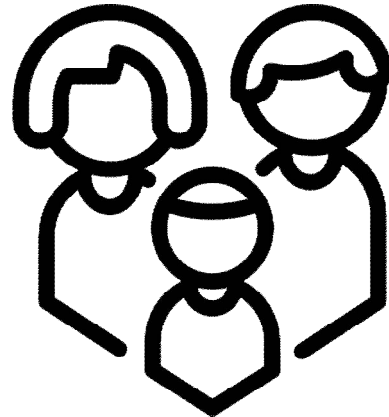


**Slides (for School's Use) to
Brief Parents on
Cyber Bullying**

Sharing with Parents on Cyber Bullying



Outline of Presentation

To share on:

- What is Cyber Bullying?
- MOE's Cyber Wellness Education
- School-wide Programmes
- School's Policies & Procedures
- Parents' Role in Preventing Cyber Bullying
- Tell-tale Signs of Cyber Bullying
- How to Support your Child

What is Cyber Bullying?

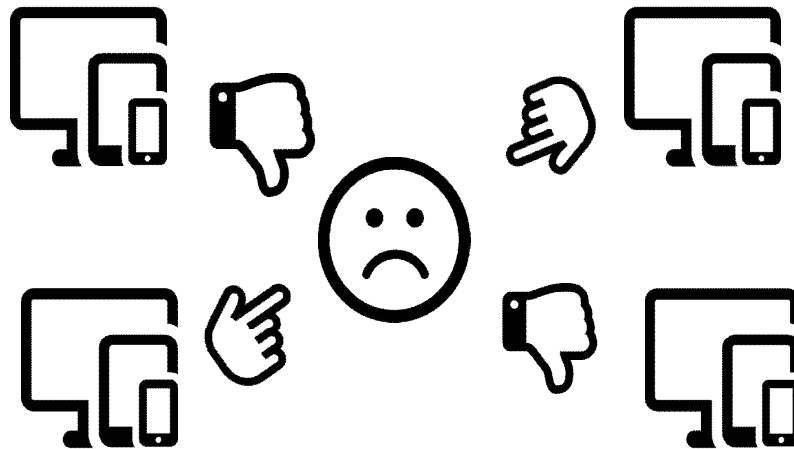
 Let's watch a video



*This video is used with permission from the Singapore Children's Society

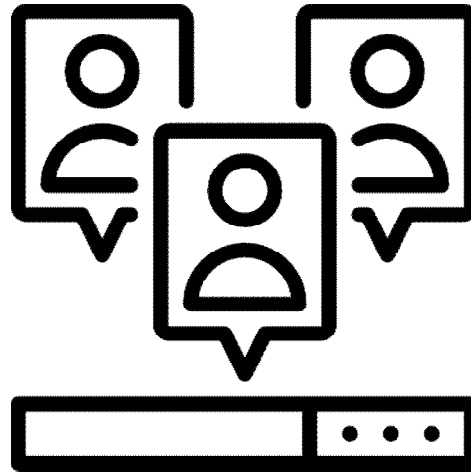
What is Cyber Bullying?

- Cyber bullying occurs when electronic gadgets (such as mobile phones and computers); social media; and Internet services are used as a means to intentionally hurt someone in cyberspace.



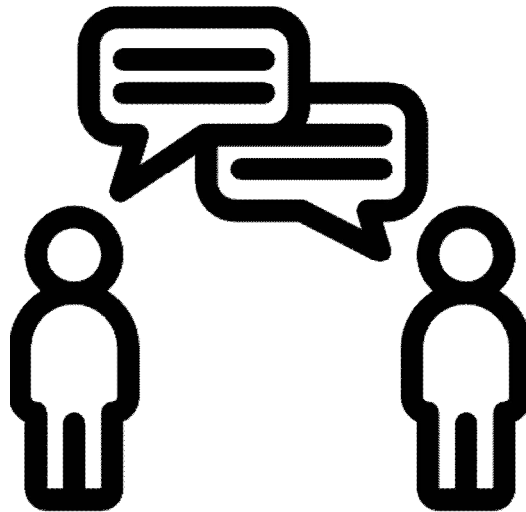
What is Cyber Bullying?

- There is no physical escape for the victim who can be 'reached' 24/7 – negative content can be shared, saved, and spread online.



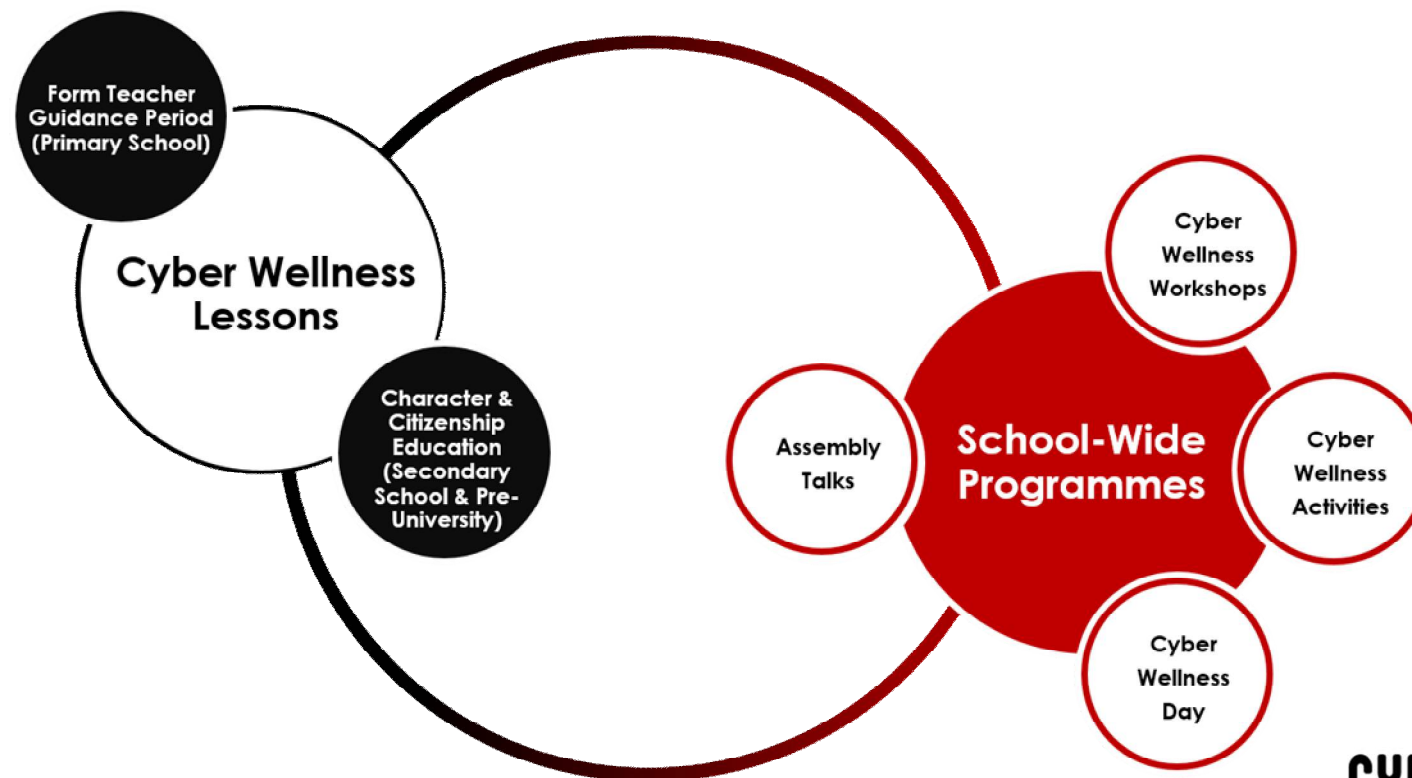
What is Cyber Bullying?

- A bystander can become involved when they share or add the offending post.



MOE's Cyber Wellness Education

- MOE's Cyber Wellness Education comprises of the following components to reinforce the importance of Cyber Wellness and its messages



School-wide Programmes

Examples of School-wide Programmes

<< Schools are encouraged to share with parents their school-based CW programmes to create greater awareness how their children are benefitting from the programmes. >>

For e.g. Schools can share with parents their school's cyber wellness student ambassador programme here (i.e. how their students have led in the promotion of CW messages amongst their peers, helped to look out for their peers who are cyber bullied.)

School's Policies & Procedures

*<< Schools are encouraged to share with parents
their school's policies/ procedures
(e.g. counselling & mediation)
for management of cyber bullying;*

*MOE HQ's Cyber Bullying tip sheet for parents;
and the ICT Connection Cyber Wellness portal for
parents*

[<http://ictconnection.moe.edu.sg/cyber-wellness/for-parents>]

Parents' Role in Preventing Cyber Bullying

- Role model polite online and offline behaviour
- Stay informed of digital trends
- Maintain good communication with your child to:
 - ✓ Guide him/her to choose healthy and safe online activities
 - ✓ Protect him/her from the negative effects of cyber bullying
 - ✓ Keep the channel open for him/her to seek help from you
- Monitor your child's digital activities
- Remind your child that:
 - ✓ hurting and being mean to others online is not acceptable
 - ✓ online behaviour has its offline consequences

Tell-tale Signs of Cyber Bullying

Behavioural changes:

- Being anxious, upset, withdrawn or angry during/after online activities
- Behave secretively about their online activities
- Noticeable difference in the amount of time spent online
- Disinterest in school
- Avoid friends and school mates
- Sleep deprivation
- Low self-esteem

How to Support Your Child

- Remain calm and practise active listening
- Reassure your child of your support
- Block the bully but do not retaliate
- Save the cyber bullying evidence
- Limit the spread of the hurtful message
- Talk to a teacher at your child's school and work with the school to resolve the issue.
- Involve your child in resolving the issues

Every Parent A Supportive Partner