



Ahmad Ibrahim Primary School

School  
Cyber Wellness  
Awareness  
Newsletter!

# SCAN!

Issue 4

## Vice Principal's message



Ms Jaslin Kok

One day, my five year-old niece, who was watching her favourite cartoon on Youtube channel, handed her iPad to me abruptly. The screen displayed some sexy women dancing. I discovered that she was attracted by the images of Barbie dolls that appeared at the side of the screen and clicked on the videos to watch. Being fascinated by the Barbie doll characters in their fanciful costumes and accessories, she watched on, one after another, until she came across an adult "Barbie" video with sensual content. She sensed that something was not right and alerted me.

This is how vulnerable our children can be when they are given access to digital devices. The earlier the children are given access to digital devices, the earlier they are exposed to the risks of inappropriate content, device addiction and cyber bullying. Thus, in this issue, we would like to share how parental controls could be set on Youtube, cyber wellness tips and signs of cyberbullying to look out for. To support your child's learning digitally, you may consider using the L.I.T apps mentioned in this issue. Hope you will find the tips and resources useful.

### Inside this issue:

<i>Cyber Bullying - Signs and Examples</i>	2
<i>Cyber Wellness Tips for Parents</i>	3
<i>Controlling our children's' activity on YouTube</i>	4
<i>What is the right age to give your child a mobile phone?</i>	5
<i>L.I.T - Learn with I.T!</i>	6
<i>Cyber Wellness Happenings in school &amp; I am Cyber Smart! Quiz</i>	7 - 8



### How to use Among Us safely? Tips for Parents and Students:

- ◆ Make sure your child knows how to set up the game to play with friends and family.
- ◆ Set up the Lobby and make sure it is set to "private". This means you can share the room code with only people you trust.

## WHAT'S NEW?

### EVERYONE'S GAMING OBSESSION - AMONG US

#### What is Among Us?

It is an online multi-player game where crew members on a spaceship, while fixing the ship, need to identify and find the imposter, a parasitic shape-shifting alien.

#### Why do we need to be wary of this increasingly popular game?

The online gaming feature within this app allows children to chat and play with anyone, anywhere in the world. Unfortunately, this feature cannot be turned off. This increases the risk of children coming into contact with potentially problematic strangers and conversing with them. Accusations by team members on who the imposter is could also potentially lead to cyberbullying behaviours by players in the game.

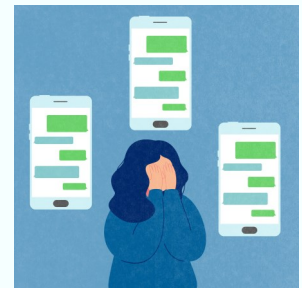
# CYBERBULLYING – SIGNS AND EXAMPLES

The 2020 Child Online Safety Index (Cosi) report found that in children aged 8 to 12 across 30 countries, 45% of them have been affected by cyberbullying. For Singaporean children aged 8 to 12, they have a 40% risk of being exposed to cyberbullying. As such, parents play a significant role in helping to tackle cyberbullying.

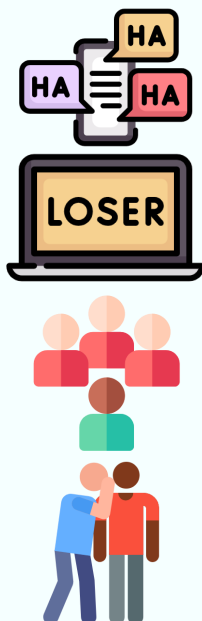
## Warning signs of cyberbullying

If you are concerned that your child is being cyberbullied, you can watch for changes in your child's school and social life. Your child may:

- be nervous, jumpy, upset or frustrated when using social media or after going online or gaming
- be unwilling to discuss or share information about their online accounts and activity
- have unexplained weight loss or weight gain, headaches, stomachaches, or trouble eating
- have trouble sleeping at night or sleepy during the day
- lose interest in their favourite hobbies or activities
- suddenly seem depressed or anti-social
- make passing statements about suicide



All the pictures are from [images.app.goo.gl](https://images.app.goo.gl) website



## Some examples of cyberbullying

### • Harassment

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

### • Flaming

Online "fighting" by posting negative messages with anger and / or vulgarities on message boards (such as those on gaming sites or blogs).

### • Ostracism/Exclusion

Act of intentionally excluding others from an online group.

### • Outing & Trickery

Sharing someone's secrets or embarrassing information, and / or tricking someone into revealing secrets or embarrassing information about themselves.

# CYBER WELLNESS TIPS FOR PARENTS

## 4 Tips on what parents can do to prevent cyberbullying

### #1 - Understand the threats and their implications

Keep a look out for the different types of cyberbullying. Flaming, outing, exclusion and identity theft are some examples.

If your child is a victim of identity theft, they would be receiving suspicious marketing mailers and credit card forms, which are signs that someone has been using your child's personal particulars. Early detection will allow you to put in measures and ways to prevent identity theft.



### #2 - Set limits on online activity

Establish rules and parameters on what your children can and cannot do. The same boundaries should also be applied to online interactions. Have a heart-to-heart talk with your children about why you need to be strict about enforcing limits on their online activity.



### #3 - Explain the threats of cyber security to your child

Teach your children how to be responsible internet users, share cyber wellness tips and explain the cyber security threats that they potentially face on the internet.

Assure your child that they can come to you anytime they suspect that they may be facing cyberbullying or may have divulged important personal information.

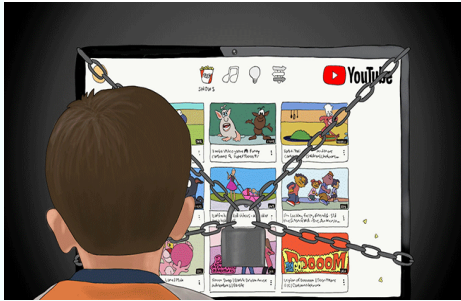


### #4 - Get Help

Counselling programmes targeted at cyber-related crimes are available. There are various support channels such as trauma counselling, IT support and legal advice available for your children and family should they fall victim to cyberbullying on social media.



# CONTROLLING OUR CHILDREN'S ACTIVITY ON YOUTUBE



From cartoons to educational videos and everything in between, there is an unlimited supply of great YouTube videos for children.

On the other hand, there is also an endless supply of YouTube videos that are unsuitable for children to watch. It is important that you know how to make YouTube a safe space for your child.

Fortunately, YouTube makes it pretty easy for you to do that with parental controls. Here's what you need to know.

Alternatively, you may sign up for a kid's account on YouTube kids.

## How to set up parental controls on YouTube with Restricted Mode

**Step 1:** Log into your Google account on YouTube, click on your profile picture at the top right corner of the screen.

**Step 2:** At the bottom of the pop-up menu, click on "Restricted Mode" (which will usually be turned off).

**Step 3:** Activate the "Restricted Mode" by toggling the switch next to it.



**Step 1**

**Step 2**

**Step 3**

**Page 4**

All the pictures are from [images.app.goo.gl](https://images.app.goo.gl) website

# WHAT IS THE RIGHT AGE TO GIVE YOUR CHILD A MOBILE PHONE?



According to Pew Research Center, the age a child gets their first mobile phone is between 12 to 13 years old, which is the age they transit from primary to secondary school.

However, the decision to give your child a mobile phone is a personal one. It can vary from child to child, based on maturity and need. Before you decide to add your child to your family plan, ask yourself these questions.

## *Why Do They Need It?*

If you and your child are not often apart beyond school hours, a mobile phone may not be a serious necessity.

However, if they are independent and involved with activities outside of home, a mobile phone could be useful during emergencies and be a convenient way to contact your child.

If you feel that your child is too young for texting and Internet access, basic phones that only allow phone calls are available.

## *How Responsible Are They?*

Having a cell phone is a privilege. Therefore, your child must show that they can be responsible.

Will they take good care of the phone? If they bring it to school, will they follow the school rules on mobile phone usage? Will they use the ability to text, take pictures, and record videos responsibly?

Ask yourself all of these questions, and have a discussion with your child about responsible technology use, before handing over a new phone.

## *Do They Understand the Safety Issues?*

Most cell phones can be used in more ways than just calling for a ride home. Is your child old enough to be trusted to use their phone safely and follow any rules you have set when it comes to using it?

Cyberbullying and the use of social media apps are issues you need to discuss before allowing your child to have a mobile phone.



# L . I . T - LEARN WITH I.T!

Let's take a look at 2 L.I.T apps that can help our kids learn!



## 1. NLB Mobile

By: The National Library Board

Subject(s): All

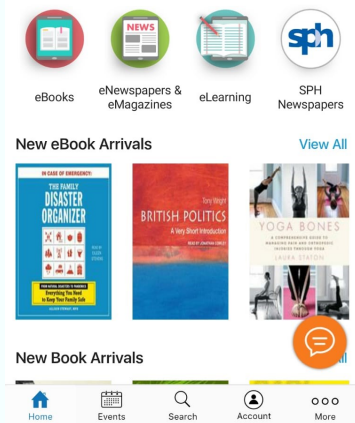


Want to visit the library without leaving your home? This NLB Mobile app allows you to do that and so much more!

Through this app, you can access the electronic version of SPH newspapers for free. You can also borrow a wide range of e-books for your children.

By logging into your library account, you can check your account for books you have borrowed offline and online. You can also pay outstanding fees online via this app.

What a L.I.T way to learn!



## 2. Cerita Rakyat Nusantara

By: The Malay Language Centre Singapore (MLCS)

Subject(s): Malay Language

Need help to interest your children to read more Malay books? This L.I.T app might help! Encourage your child to read Malay fables through this app.



The Cerita Rakyat Nusantara app has an interesting selection of e-books that enables students to listen to Malay traditional fables. It also has an interesting recording feature that allows students to record and listen to their own reading. What a L.I.T way to learn!

# Special Highlights

## Cyber Wellness Ambassadors' Training Session

In 2020, our student Cyber Wellness ambassadors participated in the National Cyber Wellness Advocacy Challenge (NCAC), organised by Crescent Girl's School and conducted by our teachers, Ms Chee Jia Pei and Mr Melvin Yeoh. The theme was 'Managing Distractions and Maximising Productivity with Home-Based Learning'. The session built on the excellent content covered in previous years and also leveraged our students' unique learning experience during Home-Based Learning (HBL) in 2020. It provided our ambassadors an opportunity to reflect on their HBL journey and to find ways to improve their future HBL experience.

During the training session, the ambassadors used Padlet as a collaborative learning tool to contribute tips and ideas to find the best way forward for future HBL.



Ambassadors using Padlet to share their tips for future HBL

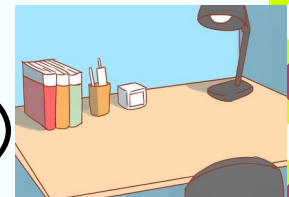


Ambassadors designing a poster for their peers

## Tips to stay focussed during HBL by our ambassadors



Make sure the environment you are learning in is clean and neat. Make sure that NOTHING disturbs or distracts you when you are learning or studying.



Be neat and organised when studying, make sure you turn off all devices and remind family members not to distract you. Lastly, make notes and work neatly so that it'll be easier to study.



[Continued on page 8]

## Annual P4 Cyber Wellness Ambassadors Recruitment

The Cyber Wellness Programme is an innovative programme in our school which aims to educate our students on cyber-related topics. Every year, Primary 4 class mentors help to nominate ambassadors who are responsible, confident, and able to share Cyber Wellness knowledge with their peers. Here are the ambassadors from the 2020 Primary 4 classes.



Pyae Phyo Kyaw  
4C

Haniyah Binte  
Mohamed Sameer  
4C

Wong Chi, Marcus  
4C

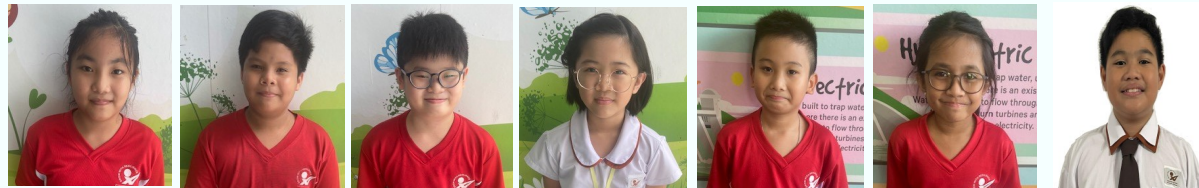
Josiah Benedict  
4D

Cartier Chia Sing Er  
4D

Tan Yee Xin  
4D

Nur Athirah Maisarah  
Binte Abdullah  
4E

Fu Maximus Jovian  
Gamboa  
4E



Toh Li En  
4E

Muhammad Danish  
Ryan Bin Muhammad  
Razmi  
4H

Looi Yu Hao Nicas  
4H

Chrystal Ong Si Jie  
4H

Bryan Tan Juinn Keat  
4R

Nur Adelia Binte  
Muhammad Iskandar  
4R

Navarrete Eli Matthan  
Berangel  
4R

## I am Cyber Smart! Congratulations to the 2020 prize winners!



Putri Balqyies Darwiesyah Binte Ahmad Ramzane (3 Care)	Nur Nadia Minka Binte Mohamad Hanif (3 Excellence)	Mateo Ziv Nathaniel Zuno (3 Resilience)	Josiah Benedict (4 Diligence)	Nur Nabila Binte Mohamad Hanif (5 Care)
Estelle Pek JiaLi (5 Excellence)	Raju Anushka (5 Honesty)	Soo Jun Hao Ryan (5 Honesty)	Chow Yun Han (5 Resilience)	Cheng Xin Yu (5 Resilience)

Scan the QR code to complete the *I am Cyber Smart!* Quiz.

You can also submit the hard copy quiz given to you. Fill up the answers and drop it into the box outside the staff room.

The closing date for the quiz is **16 July 2021**.



Scan me!

Top 10 winners will  
receive attractive  
prizes!

Advisor:

Mr Nurul Hatta Takim  
HOD ICT

Members:

Mdm Siti Aishah Junaidi  
Mdm Fang Jing  
Mdm Nadiyah  
Ms Lim Shi Hui Lynn  
Mdm Juliana

Parent's Survey

Please help us to improve our subsequent SCAN newsletters by completing the survey below:



Please Scan the QR code to be directed to our survey page. Your input is much appreciated. Thank you.