Developing Student Character, Resilience and Well-being in Schools

Conversations on Youth 2021

Mr Chee Chit Yeng
Deputy Director
Counselling and Student Welfare

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

- Mental Health & Resilience
- Increasing Influence from Digital Space
- Shifting Societal Values
- Changing Family Profiles

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?

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

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

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

RESTRICTED

CCE 2021: Partners

Wrap-around Support For Students

School-Family-Community Partnership

Wrap-around Support For Students

Thank you

Ministry of Education
SINGAPORE