

# BUZZ

TINKLE FRIEND

DECEMBER 2018

What is  
cyberbullying?

How to tell  
someone?

What are some  
cyberbullying tactics?

“I hate you”      “Ugly”  
“No one likes you”  
“Loser”      “Stupid”





**Hello!**

**To: You**

**From: Tinkle Friend**

**Hello children!**

How are you? We hope you are having a good rest after the busy examination period.

Since the examinations are over, I am sure all of you are looking forward to using the computer or mobile phones. Technology can bring many joys such as talking to your friend on the messaging platform or connecting with your friends to play video games. However, hidden dangers are everywhere when you are in cyberspace. Cyberbullying is one such danger.

For this issue, we will talk about the different aspects of cyberbullying and also how to overcome it. Remember to apply all the knowledge that you have learnt from this issue to protect yourself from cyberbullying.

As always, remember that Tinkle Friend is here for you if you feel stressed, sad, confused, lonely or when you have a problem to share. You can call me at 1800 2744 788 from Monday to Friday, from 2.30pm to 5.00pm, or chat online at [www.tinklefriend.sg](http://www.tinklefriend.sg) from 2.30pm to 7.00pm on Monday to Thursday and from 2.30pm to 5.00pm on Friday.

**Best Wishes,  
Tinkle Friend**



HATE

!@#\$

# Cyberbullying

BULLY  
UGLY

Cyberbullying happens when the bullies post hurtful and embarrassing pictures or remarks of their victims.



Oh no!



## Where does it happen?

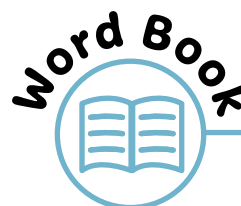
Cyberbullying takes place on the Internet, through mobile phones, video game systems and other forms of **technology**.

## When does it happen?

It can happen anytime; 24 hours a day and 365 days per year.

## Who does it?

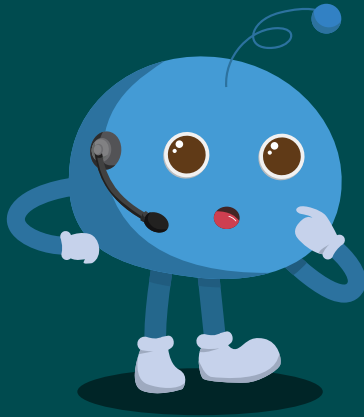
The bully can be anyone because the identity can be anonymous.



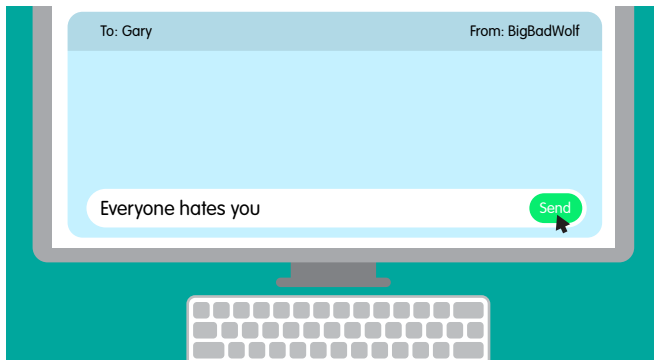
### **technology:**

The use of science or knowledge to create useful things or to solve problems

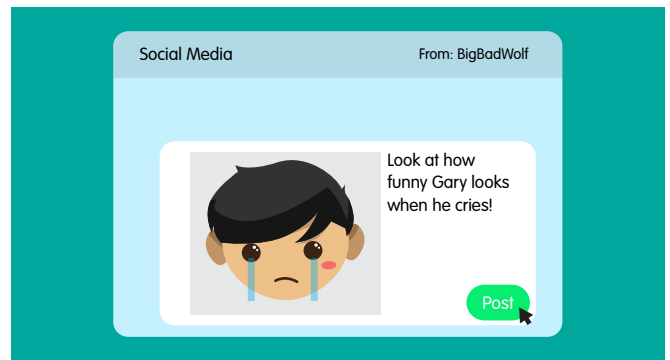
# Different Cyberbullying Tactics



What is the cyberbully doing to Gary?



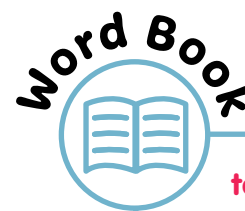
- Sending hurtful things online



- Sharing embarrassing photo or video without permission



- Sending others nasty messages while pretending to be someone else

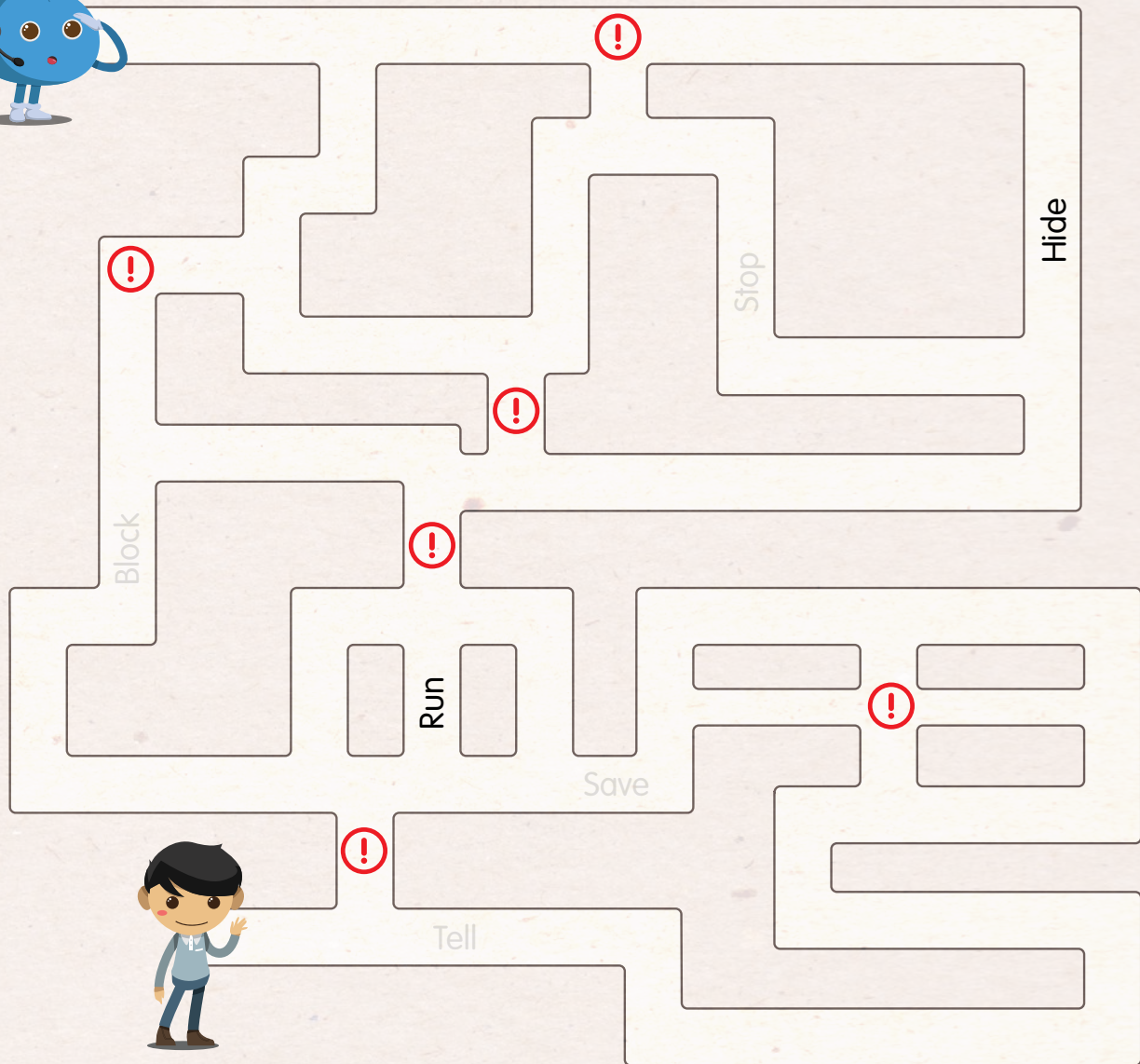
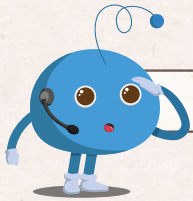


**tactics:**  
Techniques used for achieving a goal

# Activity - Cyber Maze

(Activity for Primary 1 - 6)

Help Tinkle Friend find Gary and look out for the four hidden messages.  
Avoid the danger (!) symbols!



## What should Gary do?

1. Oh no! The Bully has been sending me hurtful messages. Should I continue to respond to him?

S\_\_\_\_\_ communicating with the Bully.

2. The Bully is still messaging me!  
What should I do?

B\_\_\_\_\_ the Bully immediately.

3. How do I show someone what is going on?

S\_\_\_\_\_ the messages that were send by the Bully.

4. What should I do now?

T\_\_\_\_\_ a trusted adult.

# Effects of Cyberbullying

Children bullied on the Internet experience fear, **anxiety** and may even feel depressed. Here is a look at some of the effects of cyberbullying.



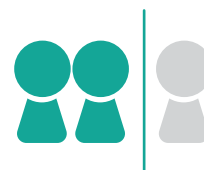
## Absenteeism

You may be afraid to leave home because everyone in school might know about the cyberbullying incident.



## Drop in grades

You may not be able to pay attention in class which may lead to poor exam grades.



## Isolation

You may not want to play with others.



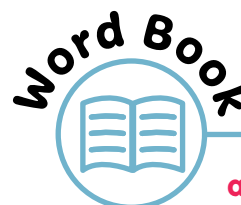
## Revenge

You may be thinking of taking revenge on the cyberbully but this is not right!



## Sleeplessness

You may not be able to sleep because you are upset and worried about the next wave of cyberbullying.



### **anxiety:**

Feeling worried, nervous, or afraid that something bad will happen

Now, I know what I should do!  
Thank you, Tinkle Friend!

## Tell Someone

Always tell an adult if an online incident upsets or worries you, especially when you encounter cyberbullying. We call these people our support network.



# Activity - My Support Network

(Activity for Primary 1 - 6)



Our support **network** consists of our family, friends, teachers and others who would provide physical and emotional comfort.

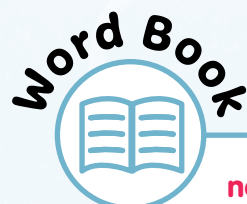
List down some of these people who you would talk to when an online incident upsets or worries you, especially when you encounter cyberbullying.

Name:  
Relationship:  
Where to find this person:  
Contact detail (optional):

Name:  
Relationship:  
Where to find this person:  
Contact detail (optional):

Name:  
Relationship:  
Where to find this person:  
Contact detail (optional):

Name:  
Relationship:  
Where to find this person:  
Contact detail (optional):



**network:**  
A system that involves a number of persons or groups



**I am a good Internet user.  
Now we know what to do  
when someone experiences  
cyberbullying.**

**Then how can we be a good  
Internet user?**

When using the Internet, we should respect our friends and use it responsibly. We should use the platform to create friendships and be a positive influence on others.

**1.**

### **Be Respectful**

You should treat others the way you would want to be treated.

**2.**

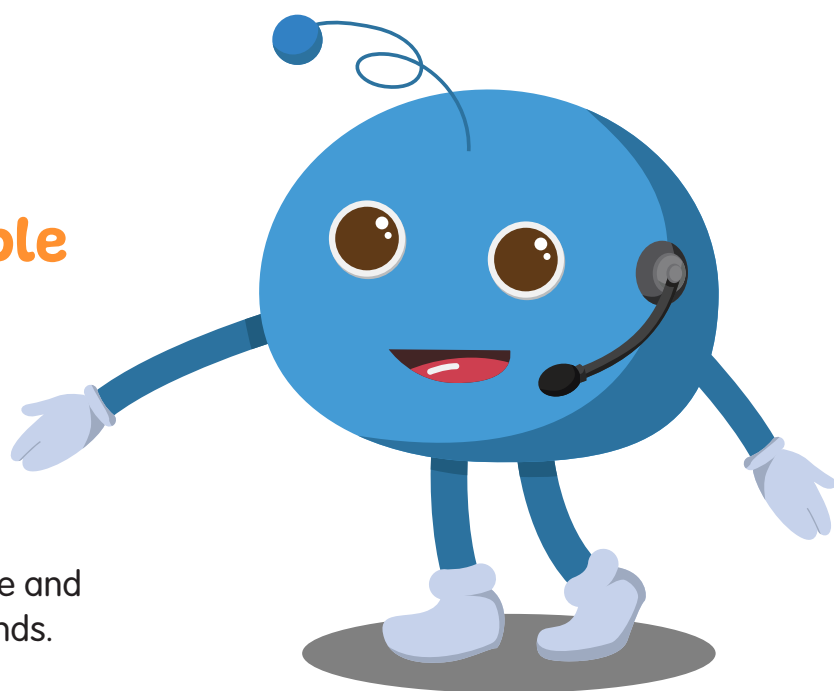
### **Be Responsible**

You need to be safe and responsible with your online activities.

**3.**

### **Be a Friend**

You should be supportive and caring towards your friends.



**Be the Change, Be Bully-Free**

# Activity - Right or Wrong?

(Activity for Primary 1 - 6)



We use internet to do many things, such as messaging a friend, playing games, watching videos and even doing homework.

What are the RIGHT and WRONG things to do on the Internet?  
Check your answers in the boxes below.

	Things to do on the internet
	Sharing a picture of someone without their permission
	Changing your password regularly
	Opening your friend's email without him/her knowing
	Not accepting a friend request from an unknown person
	Sharing your personal details to an online friend
	Reporting an offensive post
	Commenting and sharing an offensive post

# Activity - Fill in the blanks

(Activity for Primary 1 - 6)



Using the Internet can be safe and fun when you follow the rules of netiquettes or Internet **etiquette**. Netiquettes will ensure that we conduct ourselves in a responsible and respectful manner. They will protect us against the cyberbullies.



Internet



Etiquette

= **Netiquette**

Fill in the blanks with the correct words:

Respect

No

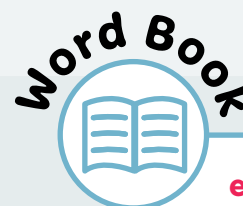
Caution

Emoticons

Shop

Share

1. \_\_\_\_\_ other's privacy.
  - Personal information and passwords are to be kept private.
  - Do not force your friend to share.
2. Forward with \_\_\_\_\_.
  - You do not need to share unnecessary information with others.
3. \_\_\_\_\_ spamming.
  - Do not flood your friend's inbox.
  - Do not repeat your statement if someone chooses not to respond.
4. Use appropriate language and \_\_\_\_\_.
  - Express yourself correctly.
  - Your friend would not be able to comprehend your feelings as they are only able to read your written text.

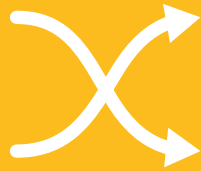


**etiquette:**

Rules for good behavior and manners

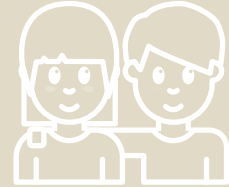
# Bully-Free Programme

Every child has the right to feel safe and secure. The Bully-Free programme aims to raise awareness and advocate for a Bully-Free learning environment and to build healthy relationships.



## Be the Change

Everyone is empowered to create change to move towards a caring community.



## Be a Friend

Everyone can be a friend when we dismiss the differences and accept them for whom they are.



## Be Bully-Free

Everyone can play a part in creating a positive learning environment that promotes well-being while bringing relief and happiness to others.



## Be Supportive

Everyone will appreciate a little support during a difficult time. Lend a helping hand or a voice to speak up.

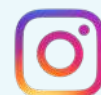
**For more information on Bullying and Cyberbullying,  
you can contact us via**



[www.bullyfree.sg](http://www.bullyfree.sg)



[bullyfree.sg@childrensociety.org.sg](mailto:bullyfree.sg@childrensociety.org.sg)



[scs.bullyfree.sg](https://www.instagram.com/scs.bullyfree.sg)

# Unmute Daniel

Have you seen our unmute Daniel poster around your school? Have you heard him tell his story? Scan the QR code on the right or visit <https://bullyfree.sg/unmute> to hear Daniel's story.



Now that you have heard Daniel, here is your chance to help him combat cyberbullying. Send us a card or a video on what you would like to tell him and how you would help him. You can choose to email us your entry at [bullyfree.sg@childrensociety.org.sg](mailto:bullyfree.sg@childrensociety.org.sg) or snail mail it to the address below.

## **Bully-Free Programme Student Service @ Children's Society**

51 Telok Blangah Crescent  
#05-01 Radin Mas Community Club  
Singapore 098917



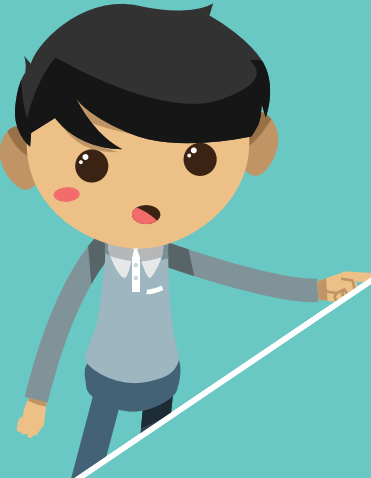
**What would you tell Daniel?**

**How would you help Daniel?**

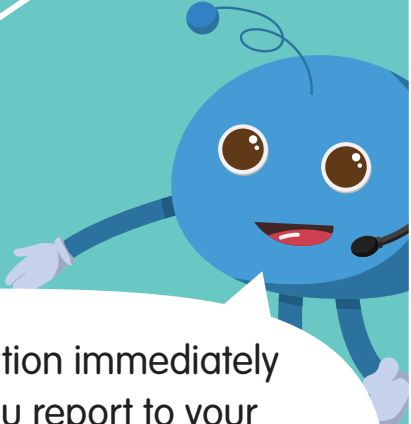
# Ask Tinkle Friend!




In this segment, Tinkle Friend will answer questions that are commonly asked by children all over Singapore. Some of you might have the same feelings or questions and we hope that it will be answered in this segment!




What if I speak up for the victim and the bully begins to pick on me instead?



Tell the bully to stop his action immediately and call for help. When you report to your teachers about the bully, they will take extra care in ensuring that the environment will be safe for everyone. You can also talk to your parents about it too.



Tinkle Friend, I saw my friend cyberbullying another child online. How can I stop my friend?



Good job! It seems like you care for your friend. Talk to your friend nicely and ask him why he is hurting others. You can also ask him how he will feel if someone bullies him on the Internet. Share with him on how the person being cyberbullied may be feeling (*Refer to page 6*). I am sure your friend will reflect on his actions after you speak to him.

In our next issue,  
we will be talking about...

# BULLYING



## Need someone to talk to?

Call Tinkle Friend @ 1800 2744 788 or Chat Online at [www.tinklefriend.sg](http://www.tinklefriend.sg) if you

- Feel happy and have something nice to share
- Feel stressed about your homework and/or exams
- Want to know whether it's right or wrong to do something
- Feel lonely
- Feel unhappy and sad

Tinkle Friend is a service provided by Singapore Children's Society.

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