

A decorative border composed of a grid of squares in various shades of green, teal, and yellow, framing the central text area.

# Peer Support Leader Training x Cyber Wellness

31 July 2019

# Objectives

To prepare PSLs in:

- **identifying** different forms of cyber bullying
- **supporting** peers during cyber bullying

# RECAP: THREE roles of PSL x CW?

Master over  
technology



Builder of online  
relationship



Protector of  
peers online



# Segment 1 Entrance ticket

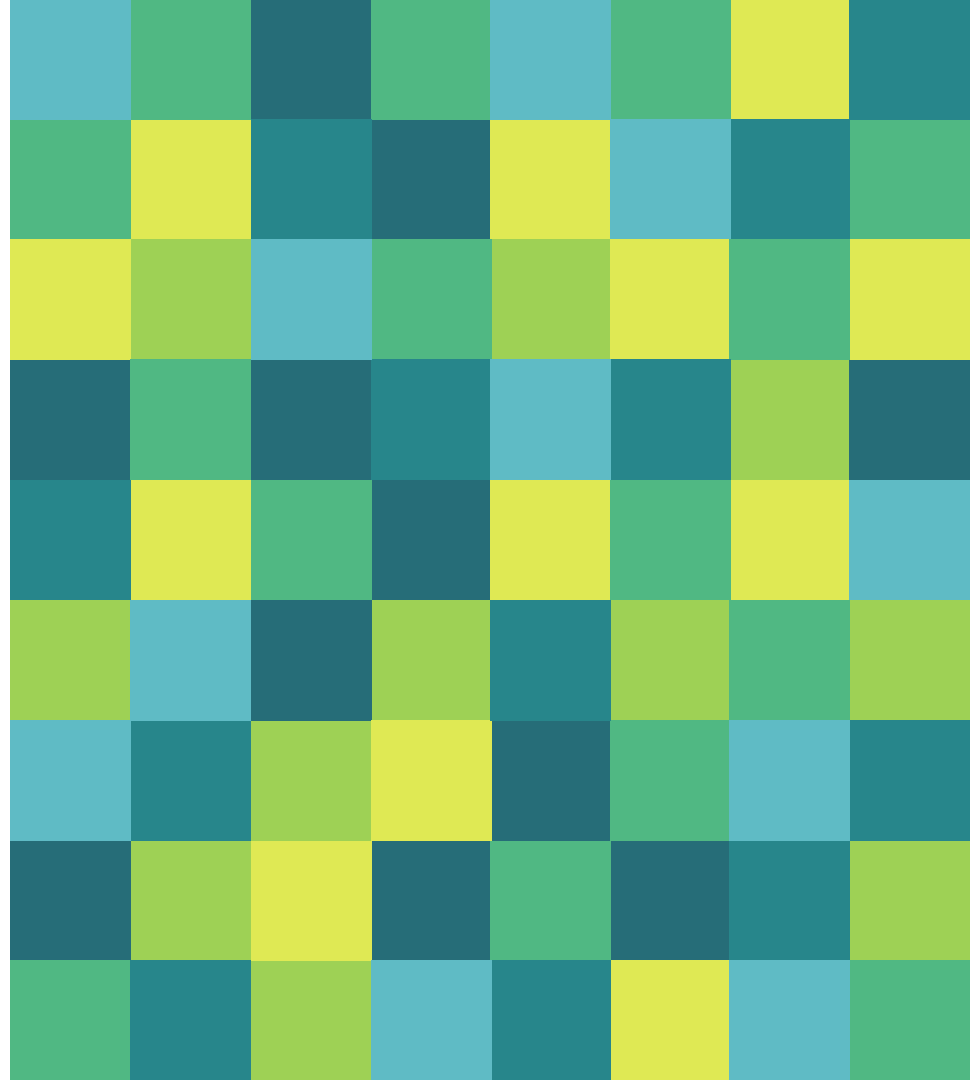


# Entrance ticket!

What is ONE thing that you have done  
as a PSL in promoting CW  
(one of the three roles)

# Segment 2

## Preparing for T3W6 FTP



# Instructions!

WHO: PSLs

WHAT: Sharing about CW

WHEN: (T3W6) 7 August (Wed) after  
morning assembly

WHERE: Classroom

WHAT: FT laptop +  
<http://tinyurl.com/FTP070819/>

# Demonstration by Mr Teoh!

student: \*tries cyberbullying

~~teachers:~~ **PSLs**



Credit: Samuel Neo (4E3)



# Segment 3

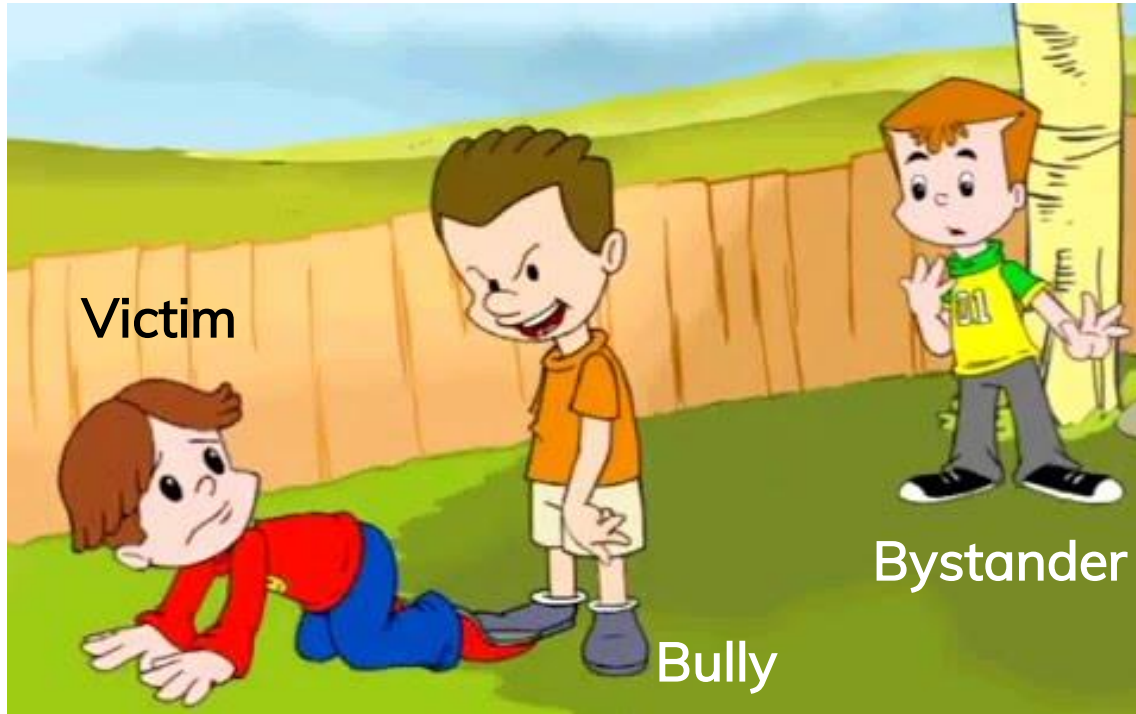
## Defining Cyberbullying

Mr Teoh after his talk:



Credit: Samuel Neo (4E3)

# Bully, Victim and Bystander



# Cyberbully, Victim and Bystander

Cyberbully(s)



Victim

Bystander



“

Definition

# Cyber bullying

The act of using electronic communication to harm or intimidate a person

## How to identify a victim of



Victim

### Emotional signs

- moody & withdrawn
- aggressive
- upset during / after using digital device

### Social signs

- suddenly stops using internet or social media
- isolates him/herself
- attempts of self harm

### Academic signs

- loss of interest in school
- deteriorating grades

# How to identify a cyber bully



Cyber Bully

## Behavioural signs

- **hides** or turn off screen when someone approaches
- **upset** when technology privileges are taken away
- appears **anxious** while using computer or phones

Do you think an offline bully behaves similar to online bully?

# SIX types of Cyber Bullying



Harassment



Denigration



Trolling



Impersonation

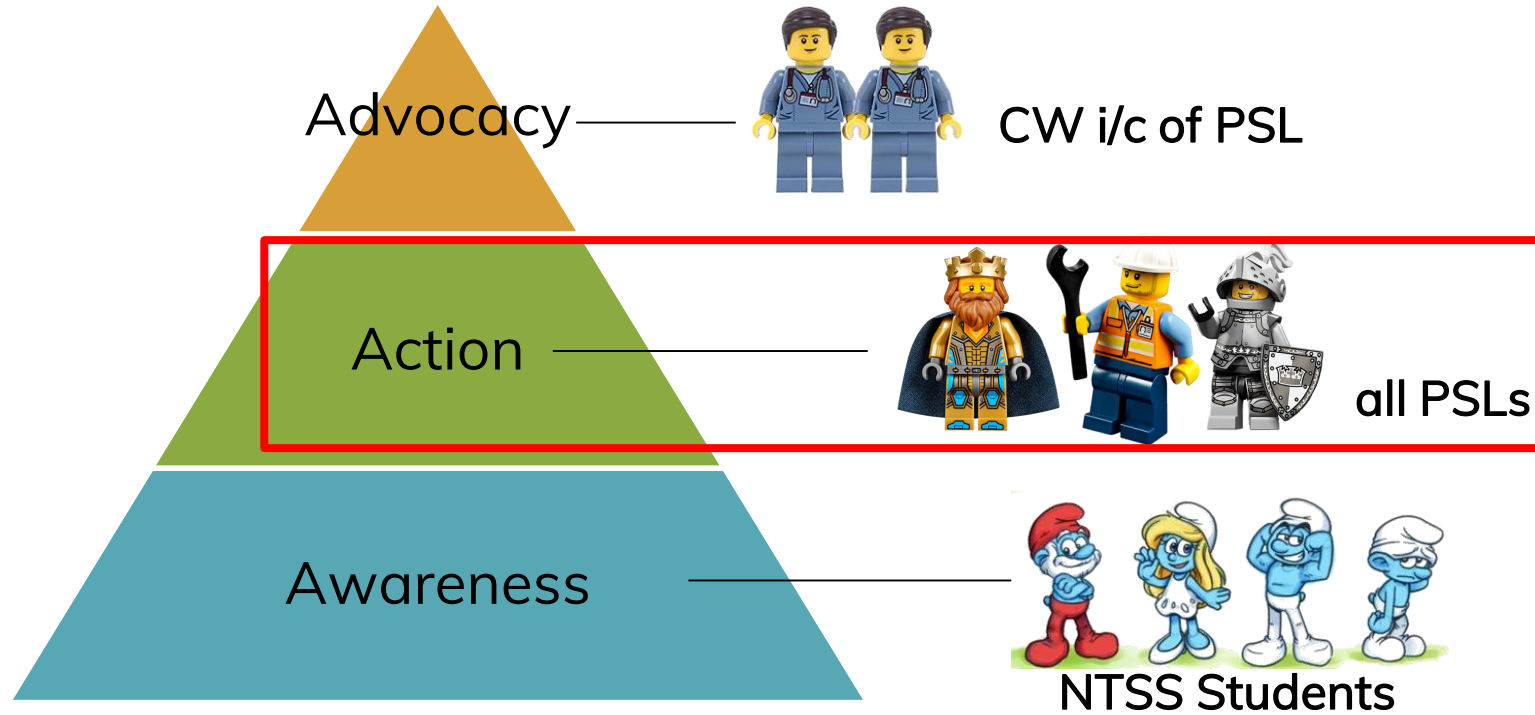


Outing



Exclusion

# Cyber Wellness x NTSS



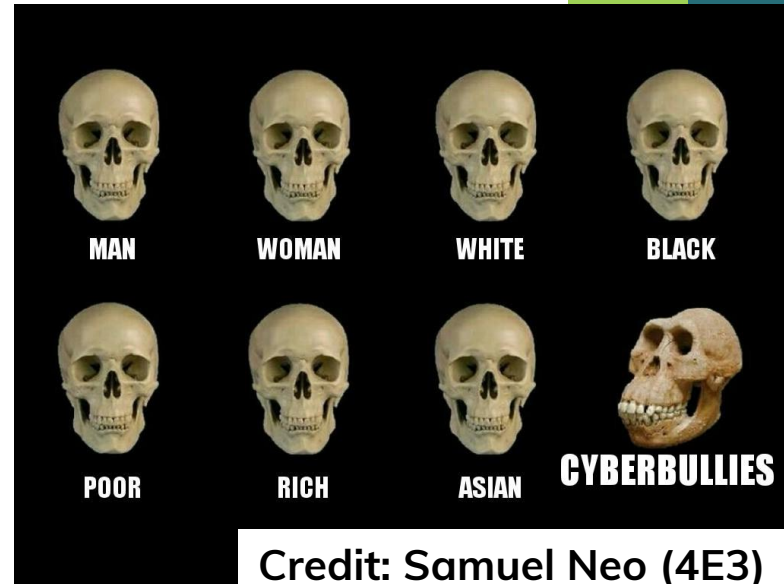


# GROUP TASK!

## Questions to present:

- What is (XXX)?
- What **should** you do if you (PSL) see a friend experiencing (XXX)?
  - *bully*
  - *victim*
  - *bystander (neutral party)*
- 20 minutes to prepare

Be as **creative**  
as possible!



# Case Study 1- Harassment



Ahmad is not well liked by his school mates because he has bad breath and strong body odour.

In the class WhatsApp group, your classmates made cynical remarks about the odour in class without referring to Ahmad. However, it was obvious that the remarks were made at Ahmad.

You are in the WhatsApp group. What will you do as a PSL?

# Case Study 2- Denigration



Lisa, an obese Sec 4 student was changing in class after PE.

Danielle, another classmate of yours, secretly took a photo of her. Within minutes, the photo reached every class in your school.

You received the post of Lisa through WhatsApp. What will you do as a PSL?

# Case Study 3- Trolling



Genie shared a picture of her award winning art piece on her private Instagram account.

You saw a comment of the post written by an unknown account which states “You are so ugly that every New Towner looks better than you”.

It feels like the person who wrote this comment is a New Towner. As a PSL, what will you do?

# Case Study 4- Impersonation



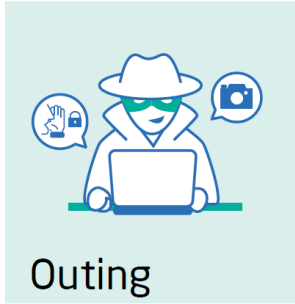
Impersonation

Harrison is the Class Chairperson who is well liked by his classmate. He does not have social media accounts.

Yesterday, Harrison requested to follow you with a private account. Upon following back, you realised that Harrison posted many memes which degrades the teachers in New Town. You suspect that is not his account.

As a PSL, what will you do?

# Case Study 5- Outing



You have a classmate Denise, who went through a breakup with Daniel, who is also another classmate of yours.

A few days later, Daniel posted Instagram posts containing sensitive information of Denise, such as her family problems. One of the post even contains a compromising picture of Denise in revealing swimming wear.

You saw the post online. As a PSL, what will you do?



# Case Study 6- Exclusion



Lisa was at home after fracturing her leg. Her teammates promised to visit her but there was a last minute change of plan and they could not make it.

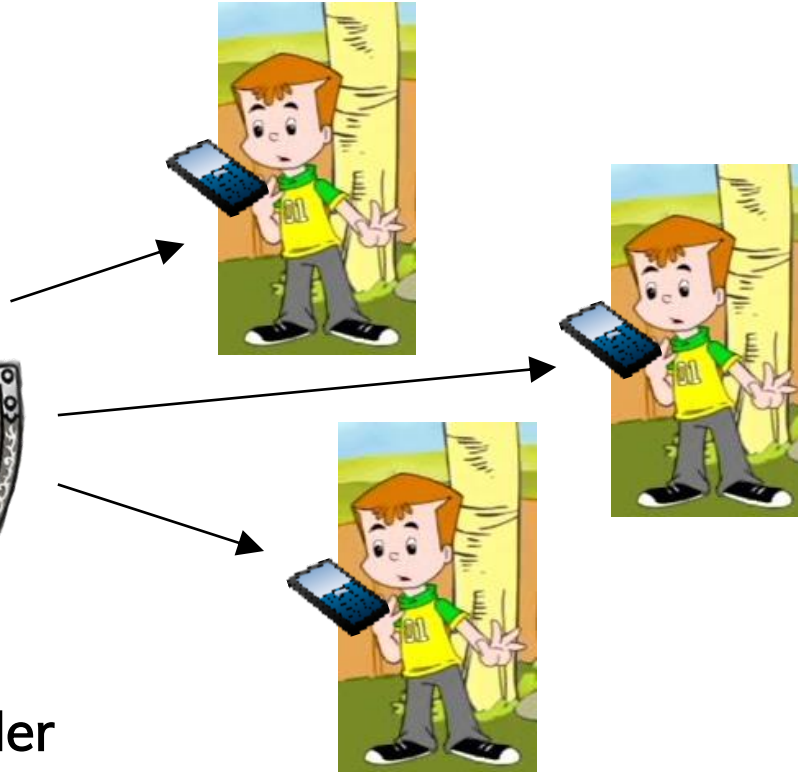
She was upset but understanding. An hour later, she saw the same friend's Instagram Story of the whole team at the movie after all.

Lisa messaged you and said that she felt upset. What will you do?

# How can we stop cyber bullying?



Peer Support Leader





# Protector (1)- 2R'3R

(NOT)

Respond

(NOT)

Retaliate

Reach  
out to help  
(CHEER)



Record evidence

Report to teacher



## Protector (2)- C.H.E.E.R

**C**- Check on your peers

**H**- Hear them out

**E**- Empathise with them

**E**- Encourage them to seek help

**R**- Refer to a trusted adult



# Conclusion

- Feedback form for CWA training
- <http://tinyurl.com/PSLxCW310719/>

The world without  
mean cyberbullies



Credit: Samuel Neo (4E3)

**See you soon!**

**Any questions?**

