games

- neglecting family and friends

- lying to friends and family about activities

- problems at school

- radical changes in vocabulary

- dry eyes

- failure to attend to personal hygiene

- sleep disturbances or changes in sleep patterns

- emptiness, depression and irritability when not at the computer

- craving more and more time at the computer

Activating
Parental Control

To help you manage your children's video game content, you can take advantage of the Game Console Parental Control that is available on most game consoles.

Although the restriction and setting methods may vary for each console, all you need is a simple password to adjust the settings and restrictions.

Do check out the following sites for more information.

Nintendo Wii
http://www.nintendo.com/consumer/systems/wii/en_na/settingsParental Controls.jsp

Sony PlayStation 3
http://manuals.playtation.net/document/en/ps3/current/basicoperations/ parentallock.html

Sony PlayStation Portable (PSP)
http://manuals.playstation.net/document/en/psp/current/settings/parental.html

Xbox Family Settings
http://support.xbox.com/zh-sg/pages/xbox-live/how-to/parental-control.aspx

Games for Windows Family Settings
http://support.microsoft.com/kb/977700

ARTS
ENTERTAINMENT

Up to
30,000
arts activities
are staged
in Singapore
every year

A balanced exposure to the arts can be just as meaningful to your children's development as their academic and sporting pursuits. After all, very few things can contribute to the overall broadening of their minds as a well-rounded introduction to the arts.

However, it is important to ensure that your children are introduced to appropriate plays, musicals and concerts.

This is why you would be happy to hear that arts performances do also carry a rating.

Making The Right Choice For Your Children

There are 3 classification categories that enable you and your children's teachers to decide if a show or performance is appropriate. Through classification of performances, your children are protected while you are afforded a greater freedom of choice.

GENERAL

Suitable for viewing at all ages. Content in this category does not require parental guidance.

ADVISORY

ADVISORY FOR 16 YEARS & ABOVE

The advisory indicates that you should be present to guide your children when they are watching such performances. Performances with stronger content will also carry age indications.

The Advisory category does not restrict admission by age. It simply offers an indication of the nature of the content which was created for the content's target audience. **You will need to exercise discretion on whether your children are of the right age or maturity level to watch the performances.**

An advisory of 'some mature content' for '16 years and above' may accompany a play that touches on prostitution and homosexuality. Hence, while the content might be more suited to those 16 and older, if you feel that your under-aged children are mature enough, you can choose to bring them to the performance.

R18

This is restricted to those 18 years and above.

For any show in this category, the audience must be 18 years and above to be admitted. Strictly no children allowed. R18 plays are also issued with consumer advice such as 'Coarse language' or 'Adult theme' to help audiences make informed decisions.

A Simple Checklist For Making The Right Choice

Before purchasing any tickets, always make sure that you have checked at least one of the pointers below.

Check the rating or advisory for the performance.
Such information is commonly available on the publicity brochure or poster. This can be your first step to assessing if the performance is suitable for your children.

Visit the Arts Classification Database.
At https://app.mda.gov.sg/classification you'll have access to ratings and advisory at the click of a mouse.

Share concerns and recommendations with other parents.
They might have watched the same play and would be able to discuss the suitability of the performance for your children.

Hear It From The Parents!

There are certainly no hard and fast rules to parenting methods. Here are some personal accounts from parents, like yourself, on how you can choose the right arts entertainment performances for your children.

"As parents, we need to give some thought to what we are comfortable having our children exposed to, and at what age. The advisories are just that - advisories - and it is up to parents to make the final decision. Making these decisions in advance will help you to carry them through with confidence even when your children object to them."

Sheila Moira Wee
Founder, Storyteller, Storytelling Trainer
Story Consultant Storywise

"Try to read any available synopses and previews. Take note of any given rating and advisory, and if you remain unsure, remember…we might not all have children, but we were all once children ourselves…would our parents have taken us to this? And if we were considering taking OUR children, might we consider bringing our PARENTS along as well?"

William Xavier,
Producer/Presenter
Mediacorp 938Live

"Look for age recommendations and use that as a gauge to decide if the performance is suitable or not. Well grounded advisories are good guides, but sometimes we could choose to ignore advisories, which is perfectly all right - we are pro-choice, and being pro-choice means taking responsibility for ourselves. Call the presenter when in doubt and the decision-making could be easier, and if not, your instinct is really best in the end!"

Ruby Lim-Yang
ACT 3 International

PUBLICATIONS

EVERY YEAR, MORE THAN 2 MILLION PUBLICATIONS ARE IMPORTED INTO SINGAPORE.

The importance of reading cannot be over-emphasised. Reading doesn't just help our children to learn new things. It's also a healthy pastime.

With Singapore importing more than 2 million publications and 300,000 audio materials each year, how can you ensure that your children are reading the appropriate titles? When standing at the magazine shelves, how do you pick up the publication that will be suitable for your children?

Adopt A Proactive Role In Deciding What Your Children Read

1. Stay curious and interested
Be interested in what your children are reading and the various genres of publications available in the market.

2. Choose topics that your children enjoy
Remember that they are reading for themselves. Do not force your children to read subjects that they are not interested in.

3. Consider pictures and words
This varies for children of different ages. Younger children will enjoy books with more pictorials.

4. Stay involved
Play an active role in your children's selection and purchase of publications. Help assess content suitability for your children and in turn guide them in making sensible reading choices.

5. Expose your children to variety
Encourage your children to read everything and anything that is appropriate. This will help develop an open and discerning mind.

Look Out For Consumer Advice

The consumer advice sticker-label "Unsuitable for the Young" for publications was introduced in 2004 to enable the public – particularly parents – to make informed choices for themselves and their children.

Unsuitable for the Young	未成年 不宜

It informs the public of the mature content that can be found in adult interest magazines, books and comics.

Restricted Publications Scheme

Have you noticed that some of the publications at bookstores are shrink-wrapped?

These publications fall under the Restricted Publications Scheme (RPS) which allows for the sale of publications that contain content which may offend certain segments of the public, but have artistic or educational merit.

Examples of such publications include sex manuals and art publications. Such publications can be made available to adults while protecting the young through conditions of sale to restrict access. Publications released under the scheme are shrink-wrapped and carry the consumer advice "Unsuitable for the Young".

Retailers are also encouraged not to place such publications on low shelves or prominently displayed in shop windows, display stands or actively promoted.

Learn About
The Different Genres
Of Magazines

1. Lifestyle Magazines

This covers a wide range of magazines dealing with topics such as music, entertainment, health, fashion, women's and men's lifestyle. Adult-interest lifestyle magazines target adults and contain materials that are more suited for adults. These magazines may feature content that is unsuitable for your children.

2. Magazines for Teenagers

Teen magazines usually contain entertainment news, fashion as well as articles on teenage issues. They may feature topics such as love and sex, career plans and family. These magazines are suited for older children who are able to discern content sensibly.

3. Comics and Graphic Novels

Comics take the form of comic strips, comic books and graphic novels. These days, comics are not just for children. With more adults reading graphic novels, it is common to find comics that deal with mature content, sophisticated themes, complex plots and graphic images. Also on the rise are Manga. Originating from Japan, the content of Manga comics range from innocent, childlike amusement to mature topics.

Comics as a medium may be used to help develop reading habits. However, you should take care that your children stay away from those with adult content and inappropriate messages.

4. Sex Manuals

Sex manuals provide explicit information on the subject of sex for adult readers. These include tips or instructions on sexual intercourse and may contain illustrations of sexual acts. Sex manuals sold in Singapore usually carry consumer advice and are shrink-wrapped. Keep these publications out of reach from children.

5. Art Publications

These include photography books, manuals for figure drawings or sketches of the unclothed human form as well as pictorial books on nude paintings, sculptures and entertainment personalities. On the whole, because of their artistic value, such works are treated more liberally than other publications. Since painted images are considered as fine art, they are more liberally treated than photographic works. Occasionally, art publications with adult related content may be shrink-wrapped and carry a consumer advice.

6. Audio Material

Most audio recordings are suitable for the public. However, the excessive use of sexual references and profanity in some audio music may make them unsuitable for your children. To help you identify such releases, the industry is advised to carry consumer advice (similar to those on publications). Some audio CDs from the United States, the United Kingdom and Australia carry their own advisories. These should further give you a better idea of what is suitable for your children.

Internet

Activate Parental Control Software

Start monitoring your children's Internet access by considering one of the filter options.

• Client-Based Filters

M1 Internet Security
www.m1.com.sg/m1internetsecurity
For subscription enquiries, contact
M1 customer service hotline at 1627.

SingNet Security Suite
www.singnet.com.sg/securitysuite
For subscription enquiries, contact
SingNet customer care at 1688.

SingNet Family Protection
www.singtel.com/familyprotection

StarHub SafeShield
www.starhub.com/safeshield
For subscription enquiries,
contact StarHub customer service
hotline at 1630.
For technical enquiries, call 1633.

• Server-Level Filters

StarHub SafeSurf
www.starhub.com/safesurf

• Search Engine Filters

Google Family Safety Center
www.google.com/familysafety

Yahoo! Safely
sg.safely.yahoo.com

• Other Filters

Norton Online Family
www.onlinefamily.norton.com

Net Nanny
www.netnanny.com

CYBERsitter
www.cybersitter.com

McAfeeSafe Eyes
www.internetsafety.com

Cyber Patrol
www.cyberpatrol.com

Bsecure
www.bsecure.com

Useful Cyber Wellness Information And Tips For Parents

B4USurf
www.b4usurf.org
The site provides information and educational resources to help youths understand the dangers that exist online and to surf safely and responsibly.

Be Web Aware
www.bewebaware.ca
Tutorials and tips on the benefits and risks of the Internet for young children.

Cyber Academy
www.carnegiecyberacademy.com
A game resource for teachers and students to learn about Internet Safety.

Cyber Bullying
www.bullyfreecampaign.sg
A part of the Singapore Children Society's bully-free campaign that encourages anti-bullying.

Cyber Wellness @ SG
www.cyberwellness.org.sg
The project aims to encourage positive cyberspace culture among students and parents.

GetNetWise.org
www.getnetwise.org
A public service brought by Internet industry corporations and public interest organisations to help ensure that families have safe, constructive, educational and entertaining online experiences.

iKeepSafe
www.ikeepsafe.org
Includes safety, security and ethics tools and resources for helping families and educators teach children to use the Internet safely and wisely.

Junior and Senior Cyber Wellness Achiever
www.cyberwellness.com.sg
The project is an interactive learning programme for children to learn about issues they might face on the Internet.

Kid Smart
www.kidsmart.org.uk
Practical online safety advice for teachers and parents, with lesson plans, online activities and resources.

Norton Cybercrime Index
www.nortoncybercrimeindex.com
The Norton Cybercrime Index is a free tool, available to everyone. It measures and warns people about cybercrime risks around the world, and how it can affect them.

Planet CRuSH
www.planetcrush.org
The programme aims to reach out to students and actively educate them on healthy gaming and online safety tips.

Safety for Parents
www.commonsensemedia.org/internet-safety
Information to help children stay safe and smart while using the Internet.

Savvysurfer.sg
www.savvysurfer.sg
The site hosts a selection of articles and videos about Internet addiction as well as cybercrimes.

Staysafe.org
www.staysafe.org
Educational site intended to help consumers understand both the positive aspects of the Internet as well as how to manage a variety of safety and security issues that exist online.

Whatsup.sg
www.whatsup.sg/cybersleuth
Through a series of game scenarios, children learn to take the correct precautionary measures when using the Internet.

Yahoo!
http://uk.docs.yahoo.com/parents_guide/index.html
Safe surfing is a family affair. You must be aware of the online possibilities for your children. Yahoo! provides resources for you to ensure and promote safer surfing.

Films & Videos

Classification

Before selecting or purchasing a film or video, you can check its advisory rating from classification databases to better assess the suitability of the film for your children.

MDA Classification Database
https://app.mda.gov.sg/classification
MDA maintains a classification database where you can find out the ratings and consumer advice (if any) of a film or video.

British Board of Film Classification
http://www.bbfc.co.uk/
The British Board of Film Classification (BBFC), is responsible for the national classification of films within the United Kingdom. The BBFC is responsible for classifying videos, DVDs and some video games under the Video Recordings Act.

Kids-In-Mind
http://www.kids-in-mind.com/
Find out if a film is suitable for your children and learn in greater detail why a film rates high or low in a specific category; for sex/nudity, violence/gore & profanity.

Parent Previews
http://www.parentpreviews.com
Learn more about movie ratings, family movie review for kids and parents.

Television

Activating The Parental Lock On Pay TV

Find out how you can activate the parental lock features on your pay TV to limit your children from accessing unsuitable linear channels and Video-on-Demand titles.

SingTel mio TV
http://mio.singtel.com/miotv/about_quick-guide_settings.asp

StarHub TV
http://www.starhub.com/parentallock.html

M1 1box
http://www.m1.com.sg/1box/1box_QSG.pdf

Video Games

Classification

If you are unsure about the content or suitability of a game, refer to one of the sites for advisory ratings.

MDA Classification Database

https://app.mda.gov.sg/classification

Entertainment Software Rating Board (ESRB), USA

www.esrb.org

Pan European Game Information (PEGI)

www.pegi.info/sg/

Australian Classification Board

www.classification.gov.au

Computer Entertainment Rating Organisation, Japan

www.cero.gr.jp

Game Console Parental Control Activation

To help you manage your children's video game content, check out the websites to learn how to activate the Game Console Parental Control.

Nintendo Wii

http://www.nintendo.com/consumer/systems/wii/en_na/settings ParentalControls.jsp

Sony PlayStation 3

http://manuals.playstation.net/document/en/ps3/current/ basicoperations/parentallock.html

Sony PlayStation Portable (PSP)

http://manuals.playstation.net/document/en/psp/current/ settings/parental.html

Xbox Family Settings

http://support.xbox.com/zh-sg/pages/xbox-live/how-to/ parental-control.aspx

Games for Windows Family Settings

http://support.microsoft.com/kb/977700

Useful Tips For Parents

Take time off to surf the Internet to be updated on the new releases of video games and their content. These websites often offer useful tips on how you can cultivate good gaming habits in your chidren.

Pan European Game Information Online
www.pegionline.eu

What They Play - The Family Guide To Video Games
www.whattheyplay.com

GamerDad - Gaming With Children
www.gamingwithchildren.com

Get Game Smart
www.getgamesmart.com

Common Sense Media
www.commonsensemedia.org

Help Centres

Fei Yue Community Services
c/o Blk 604, Choa Chu Kang St 62
#01-53
Singapore 680604
Tel: 6563-1106 Fax: 6416-2182

Fei Yue Community Services (Tiong Bahru)
Blk 298, Tiong Bahru Rd
Tiong Bahru Central Plaza
#03-02
Singapore 168730
Tel: 6593-6456 Fax: 6274-5453

Fei Yue EIPIC Centre
Blk 101, Jurong East St 13
#01-188
Singapore 600101
Tel: 6565-6260 Fax: 6565-7455

Project 180 (Youth Services)
Blk 145, Simei Street 2
#01-06
Singapore 520145
Tel: 6787-1125 Fax: 6787-9943

TOUCH Cyber Wellness
Blk 162, Bukit Merah Central
#05-3555
Singapore 150162
General Enquiries: 6273-5568
School Programmes: 6317-9927
Parents/Adult Workshops: 6317-9944
Centre Programmes: 6317-9930
Counselling Services (TOUCHline): 1800-377-2252

January 2012

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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1 Jan: New Year's Day   23 – 24 Jan: Lunar New Year
*The following Monday will be a public holiday.

February 2012

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Notes

March 2012

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April 2012

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6 Apr: Good Friday

Notes

May 2012

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1 May: Labour Day   5 May: Vesak Day

June 2012

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July 2012

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August 2012

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9 Aug: National Day   19 Aug: Hari Raya Puasa
*The following Monday will be a public holiday.

Notes

September 2012

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October 2012

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26 Oct: Hari Raya Haji

Notes

November 2012

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13 Nov: Deepavali
*Holiday may be subject to change.

December 2012

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25 Dec: Christmas Day

Notes

January 2013

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February 2013

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March 2013

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April 2013

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May 2013

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June 2013

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July 2013

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August 2013

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September 2013

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October 2013

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November 2013

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December 2013

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Media Development Authority
Singapore

Supported by: