

Story of Dragon's life transformed...

“My family and I came from China. As I had no siblings and very few friends, I often felt lonely. It wasn't easy for me to adapt to the changes that were happening. Besides the cultural differences, the language barrier was another problem. I couldn't communicate well and couldn't cope with school work. Back at home, my relationship with my father was not very good and we quarreled frequently. As time went by, I withdrew into the world of online gaming and online videos to cope with the stresses in the real world. “

Dragon's mother recounted, “He was spending too much time playing computer games and he started to lose his temper, skip school and meals. His excessive gaming also worsened his relationship with his father. “

“There was really nothing else better to do but play computer games. I think I might have inherited my temper from my father and grandfather. We would get angry easily and this would lead to fierce arguments.”

Dragon's mother heard about TOUCH Cyber Wellness through a friend. She came to The PlanetCRuSH Cyber Wellness Center seeking help for her 15 year old son. Initially, it was difficult to get Dragon to come to the center even after much persuasion and encouragement. The case was eventually brought to the school's attention and his principal intervened personally. Dragon was officially referred by the school and placed under the Enhanced Step-Up Programme. He underwent a series of counseling sessions and enrichment programmes with TOUCH Cyber Wellness (TCW).

“My school made me attend this programme with TOUCH Cyber Wellness and that was where I met my counsellor, Anthony. During the 5 months with TCW, I talked to Anthony about my excessive computer usage and anger. I was surprised to find out that my counsellor, Anthony, also plays games. He seems to understand my problems and I began to share more of my thoughts and feelings with him.”

Just as in Dragon's case, TCW counsellors are often able to build a strong rapport with their counselling clients. Being gamers themselves, they can empathize with the motivations that lead a young person into gaming. Besides face-to-face counselling, Dragon was also enrolled in TOUCH Cyber Wellness Enrichment Programme. He was introduced to healthier leisure options and taught the importance of living a balanced life through structured experiences and activities.

“At the Cyber Wellness Enrichment Programme, I made new friends and tried out new activities that I have not done before.”

"I enjoyed the outdoor activities and realized that if I do more outdoor stuff, I get less angry and my time on the computer is also greatly reduced. I think now my parents see me going out more often and we get on each other's nerves less."

Besides attending the counselling programmes at TCW, Dragon's change is also brought about by the process of being mentored as he grows up.

"When I went back to China during the holidays, I went to different places and gained so many experiences about life and how important it is to learn new things to better prepare myself for the future. Thanks to TOUCH Cyber Wellness and my counsellor, Anthony."

Today, Dragon lives a balanced and fulfilling life. Besides doing his best in his studies, he also plays soccer, does kayaking and works out at the gym on the weekends.



Dragon seen here with his counsellor from TCW enjoying a performance at The Esplanade

There is so much more to life than the virtual world.

So fulfill your potential and be the best that you can be in the real world!

If you need help in managing your gaming habits, please call our helpline at 1800-377-2252.

**CYBER WELLNESS
COUNSELLING HELPLINE**

1800-377-2252

MON-FRI . 9AM-6PM

CROSH
Cyberspace Risks & Where U Seek Help

U TRAPPED?
CALL 1800 377 2252

**IN PORNOGRAPHY?
EXCESSIVE GAMING?
CYBER BULLYING?**

TOUCH Cyber Wellness
A Service of TOUCH Youth
触爱网络健全服务