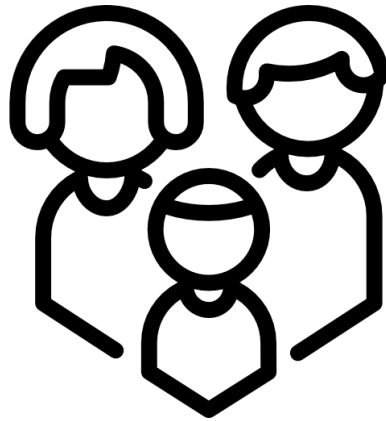


**Slides (for School's Use) to
Brief Parents on
Cyber Bullying**

Sharing with Parents on Cyber Bullying



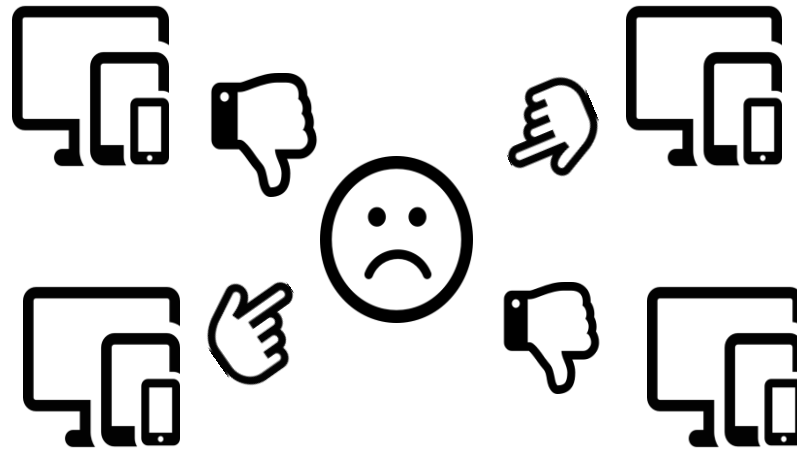
Outline of Presentation

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

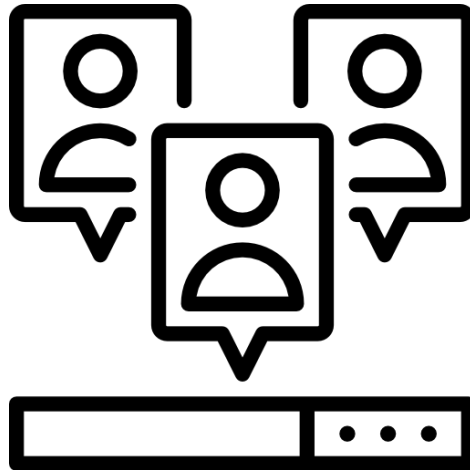
What is Cyber Bullying?

- 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.



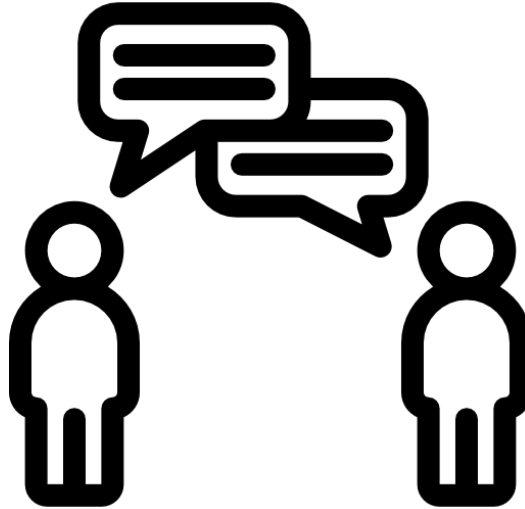
What is Cyber Bullying?

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



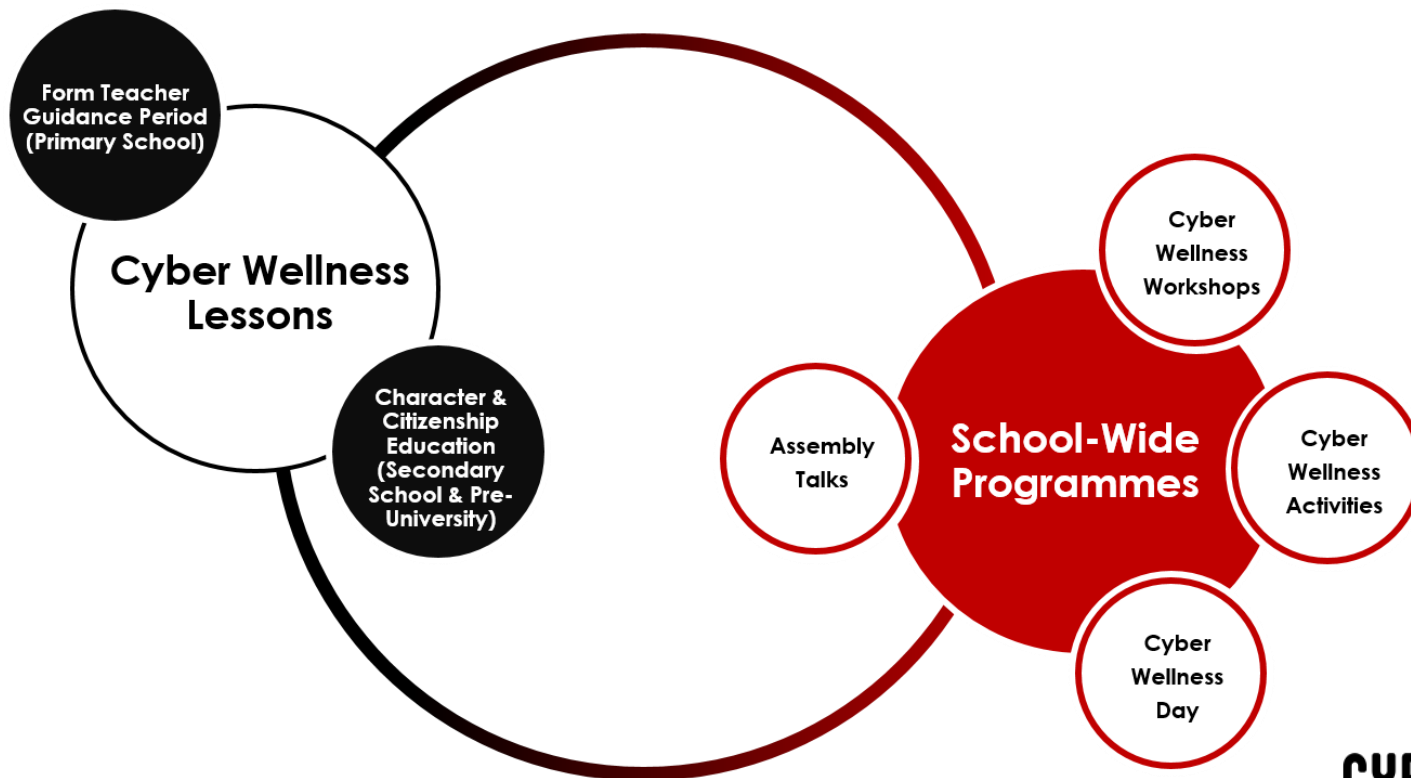
What is Cyber Bullying?

- 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



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