

# Developing Student Character, Resilience and Well-being in Schools

## *Conversations on Youth 2021*

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# Objectives

Upstream MOE and school measures to nurture our students' character, resilience and well-being:

1. Strengthening Character and Citizenship Education (CCE) 2021
2. Developing a caring and enabling environment with positive relationships and support



# ABOUT CCE 2021

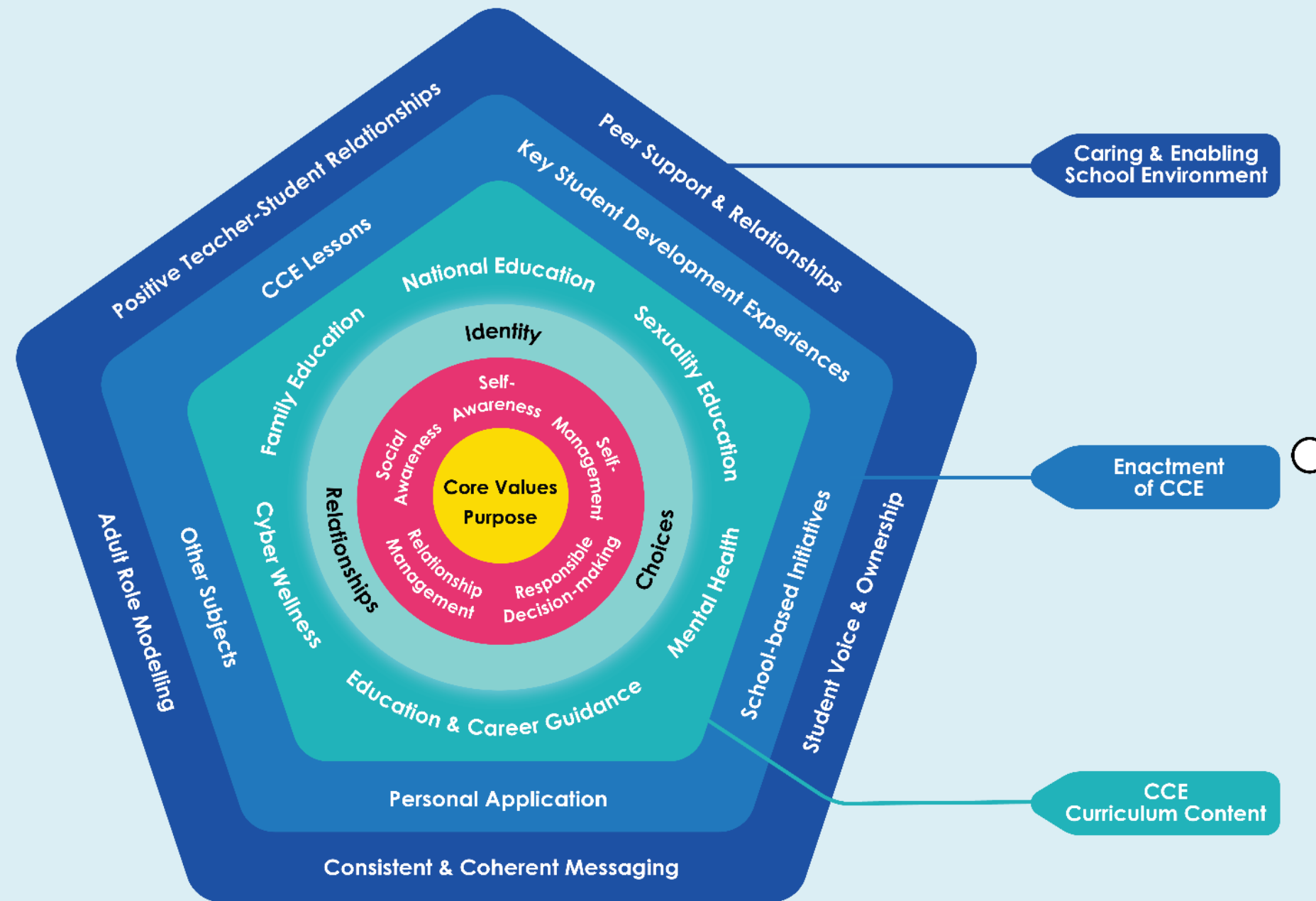
Rationale and Key Features of Revised CCE Curriculum



# WHAT IS CCE 2021?

## CCE 2021 Curriculum Framework

Let's watch a video...



# WHY CCE 2021?

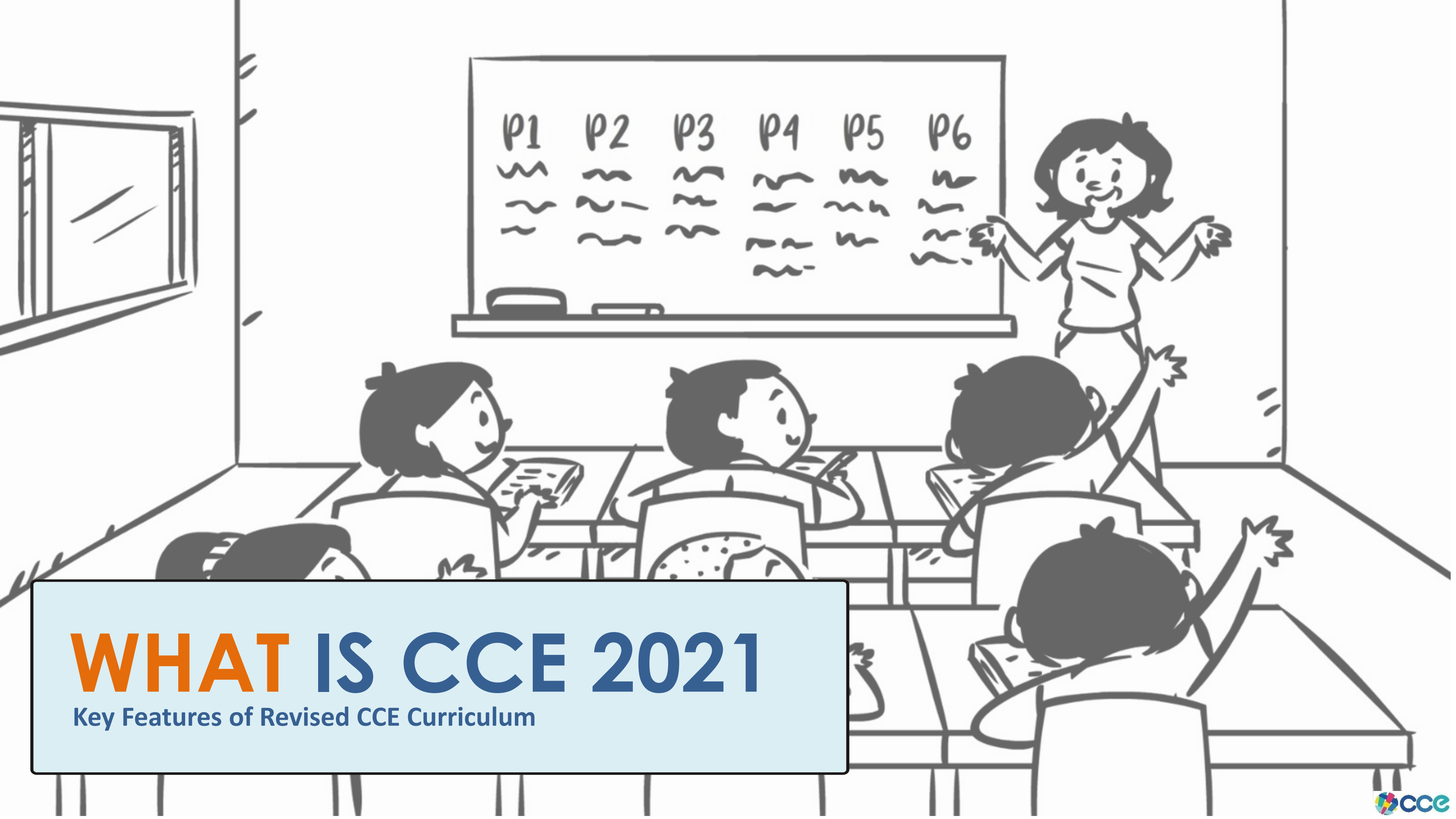
## Relevance of CCE 2021

**01** Because the world has changed for our children



**02** Because if we don't engage them, someone else will





# WHAT IS CCE 2021

Key Features of Revised CCE Curriculum

# WHAT IS CCE 2021?

## Key Features of CCE 2021

### 01 Strengthened Focus on the FUNDAMENTALS

- Social-Emotional Competencies
- Multicultural Appreciation

### 02 Every School Experience, a CCE Lesson

- CCE lessons
- Key Student Development Experiences and School-Based Initiatives
- Peer Support and Relationships

# WHAT IS CCE 2021?

## Key Features of CCE 2021

03

### Enhancing Mental Health Education

How do we tell if we are stressed or distressed?

How can we destigmatise mental illness and help-seeking?

#### Maintaining good mental health



Regular Exercise and Healthy Diet



Managing Screen Time



Sufficient Sleep



Relate to others



Resilience and coping with life stresses



Contribute to community

How can we enhance help-seeking efficacy?

How can we strengthen our resilience and well-being?

Peer support

to promote mental well-being and cyber wellness



# WHAT IS CCE 2021?

## Key Features of CCE 2021

03

### Enhancing Mental Health Education



Having difficult emotions during a stressful and uncertain period is normal. Keep a look out for some of these signs:

- D** Deliberately avoiding others
- I** Increased irritability, restlessness, agitation, stress and anxiety
- S** Sending or posting moody messages on social media
- T** Talking about death or dying
- R** Reacting differently or gradually losing interest in things they used to like
- E** Eating more than usual or having a much reduced appetite
- S** Sleep pattern changes with difficulty falling asleep or oversleeping
- S** Slowing down of energy levels

If you notice any of these signs in yourself or your friends,  
**have a chat with your school counsellor or teacher**  
Or contact SOS 24-hour hotline at **1800-221-4444**

# WHAT IS CCE 2021?

## Key Features of CCE 2021

### 04 **Enhancing Cyber Wellness Education**

- Stronger feature to better equip students to navigate online spaces due to great influence of digital space on students' lives and social-emotional well-being

### 05 **Discussion on Contemporary Issues**

- To take place at least once a fortnight so as to allow a safe environment for discussion of current and relevant topics and develop competencies for discourse

# WHAT IS CCE 2021?

Caring and Enabling School Environment – Peer Support

- **Positive peer relationships facilitate the provision of care, a sense of belonging among students, and build resilience.**

**Every Student A Peer Supporter**

Bridge the 'adult-student divide' & strengthen safety net

Contribute to positive school culture of care & greater sense of belonging

Benefits of leveraging peer relationships


Strengthens resilience & serves as a protective factor

Encourages student voice and ownership

My vision is for every student to be a peer supporter, and every class and CCA a network of support for students to feel safe and know that they belong."

- Ms Stella Yap, Outstanding Youth in Education Award 2021 Finalist

the **C.H.E.E.R** framework



**C**heck for your friend's emotions  
Give your friends some space  
Ask your friend to take deep and slow breaths  
Calm them down

**H**ear them out  
Listen attentively, do not interrupt them

**E**mpathise with them  
Show interest and check if you understood their issue and emotion  
E.g. "It looks like the stress of work has make you frustrated; would you like to talk about it?"

**E**ncourage seeking help  
Encourage your friend to seek assistance from a parent, teacher or the school counsellor

**R**efer to a trusted adult  
Tell a teacher if you are worried that your friend might do something to hurt themselves or others

**New Town Secondary School's Experience**





*"I usually listen to my peers and let them talk about their issues. A lot of people may think that to help someone, you must save them, or be the hero. But usually they just need someone to listen to them, to care about them."*

*- Kate Lau, Sec 2 PSL, Serangoon Sec Sch*

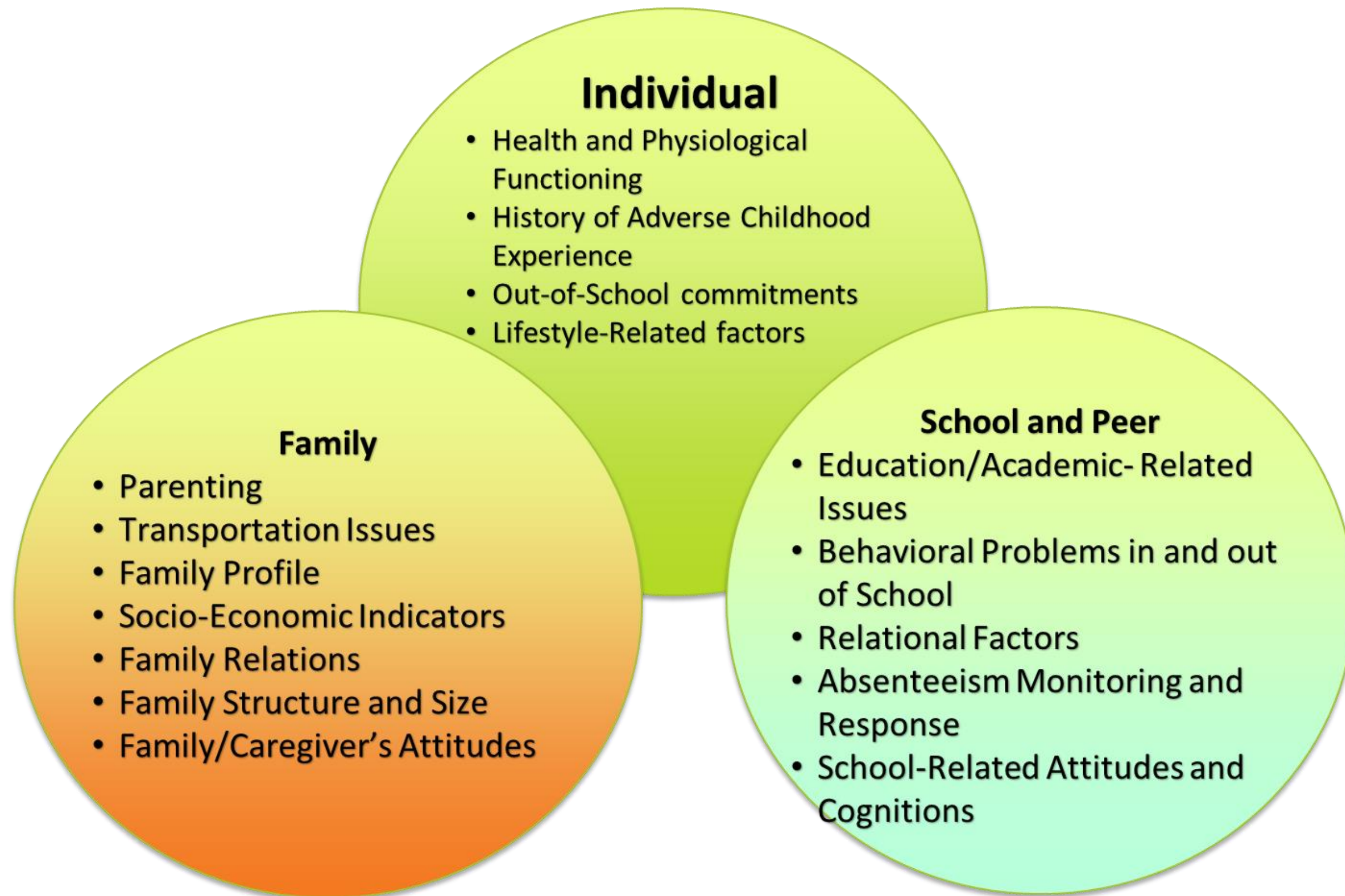
*"We equip them with strategies to know how to spot friends in distress, how to listen actively to them and channel any needs to teachers. We tell them you're the first line of support for your friends, but you're not alone."*

*- Ms Moritza Lim, Subject Head for Student Well-Being*

**Serangoon Secondary  
School's Experience**

# Risk and Protective Factors of Long Term Absenteesim

Findings from Literature Review conducted by Guidance Branch, MOE, in 2018





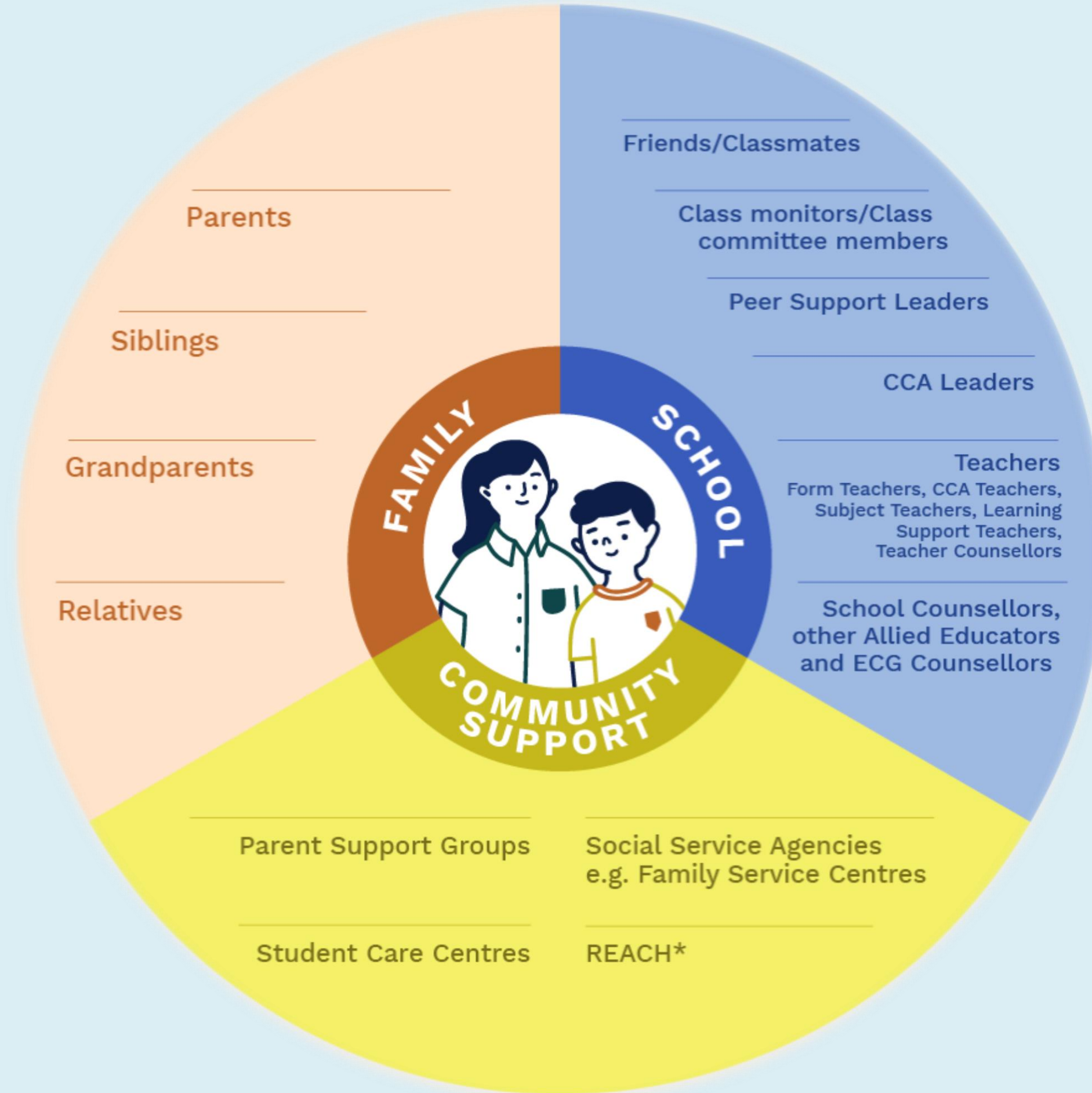
# CCE 2021: Partners

Wrap-around Support For Students

## School-Family-Community Partnership



# Wrap-around Support For Students





Thank you





**Ministry of Education**  
SINGAPORE