

# Symposium: Safeguarding Children's Mental Health in the Digital Age



Date:

29 Nov 2025  
(Saturday)



Time:

9:00-16:45



Venue:

Grand Ballroom 1, Level 2, Kerry Hotel,  
38 Hung Luen Road, Hung Hom Bay,  
Kowloon, Hong Kong

In an age where digital connection is universal, this symposium examines internet use’s dual impact on child and adolescent mental health — benefits and risks like anxiety, sleep disruption, and cyberbullying. Keynote speaker A/Prof. Daniel Fung presents Singapore’s Youth Mental Health Study, assessing global and local severity and sharing multi-level strategies for safe engagement. Legal expert Dr. Ruifeng Song addresses Keeping Kids Safe Online: A Legal Perspective on age restrictions, screen time, and scam prevention. Psychiatric experts review recommendations and policies on screen time, brain development under digital influence, Internet Gaming Disorder diagnosis, the latest management, practical interventions through case vignettes, and the Queen Mary Hospital Child Psychiatry team’s PIU Group Service. NGOs share the landscape of community support. The symposium aims to heighten societal awareness, prompt collective review of young children’s device culture, and inspire parents, educators, policymakers, and clinicians to cultivate wiser digital guidelines or even legislation that protect the physical and mental well-being of our next generations.



Time	Events	Speakers
Registration 8:45-9:00		
09:00 - 09:30	<b>Opening</b>  <b>Moderator: Dr. Wong Shone Horn, Wilfred</b>	<b>Dr. Lam Ching Choi</b> <i>GBS, JP, Chairman of the Advisory Committee on Mental Health</i> <b>Dr. Chan Kwok Ling, Phyllis</b> <i>Convenor, Clinical Division of Child and Adolescent Psychiatry, Hong Kong College of Psychiatrists; Honorary Clinical Associate Professor, Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong; Honorary Consultant Psychiatrist, Queen Mary Hospital &amp; Kwai Chung Hospital</i>
Group photo		
09:30 - 10:15	<i>Keynote Address:</i> <b>Lost Online or Found There? The Paradox of the Connected Generation?</b>	<b>A/Prof. Daniel Fung</b> <i>CEO, Institute of Mental Health, Singapore</i>
10:15 - 11:00	<i>Expert Speaker:</i> <b>Keeping Kids Safe Online: A Legal Perspective</b>	<b>Dr. Song Ruifeng</b> <i>Lecturer, The Chinese University of Hong Kong; Member, Asian Privacy Scholars Network</i>
11:00 - 11:15	Tea Break	
11:15 - 11:45	<b>Overview of Recommendations and Policy on Screen Time Exposure In Infants, Children and Adolescents- From Science to Actions</b>	<b>Prof. Lee Chi Kei, Krystal</b> <i>Clinical Assistant Professor, Department of Psychiatry, Li Ka Shing Faculty of Medicine, The University of Hong Kong; Honorary Associate Consultant, Comprehensive Child Development Service, Department of Psychiatry, Queen Mary Hospital</i>
11:45 - 12:45	<b>Interactive Forum: Multi-sectoral Voices</b>  <b>Forum moderator: Dr. Chan Kwok Ling, Phyllis</b>	<b>Dr. Chan Kwok Ling, Phyllis / Dr. Lam Ching Choi / A/Prof. Daniel Fung / Dr. Song Ruifeng / Prof. Lee Chi Kei, Krystal / Dr. Yu Hoi Shuen, Zoe</b>  <b>Dr. Wong Hiu Lei, Lilian</b> <i>Specialist in Paediatrics; President of the Hong Kong Paediatric Society</i> <b>Dr. Elda Chan</b> <i>Corporate Director, United Christian Medical Service; Honorary Faculty, Division of Addiction, Cambridge Health Alliance</i> <b>HKCS representative (TBC)</b> <b>Ms. Chow Wai Chun, Rosa</b> <i>President of the Hong Kong Early Childhood Educators Association</i> <b>Mr. Ma Kar Kin</b> <i>Principal of St Anthony's School</i> <b>Mr. Li Jianwen</b> <i>Principal of Salesians Of Don Bosco Ng Siu Mui Secondary School</i>
12:45 - 14:00	Lunch	
<b>Clinical and Community Innovations</b> <b>PM session moderator: Dr. Lam Chun Leung</b>		
14:00 - 14:40	<b>Attention in the Algorithm Age: ADHD and Internet Gaming Disorder for Age 6-18</b>	<b>Dr. Chow Hoi Kin, Keith</b> <i>Associate Consultant, Department of Psychiatry, Pamela Youde Nethersole Eastern Hospital</i> <b>Dr. Wu Tsz Tin, Tracy</b> <i>Specialist Resident, Kwai Chung Hospital</i>
14:40 - 15:40	<b>Growing Up Online: Strategies to Treat High Risk Kids with Problematic Internet Use- The QMH Experience</b>	<b>Dr. Wong Shone Horn, Wilfred</b> <i>Associate Consultant, Child and Adolescent Psychiatry Team, Department of Psychiatry, Queen Mary Hospital</i> <b>Dr. Leung Man Ho, Brian</b> <i>Associate Consultant, Child and Adolescent Psychiatry Team, Department of Psychiatry, Queen Mary Hospital</i> <b>Dr. Yu Hoi Shuen, Zoe</b> <i>Consultant, Child and Adolescent Psychiatry Team, Department of Psychiatry, Queen Mary Hospital</i>
	1) Internet Use and the Developing Brain- Updates on the Neuroscience, Are These Repairable Damages?	
	2) Diagnosing Internet Gaming Disorder: Co-morbidities and Management, Challenges and Hurdles	
	3) Case Vignettes in Action: Managing Problematic Internet Use in Children and Adolescents, and Sharing of the QMH PIU Group Service	
15:40 - 16:00	Tea Break	
16:00 - 16:30	<b>Working with Children and Adolescents with Problematic Internet Use in the Communities: Experiences from NGOs</b>	<b>Mr. Tang Chun Yu, Joe</b> <i>Centre-in-charge, Online New Page – Online Addiction Counselling Centre, Hong Kong Christian Service</i>
		<b>Ms. Shau Fung-kwan, Janice</b> <i>Supervisor, Integrated Centre on Addiction Prevention &amp; Treatment, Tung Wah Group of Hospitals</i>
16:30 - 16:40	Closing Remarks and Reflection	

Attendance certificate will be issued.

# Lost Online or Found There? The Paradox of the Connected Generation

**A/Prof. Daniel Fung**

CEO, Institute of Mental Health, Singapore

In an age where nearly every young person is connected, the question is no longer whether the internet shapes mental health but how. Drawing on epidemiological studies from Singapore and global comparisons, A/Prof. Daniel Fung explores the complex relationship between digital engagement, psychological well-being, and the emerging phenomenon of "internet addiction." He shares findings from IMH and NIE collaborations and the recent Singapore Youth Mental Health Study, highlighting both risks, such as sleep loss, anxiety, and cyberbullying, and the protective factors that foster resilience. Beyond the data, A/Prof. Fung challenges the audience to distinguish genuine clinical impairment from moral panic. As digital life becomes inseparable from identity and community, he invites us to consider how the very tools that can fragment young minds may also heal them, if harnessed wisely.

A/Prof. Daniel Fung is a child and adolescent psychiatrist and the Chief Executive Officer of Singapore's Institute of Mental Health, a 2,000-bedded psychiatric facility. He is an Adjunct Associate Professor at all three Singapore medical schools, Immediate Past President of the College of Psychiatrists, Academy of Medicine Singapore (2021–2025), and Past President of the International Association for Child and Adolescent Psychiatry and Allied Professions (2018–2022). A/Prof. Fung has authored 36 books and over 210 peer-reviewed papers. He is widely recognised for developing community mental health programmes and innovative treatments for neurodevelopmental conditions in children.



## Keeping Kids Safe Online: A Legal Perspective

**Dr. Ruifeng Song**

Lecturer, The Chinese University of Hong Kong

Ruifeng (Ray) Song is a Lecturer at the Chinese University of Hong Kong. He received his PhD in law from the University of Hong Kong. His research interest is in online privacy and social media regulation. He is a member of the Asian Privacy Scholars Network and is qualified to practise law in China. His talk, 'Keeping Kids Safe Online: A Legal Perspective', will address some of the pressing legal issues regarding the online safety of children and youth, including social media age restrictions, screen time limits, and prevention of scams.

### Registration fee:

(Lunch and two tea breaks are provided)

#### College Members:

(Inceptors/Members/Fellows)

- Free (early bird)
- \$300 (regular)



#### Other professionals:

- \$900 (early bird)
- \$1100 (regular)



#### Limited seats for clinical medical students/postgraduates:

- \$500 (early bird)
- \$700 (regular)

Please click or scan the QR code for registration

Early bird registration deadline: 14 November 2025

All successful registrants will receive a confirmation message.

### Please make your payment via FPS:

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· Hong Kong College of Paediatricians  
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· Hong Kong College of Community Medicine  
· MCHK
- CNE** · The Nursing Council of Hong Kong
- CE** · The Hong Kong Psychological Society (DCP, DEP)
- CPD** · Hong Kong Occupational Therapists Board  
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