

# BUZZ

TINKLE FRIEND

MARCH 2019

Different Types  
of Bullying

No one  
likes you!

High 5: Ways  
to Manage  
Bullying



How to  
Get Help?



# Welcome back to the new school year!

We talked about the different aspects of cyberbullying and also how to overcome it in the previous issue. We will continue to discuss about the same topic and expand it to other traditional forms of bullying in this issue.



Do you know that studies have shown that 1 in 4 students has been a victim of bullying? Let us explore the different aspects of bullying and how you can be a good upstander. Remember to apply all the knowledge that you have learnt from this issue to protect yourself from bullying.

Last but not least, do remember that you can talk to Tinkle Friend if you are facing a problem or have something good to share.

## Contact Tinkle Friend!

### Online chat

[www.tinklefriend.sg](http://www.tinklefriend.sg)  
Monday to Thursday  
2.30pm to 7.00pm

Friday

2.30pm to 5.00pm

### Helpline

1800 2744 788  
Monday to Friday  
2.30pm to 5.00pm



# The Unfriendly Behaviour

There may be times when our classmates did or said hurtful things to us and we felt upset by it. These unfriendly behaviours can also cause us to feel angry, sad and even scared. These behaviours are not right, and should not be **tolerated**.



Kicking, hitting or pushing others around



Not letting others join in



Saying mean things about someone



Teasing someone or calling them names



Making someone feel scared

Bullying is an unfriendly behaviour with the **intention to hurt someone**. There is an **imbalance of power** where the person finds it difficult to defend oneself and **bullying may happen repeatedly**.



**tolerated:**  
To allow or accept;  
not oppose or attack



## Verbal Bullying

Occurs when an individual is hurt or shamed through the use of words



## Cyberbullying

Occurs on the internet, through mobile phones, video games systems and other forms of technology

# 4

## Different types of Bullying



## Relational Bullying

Occurs when harm is inflicted on a person by damaging friendships



## Physical Bullying

Occurs when physical action is used against an individual, or on his or her belongings

# How To Get Help?



It is very important to help someone in danger, especially in a bullying situation. You can call for help from the person nearest to you and this person can be anyone – your best friend, school prefects, teachers, the school bookshop vendor or even the cleaner. In times of doubt, it is always good to inform a trusted adult such as your parent, teacher or a school counsellor about what is going on and how you feel.

## What I should do when I witness a bullying incident...

**1.**  
Report to a  
trusted adult



**2.**  
Shout  
for help



**3.**  
Ask the bully  
to stop



**4.**  
Gather people  
for help



**If you feel uncomfortable about something, talk to someone!**

# Activity - Help Me Please!

(Activity for Primary 1 - 3)



Gary is being bullied. Who can he ask for help? Circle the correct answers.



You look funny  
HAHA!



It is important to find help as soon as possible.



Teacher



Best Friend



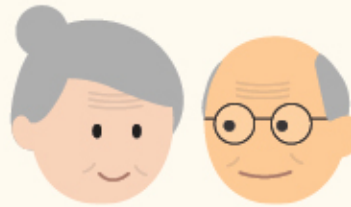
Favourite water bottle



Teddy Bear



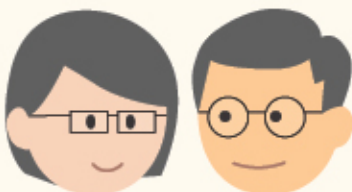
The Bully



Grandparents



A Cat



Aunt or uncle



Tinkle Friend



School Counsellor

# Activity - The "Help" Net

(Activity for Primary 3 - 6)



Help Gary in managing bullying by selecting the appropriate actions.

- B** : Report to an adult
- A** : Take a photo or video, and share with friends
- U** : Shout for help
- T** : Laugh at Gary
- L** : Ask the bully to stop
- H** : Continue to read your book
- O** : Punch the bully in order to stop him
- L** : Bring Gary to a safe place
- Y** : Call a passer-by for help immediately
- A** : Shout and scold the bully
- : Gather more people to the scene for help
- F** : Separate the bully and Gary, with the support of more friends
- R** : Say "Stop!" to the bully and bring Gary to a safe place
- D** : Run and hide
- E** : Inform a teacher immediately
- E** : Ask Gary if he is feeling fine

**What is the hidden word?**

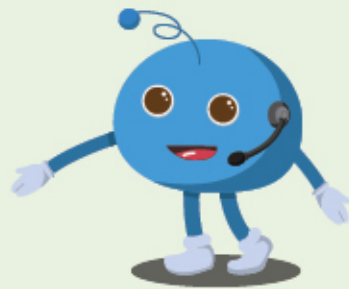
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# Be an Upstander!

When a bully notices that others did not stop him or her in the bullying behaviour, the bullying can become worse! Therefore, it is very important to act immediately when you witness a bullying incident.

Stand, Speak, and Act are three important steps that you can do to help a victim.

## Stand up



### Stand up and provide a helping hand

- Step forward to provide some help
- Do not be an audience

## Speak up



### Speak up

- Tell the bully to stop the action
- Redirect and separate the victim and the bully

## Act



### Act to provide appropriate support

- Inform a trusted adult
- Report the incident
- Set a good example

When you follow all the above steps, you become an active bystander, an Upstander!

# Be The Change, Be Bully-Free



# High 5: Ways to Manage Bullying

Sometimes, at the point of the incident, we might be shocked or have our feet rooted to the ground without knowing what to do immediately.

The "High 5" is a 5-steps technique for you to manage bullying. The more we speak up against bullying, the closer we get in making our school a Bully-Free environment.



## 1 Ignore

- Pretend you did not hear the comments
- Do not make eye contact
- Count to five in your head slowly
- Take slow deep breaths

## 2 Talk friendly

- Use a calm voice when replying to the bully
- Maintain eye contact when talking

## 3 Walk away

- Straighten your body and look straight ahead
- Walk towards a crowded area
- Do not look back
- Do not run; walk confidently

## 4 Talk firmly

- Use an assertive tone when replying to the bully
- Tell the bully to stop the negative behaviour
- State the consequences if bullying continues (E.g. Reporting to a teacher)

## 5 Report

- Tell a trusted adult
- Seek help from any bystander at the scene

How do we then ask for help?

# Reporting the Right Way

Very often, we do not know how to report or ask for help. We are stuck in wondering how to inform our teachers or parents about what is happening. Here is a guide on how you can report and ask for help during a bullying incident.

**Tell an adult what you need help with clearly.**



# 1.

## Identify

- Who are you having the problem with?
- What did he/she do to you?
- When did he/she do that?

E.g. I am having a problem with Benza, he has been shooting paper bullets at me whenever there is no teacher in the class...

# 2.

## Attempt

- What have you done to stop the problem?
- Have you spoken to anyone about your problem?

E.g. I have tried asking him to stop and have also informed the class monitor about it, but he doesn't seem to care...

# 3.

## Request

- What would you want the adult to help you?
- When would you want the adult to help you?

E.g. I would need you to tell Benza to stop disturbing me right now so that I can focus on my work.



# Activity - Report it the Right Way

(Activity for Primary 1 - 6)



## Now it is your turn to try it out. Imagine this...

While you were queuing to buy your favourite fried rice with hash browns during recess time, Benza marches towards you and cuts the queue. He then shouts into your ear "Loser!" and starts laughing after looking at your shocked facial expression. You tried to ignore him and kept quiet.

While you reached out to collect your plate of fried rice from the canteen Uncle, he hits your elbow and ran away. This caused you to drop the plate of rice and made a mess all over your uniform. You tried walking away but accidentally step on the food which caused you to slip and fall.

**How will you report this to your teacher?  
You may refer to the previous page for help.**

**Identify**

I am having a problem with...

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**Attempt**

I have tried to...

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**Request**

I would need you to...

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# 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 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!

## Do you know?

1 out of 9 students have reported to be victims of cyberbullying  
1 out of 4 students have been a victim of bullying

Tinkle Friend! Which is more serious, traditional bullying or cyberbullying?



We cannot say that cyberbullying is more serious than the other forms of bullying. Regardless of the types of bullying, the pain and hurt one experiences is unique and should be addressed. Support should be given to the parties involved. A person who experiences cyberbullying also tend to experience the other types of bullying. The digital devices only provide an additional platform where bullying can take place.



Can a victim become a bully?



Yes. Students who are victims of bullying are more likely to be aggressive towards others. That could cause them to subsequently becoming bullies themselves. But, with the appropriate help and support given, one can help these students to overcome their problem. Do voice out to your teachers or school counsellors if you know of such friends.

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



# FRIENDSHIP

Need someone  
to talk to?

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

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