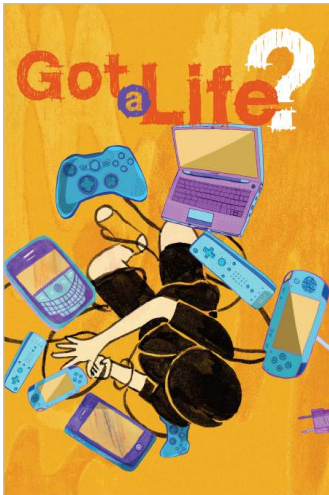


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Got a Life?

This book, *Got a Life?*, is a collection of real-life stories of youths in their early to late teens. It is about their encounters with cyber issues and how they overcome them. Written in a candid way, each chapter captures different cyber dangers, such as gaming addiction, online scams and even sexual harassment. It also features problems youths face today, lessons learnt and practical tips from cyber wellness counsellors. For parents and teachers, the ready-to-use instructions will help them guide their teens and students to make safe, smart, and ethical decisions in the digital world, in order to stay cyber safe, and cyber well.

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WHAT PEOPLE SAY ABOUT TOUCH CYBERWELLNESS

“TOUCH Cyber Wellness has been able to make a difference with young people and their parents on video-gaming issues because the counsellors know the video games, the youths and the pertinent issues exceedingly well.”

DR TIMOTHY SIM

Assistant Professor, Department of Applied Social Sciences
The Hong Kong Polytechnic University

“TOUCH Cyber Wellness plays a pivotal role in helping young people and parents in cyber wellness issues, especially that of video-gaming addiction.”

DR ANGELINE KHOO

Associate Professor, Psychological Studies Academic Group
National Institute of Education
Nanyang Technological University [Singapore]