

Advocacy Factsheet Singapore



Marists
of Champagnat
SECRETARIAT OF
SOLIDARITY-CMI



Marist International
Solidarity
Foundation ETS
FMSI
For the benefit of children

ABOUT US

The **Marist International Solidarity Foundation** (FMSI) is a non-governmental organization committed to promoting the rights and welfare of children, especially those living in vulnerable situations. FMSI works closely with the Marist Brothers and partners worldwide to implement programs focused on education, child protection, healthcare, and emergency relief. By leveraging its presence in various countries, FMSI advocates for **child rights** and supports local communities in their pursuit of social justice, dignity, and sustainable development. Through its engagement in international mechanisms like the United Nations, FMSI seeks to raise awareness and influence policies that ensure a better future for children across the globe.

EMPOWERING YOUNG VOICES

The UPR report and the following statement have been prepared with the **active collaboration of children and young people from Singapore** ensuring that their voices and recommendations are at the heart of these important human rights discussions.

RECOMMENDATIONS

1. A measurable, nongraded student well-being index should be integrated in order to prioritize holistic development over quantitative academic coverage.
2. Raise the measurable weighting of Co-Curricular Activities (CCA) and Character Education outcomes in academic progression decisions, formalizing a shift toward individual interest and holistic skill development.
3. Issue binding guidelines operationalizing Gillick Competence for adolescents and young people, guaranteeing confidential access to subsidized, non-clinical counselling to overcome parental consent barriers.
4. Improve access to mental health support services in secondary schools achieving an average student-to-counsellor ratio of 350:1 and consequently, reducing long wait times for subsidized care that especially affect individuals with limited financial means.

ISSUE IDENTIFIED

The **issue** they identified as **most urgent is youth mental well-being**.

Children experience pressure to perform academically, often reinforced not only by the education system but also by strong parental and self-expectations. Many shared that constant comparison, fear of failure, and the need to excel in multiple areas leave them feeling overwhelmed, anxious, and emotionally drained.

Children also raised concerns about the negative impact of excessive screen time, including prolonged exposure to digital devices, social media that replaced rest, physical activities, and in-person social interactions. These factors, combined with academic pressure, are contributing to declining mental health among young people.

While children acknowledge the efforts made by the Government of Singapore to address mental health, they emphasised that current responses do not fully address the root causes of distress, particularly parental expectations and social media influence.

We therefore call on Member States to encourage Singapore to find ways to reduce the "arm race" in education, strengthen school-based mental health support and promote healthy digital habits.

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UPR submission

