

Speech by PPIS President, Ms Rahayu Mohamad
IbuBapa.SG Forum 2018: 'Addiction – Beyond Individuals'
Saturday, 24 February 2018, 9.38am at NTUC Business Centre

Assalamu'alaikum Wr Wb

Guest of Honour Parliamentary Secretary for Ministry of
Home Affairs and Ministry of Health, Mr Amrin Amin,
My fellow Board Members of PPIS,
CEO of PPIS, Mr Mohd Ali Mahmood,
Distinguished Guests,
Ladies and Gentlemen

Good morning everyone! Thank you for making the
effort in joining us this Saturday morning and welcome
to our IbuBapa.SG Forum 2018.

With today's theme of 'Addiction – Beyond Individuals',
we are excited to hear your stories and experiences with
multiple forms of addiction, as well as learn how we can
all tackle issues surrounding addiction, as a family.

IbuBapa.SG Forum – A Parenting Forum

Today marks our second IbuBapa.SG Forum since it was first inaugurated in 2017, as part of PPIS' 65th Anniversary celebrations. Some of you might remember last year's theme of 'Parents Forever', where we explored navigating the challenges of co-parenting after divorce.

Following the successful inauguration, we have decided to turn the IbuBapa.SG Forum into a signature annual event, with the hope of introducing new themes and to invite couples and families to deliberate and discuss issues surrounding parenting in the current generation.

Relations within a Family

As family constructs become dynamic and are always changing, we notice that families begin to face issues surrounding parenting in the current generation, which can be challenging and inexplicable with traditional parenting strategies.

For example, technology. It has changed the way we live, especially how we bond or interact with others. Communication is easy and convenient now. It seems almost impossible to separate it from our lives. We are used to doing everything digitally. Who here has a family chat group on WhatsApp?

In the context of a family, this deters opportunities for proper communication in offline spaces such as during meal times. Is Digital Messaging or Social Media really the best medium to convey your thoughts and feelings? In the age of digital communication, I believe we sometimes forget that - some things are just best said in person. This inherent need to digitally communicate ladies and gentleman is an addiction.

With such challenges, we hope to provide today, a platform where each of us can learn from each other in navigating the changing fabric of family living.

‘Addictions: Beyond Individuals’

This brings me back to the theme of our Forum today – addiction. Today, we invite you to expand your definition of addiction. To think further than just substance abuse. Be it addiction to social media or gaming. Or even health-related, such as excessive exercising or dieting. Your position with regards to addiction matters, as it impacts how addiction is dealt with within the family.

Today’s forum stresses on the importance of family support and resilience in tackling addiction. Families can work on their interactions to identify the issue and learn how to nurture better relationships with one another as well to focus on the familial connection, rather than addiction alone.

With what you have learnt today, we encourage you to initiate conversations and interactions within your families, be it between couples, parents and children, between children and with external family members such as grandparents.

Closing

We hope that everyone here today, develops the capacity to view addiction differently so as to inculcate hope for positive change.

We believe that the family can tackle this issue of addiction if we stand together and not isolate someone or a family member grappling with addiction.

With this, I would like to thank you all again for being a part of our second ever IbuBapa.SG Forum 2018. May today be an engaging, learning and fruitful experience for us all.