

# BUILDING A POSITIVE DIGITAL FAMILY CULTURE TOGETHER *Each a Part, Not Apart*

While children across the board are equally exposed to cyber risks as long as they are given online access, having a **strong and positive family digital culture** could help mitigate the impact of those risks. This **interaction-focused** module brings together families to begin certain needed conversations in this area with a light-hearted touch, and seeks to motivate families to carry them on beyond the session.

Through this workshop, we hope that **parent participants** will be able to:

1. Picture how involving their children in building up a positive digital family culture can look like
2. Gain a better understanding of their children's mobile habits and their underlying motivations
3. Learn how to connect with their children more effectively in this digital age

We hope that **child participants** will be able to:

1. Appreciate the need of communicating with their parents on their online activities
2. Understand the value of self-monitoring, self-regulation and self-control
3. Understand the importance of their roles as digital natives in helping to shape a positive digital family culture at home

“ It brings together families with children at different stages of exposure to the current digital culture and to consider how best to approach it as a family. It also offers an opportunity to discuss the points raised as a family. ”

“ I was not expecting support from the kids. But by the first half hour, we had the whole family engaged in the session, spouse included! ”

## ORGANISED BY



ST JOSEPH'S  
INSTITUTION JUNIOR

## DATES &amp; TIMES

4 Nov 2022 (Fri), 7pm – 9pm

## VENUE

Zoom Meeting

(Details will be provided upon registration)

## REGISTRATION QR CODE



## REGISTRATION LINK

<https://bit.ly/bpdctSJ22>



## SPEAKER &amp; FACILITATOR

**Mr. Galvin Sng**

MSocSci (Professional Counselling)  
**Senior Family Life Educator**  
TOUCH Parenting  
TOUCH Integrated Family Group  
TOUCH Community Services

**Galvin** has been involved in youth work since 2002, possessing 15 years of professional working experience in the area of youth counselling, mentoring and teaching. He has also reached out to more than 10,000 parents and educators thus far through various speaking and training platforms since 2015, both locally and beyond.

Galvin is known for his down-to-earth and light-hearted approach in his engagements, employing humour and real-life examples to bring across pertinent learning points. He seeks to enthuse, empower and encourage parents towards building strong families and nurturing confident and well-adjusted children.

