

SPECIAL ISSUE

THE CYBER ALERT

The Newsletter by CCHY Cyber Wellness

INSIDE THE SPECIAL ISSUE:

All about Cyber Bullying



Photo: ISTOCKPHOTO, The Straits Time

EDITOR'S NOTE

Cyber Alert is a Newsletter designed to communicate and disseminate issues on Cyber wellness for the school community.

COVID-19 has undoubtedly brought many uncertainties and challenges to education, which has seen classroom teaching taking on a digital revolution. With the extended periods of time spent on electronic devices, comes the increased cyber risks, one of which is Cyber Bullying.

In this unprecedented times, we call for both teachers and parents to play a more active role in monitoring and educating our children to stop Cyber Bullying and to minimise its impacts.

TYPES OF CYBER BULLYING (RE-VISIT)

A) DIRECT ATTACK



HARASSMENT

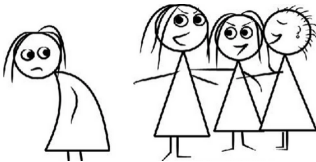
Repeatedly sending offensive, rude and insulting messages to someone via sms or social media account.



<https://www.chf.org.au/newsletter/au-gust2014/confidentiality.jpg>

OUTING

Sharing or publishing private information online without consent.



EXCLUSION

Intentionally excluding others from an online group.

CYBER STALKING

Repeatedly sending threatening messages, highly intimidating or engaging in other online activities that make a person fear for his/her safety.



<http://law.rwu.edu/sites/law/files/louisiana-computer-crimes-cyberstalking-001.png>

B) BY PROXY



IMPERSONATION

Breaking into another person's email account, social networking site to send vicious or embarrassing messages to others by posing as the person.



DENIGRATION

Distributing information of another person that is derogatory or untrue through posting it on social media platforms or posting digitally altered photos of someone

SIGNS OF CYBER BULLYING

Cyber bullying is not an issue to be taken lightly. It causes significant emotional and psychological distress in victims. Victims may also experience physical symptoms like migraine , and struggle academically.

Teachers and parents can guard against cyber bullying by being more active in monitoring the tell-tale signs and responding timely and effectively.

Below are some common warning signs displayed by a cyberbullied victim.

Unexplained weight loss or gain	Unwillingness to share information about online activities	Make passing remarks about suicide	Shutting apps or web pages when a parent is near
Change in sleeping patterns	Sudden lost of appetite	Becomes depressed easily	Becoming anti-social
Change in attitude after spending time online	Withdrawal from family and school activities	Walk away from devices mid-use	Hiding screen when online
Disengaged in favourite hobbies	Frequent complaints of headaches or stomachache after being online	A decline in academic performance	Having negative self-image

WHAT CAN PARENTS DO?

A study done in 2017 by the Organisation for Economic Cooperation and Development (OECD) reported that Singapore has the third highest rate of bullying globally.

Agree on screen-time limits

- ensure balance of time spent in real and virtual environments



Keep the computer in a common area of the home

- monitor their online usage



Set Parental Controls on devices

- invest in readily available tools to filter and block inappropriate online sites



Conduct ad-hoc checks on browser's history



Talk to school's guidance counselors



Learn how various social networking apps and sites work

Know the basics: what they are, why they're popular, and what problems can crop up when they're not used responsibly

Talk regularly and specifically with your child on online issues

Do not overreact by blaming your child.
Do not underreact by shrugging it off.
Be supportive and always listen with an open mind.



WHAT CAN A CHILD DO?

Don't be an accomplice by forwarding any of the messages to others kids.

Don't respond to any emails, app messages, or text messages sent by cyberbullies.

Save, screenshot and print out all the messages as proof and evidence of cyberbullying.

If you are being bullied, tell an adult immediately to get help solving the problem

Resources for Teachers and Parents

- Parent Kit. Cyber Wellness for your child @ <https://www.moe.gov.sg/docs/default-source/document/parent-kit-on-home-based-learning/parent-kit---cyber-wellness-for-your-child.pdf>
- Bully-Free Programme @ <https://bullyfree.sg/cyber-bullying/>