



THE LAW AND A COMPLEX SITUATION



Thirteen, fourteen, sixteen, sixty-three, twenty-one, eight and six. These numbers are innocent by themselves but if they equate to teen sex and the number of times teens indulge in sex, and the number of cases recorded, then they point to an alarming trend that now exists among the young and very young, in Singapore.

These figures and more were presented at the Third Singapore Children's Society's Lecture, by Professor Walter Woon, Attorney-General, on 31 October, at the Singapore Management University, to an audience of about 250. The lecture was titled: Changing Social Mores, Protecting Children From Themselves.

Prof Woon was introduced to the audience by Prof Ho Lai Yun, Vice Chairman of Singapore Children's Society.

In his opening statements, Prof Woon reiterated the ideals of a wholesome childhood and said that every child deserves one that is free of abuse and neglect but filled with love and protection. He lauded the Society's core values and its mission of providing a helping hand to children in need.

In highlighting the alarming trend of teens involved in consensual sex and other problems of undesirable sexual behaviour, he said the trend has been observed over the past few years and is tied with changing attitudes of the young. This involved loosening of inhibitions, and was partly due to influences such as the Internet, the various media, proliferation of digital media (such as online chat rooms), which has created opportunities for the underage to become victims as well as for sexual predators to proliferate. Also, he pointed out that the young these days are more willing to experiment in sexual behaviour.

Under such adverse circumstances, he pointed out that crimes of a sexual nature have been on the increase and these involved statutory rape (which involves girls below the age of 14) and also the number of girls below the age of 16 having sex. In clarifying, he said that having sex with a minor (under the age of 14) is a crime that is punishable with a jail term, along with a fine or caning. Also, contrary to common belief, there have been cases where

the perpetrator is a female. In fact, he said that cases involving the female enticing the male have been on the rise.

Another disturbing trend that was revealed was the rise of the number of incest cases. This usually involved the father as the one who commits the crime. And there is the case of a 15-year-old boy who sold himself on gay chatrooms with the aim of earning more pocket money.

Under the eyes of the law, Prof Woon outlined the various categories of crime committed and the parameters taken into consideration before prosecution takes place and the role of the attorney-general in the process. The dilemma of whether to send the perpetrator to jail or not arises at some stage and Prof Woon said that there is always a need to question the effects of the jail term. He said: "What good would that do?" Under these circumstances, he said NGOs and community service providers can play a vital role.

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In most cases, he said there is a need to look into the various facets that are involved, such as the ages of both parties, consent of either one or both parties and even the families involved. Very

often, parents are the one who demand sterner justice when only warnings have been issued to the perpetrator.

He said most sexual contact between teens is done under the notion that they are in love with each other but the problem arises when one party has a change of mind and a report is made. This scenario throws up a complicated situation, especially when the girl is made pregnant.

In every case and situation, Prof Woon said the law takes into account the versions of both parties, the reformist attitude of the perpetrator, the repentance and the needs of the victim and the family.

In closing the lecture, Prof Woon also pointed out that the intellectual abilities of those involved are taken in account.

DISTURBING TRENDS

Early this year, the Straits Times reported the disturbing trend of the rise in the number of sex crimes involving minors as well as underage girls having sex. Here are some statistics:

- There was a sharp rise in girls below the age of 16 having sex, with 310 cases last year compared to 216 the year before.
- Statutory rape, which involves those below 14, jumped from 57 cases to 63 last year. Carnal connection, which involves girls below the age of 16 having sex, leapt from 159 to 247 cases.

The report said the Police have held discussions with teachers from secondary schools and junior colleges about sex-

related offences and laws. Discussions have also covered the consequences of underage sex and the use of technology in sexual crimes.

To curb the trend, teachers have been asked to help disseminate these messages to students. Also, the report said the Police will continue to collaborate with the Ministry of Education, Ministry of Community Development, Youth and Sports, and the National Crime Prevention Council. The aim is to develop new initiatives for intervention with youth in the form of workshops and crime awareness talks.

TOUCHING BASE WITH AGAINST CHILD ABUSE MACAU

Singapore Children's Society hosted colleagues from Against Child Abuse (ACA) Macau on 23 June, 2009. Accompanied by Mrs Priscilla Lui, Director of ACA Hong Kong and Board Member of ACA Macau, the delegation comprised Ms Wanda Yong, Board Member, Ms Kitty Lam, Executive Supervisor and three social workers from the Macau office.

The delegation called at Sunbeam Place in the afternoon in which lunch was the first item on the agenda. After tucking in, Mr Alfred Tan, Children Society's Executive Director, gave a presentation on the Society. In line with ACA's core focus on anti-abuse work, the heads of Family Service Centre (Yishun), Sunbeam Place and Research and Outreach Centre, shared details on how their centres are involved in child abuse work. In the evening, the Society hosted dinner which presented a great opportunity for useful and interesting exchanges.

In addition, Children Society's also facilitated visits for our guests to the Ministry of Community Development, Youth and Sports, Centre for Promoting Alternatives to Violence (PAVE) Centre, Ang Mo Kio Family Service Centre and Coalition against Bullying for Children & Youth.

In a mail from Mrs Priscilla Lui upon her return, she said: "It was a very fruitful and memorable trip for the six of us to Singapore. All the arrangements were very smooth and the various sites were very well chosen and relevant for ACA Macau for our future planning and development. It was an eye-opening experience for our young team. It was also an eye-opening experience for me as I am familiar with your Society and its many partners for decades. The speed and scope of the development of your system and services is indeed impressive and most importantly the devotion and passion of staff and the vision of the board really makes the difference."



Thunderous applause at YouthGiG Concert 2009



It was an evening that truly belonged to all the youths who participated in the recently concluded YouthGiG 2009, organised by the Youth Centre (Jurong). YouthGiG is a concert for the youth, where the performances provide a platform for youths to gain self-confidence through finding and showcasing their talents, be it onstage or backstage; inspire others to come forward and use their talents and last but not least, to give themselves back to the community.

Riding on the success of the inaugural YouthGiG 2008, this year's YouthGiG, held on 10 July, unveiled a new constellation of shining stars. When the curtains rose, 121 performers, ushers and backstage crew put up a great show of 14 performing items at the Taman Jurong Community Club. The 'wow' factor was very much in evidence as the 300-strong audience applauded each and every item heartily. The Guest-of-Honour was the Vice Chairman of the Singapore Children's Society, Prof Ho Lai Yun.

Apart from the intensive rehearsals which saw the participants working very hard to ensure that they shine on stage, they were also required to attend the YouthGiG Day Camp in June. The camp taught youths on effective communication, teamwork, conflict resolution, performance ethics and most importantly, to bond and gel with other participants.

When it was showtime, all the hard work really paid off. Shine they all did, as the concert kicked off with highly energised hip-hop dancers in bright costumes grooved to the beat, and wowed the entire hall. Other treats put up that night were the solo shuffling item, rapping, and even a dance tribute to the late King of Pop – Michael Jackson. The musicians were not to be outdone.

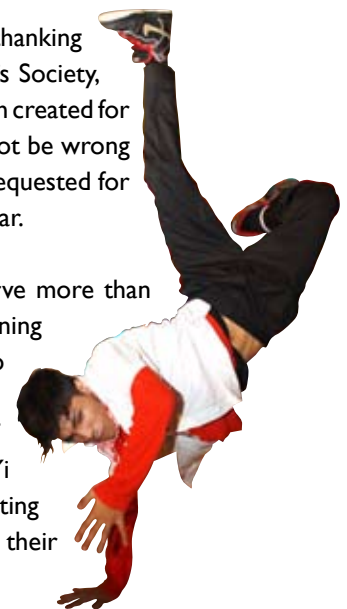
The hall was thundering when they played their hearts out and even the soloists got the audience tapping to the beat. Another item that drew much applause was a martial arts performance accompanied to pop music.

And the finale truly brought the house down when the performers, high in energy and spirit, came forward and interacted with the audience while they grooved and moved to the music.

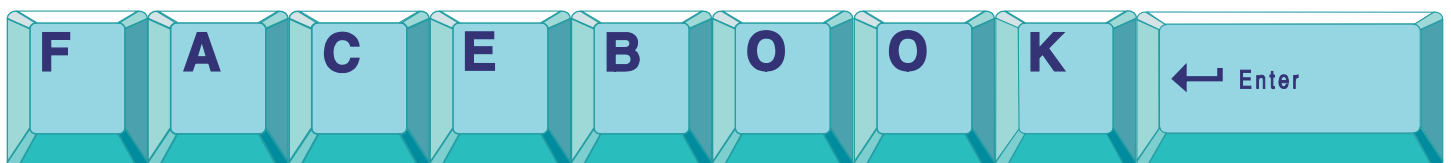
The loud cheers, roars and applause at the end of the evening put big grins on the faces of all the performers, proving that all the hard work and effort had indeed been worthwhile. Staff were approached by highly inspired youths asking: "When is the next YouthGiG, I want to perform!"

Also, many proud parents were seen thanking members of the Singapore Children's Society, Youth Centre (Jurong) for the platform created for their children to perform. It would not be wrong to say that everyone in the hall had requested for YouthGiG to be staged again next year.

Last but not least, our youths deserve more than just a pat on their shoulders for shining at YouthGiG 2009. We would also like to give our special thanks and appreciation to the students, staff and parents from Hong Kah, Hua Yi and Mayflower Secondary; not forgetting Taman Jurong Community club for their support of the event.



SINGAPORE CHILDREN'S SOCIETY IS NOW ON FACEBOOK! JOIN AS A FAN NOW!





BULLY-FREE FORUM 2009



Bully-Free Forum is an annual event organised by the Singapore Children's Society, aimed at promoting bully awareness and sharing different ways of tackling the problem of bullying. This year's Bully-Free Forum, held on 6 June, 2009 at SPRING Singapore, was graced with the presence of Guest-of-Honour, Mrs Yu-Foo Yee Shoon, Minister of State for Community Development, Youth and Sports.

An interactive atmosphere permeated the momentous

event. Beginning with the registration phase, the waiting area was a hive of activity, as guests were treated to an exhibition of posters on the Bully-Free theme, designed by ParkView Primary School students. The posters were certainly talking points as guests were clearly impressed by the level of creativity of the graphics on display.

After registration, guests were ushered into the auditorium where the environment took on a distinctly serious note when guest speaker, Professor Donna Cross (top left) from the Child Health Promotion Research Centre, brought into focus some whole-school strategies to tackle bullying. These strategies have been proven effective in increasing children's resilience, as well as their social and emotional

health. Due to the rising concern about cyber bullying in recent years, Professor Cross also shared some ways to reduce the risk of being involved in cyber bullying.

Another highlight of the forum was the views aired by the principal of Park View Primary School (PVPS), Mdm Ong Lee Choo. PVPS is a partner in the society's pilot run of the Bully-Free School-Based Intervention Programme.

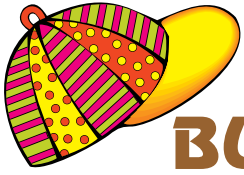
Mdm Ong shared that bully-free activities conducted in the school have resulted in an increased awareness on bullying, among school staff, students, and even parents. The handling of bullying cases has also become more timely, because of the intervention structure drawn up. There's no doubt that the safer and more respectful school environment is now more conducive to students' learning.

On the whole, Bully-Free Forum 2009 has received positive feedback from participants who found the talk engaging and beneficial, because of the relevant and timely content presented. We look forward to our Bully-Free Forum in 2010!

NCSS DELEGATION GAINS INSIGHT INTO CHILDREN'S SOCIETY

It was our pleasure to host National Council of Social Service (NCSS) President, RADM Kwek Siew Jin, and his team of key managers who visited Sunbeam Place on 23 June, 2009. The purpose of the visit was to gain a better understanding of the range of programmes and activities conducted by the Singapore Children's Society for its beneficiaries. A comprehensive corporate presentation on all the services of the Children's Society was held for our distinguished guests, followed by a dialogue session and an escorted tour of Sunbeam Place.





ALL WORE THINKING CAPS AT BULLY-FREE CAMP

Fifteen schools under Project CABIN came together, on 10 to 12 June, to participate in the CABIN Club Bully-Free Day Camp at Beatty Secondary School. This was the first time that the Bully-Free Camp was held exclusively for CABIN Club members, who were trained to be effective Bully-Free Ambassadors to prepare for the Bully-Free Campaign within their respective schools, which was held in July.

The 3-day camp was packed with fun-filled activities and fruitful discussions which equipped campers with basic knowledge on bullying, essential for the spreading of Bully-Free messages. On the first day, an entertaining skit put up by CABIN staff and volunteers, described how a girl was being bullied by her classmates because of her nerdy appearance. However, she was lucky to have friends who stood by her during this difficult period. The skit conveyed the importance of accepting differences and the intervening role of bystanders when witnessing a bullying situation.



The highlight was when campers embarked on their first ever Inter-CABIN Club Bully-Free Amazing Race! Participants had to complete six stages of exciting games which tested their teamwork. The games also helped them gain additional knowledge on all aspects of bullying. After much hard work, Manjusri Secondary School emerged as the winner. With the experience gained from

participating in the Amazing Race, campers had to replicate the Race in their own schools during the campaign in July.

On the second and third days, campers put on their thinking caps to design their very own Bully-Free games! Hours of serious planning and construction led to the creation of a great variety of games. A games carnival was also set up to display the impressive innovations and campers were presented with the opportunity to try out the games and to vote for their favourites. Votes for each school were counted and a draw emerged between Bowen Secondary School and Bartley Secondary School!

Not only were new friendships forged during the camp, it also prepared campers for their duties as Bully-Free Ambassadors – to impart invaluable knowledge to their peers, and to play their part to curb school bullying!

A TRULY AMAZING RACE

Fancy taking part in an Amazing Race in your very own school! Have you experienced that before? The students in the CABIN schools just did it, during the Bully-Free Campaign in July, and they truly had the time of their lives!

Different stations were set up in several locations within each school, and groups of students flocked from one station to another to complete challenging tasks which were not only exciting, but educational as well. The tasks were designed to test students' knowledge on the various aspects of bullying, and to encourage all to promote a bully-free environment in school!



In addition to the Bully-Free Amazing Race and the usual information, pledging and game booths, a new feature of this year's campaign was the Bully-Free Classroom Activity. It was conducted by teachers during curriculum time, where active discussions on bullying were facilitated.

The Bully-Free Campaign enjoyed another round of sweet success this year. The students who participated revealed that their knowledge and awareness about bullying have been greatly enhanced, thanks to the wide variety of interactive and enriching activities they experienced.

SINGAPORE CHILDREN'S SOCIETY SALUTES VOLUNTEERS



Volunteers and staff from Student Service Hub (Bukit Merah) having a good time.

The Singapore Children's Society held its annual volunteers appreciation dinner, Tribute to Volunteers Night on 21 August, at Quality Hotel.

The event was attended by 134 volunteers from our active volunteers' pool and their invaluable services were lauded in the speech by our Vice Chairman, Prof Ho Lai Yun. Prof Ho said the Society is blessed to have a group of dedicated volunteers, who "gave their unconditional love to the children under our care. We are heartened to note that 42 per cent of our 568 volunteers have been with the Society for more than five years."

Prof Ho also said that in recognising the volunteers' contributions, "we decided to turn the spotlight on our very own volunteers this year."

Months before the event, a small team went to the various centres to capture the work done by the volunteers. From the monthly reading programmes to the dragon boat races at Kallang River, the team recorded the activities and efforts of the volunteers and these were presented during the dinner.

Prof Ho said: "We wanted to show our audience how separate groups of volunteers from different walks of life are actually connected together; by their common belief in the children and youth of our Society."

A sketch was produced specially for the dinner and three staff played the roles of volunteers. The sketch painted a vivid picture of the various volunteering opportunities within the Society on stage. It explored common volunteering concerns such as time management, commitment worries, fears of handling a big group of children etc.

Another highlight of the event were performances put up by children from Sunbeam Place and Children Service Centre. The little ones gave rousing and enthusiastic performances, singing and dancing for all their beloved kor kors, jie jies, uncles and aunties.

Once again the Society would like to take this opportunity, via this newsletter, to thank our volunteers who gave us their expertise, precious time and resources in nurturing our children. Your contributions have complemented our work in bringing relief and happiness to the children in need. Singapore Children's Society salutes you!

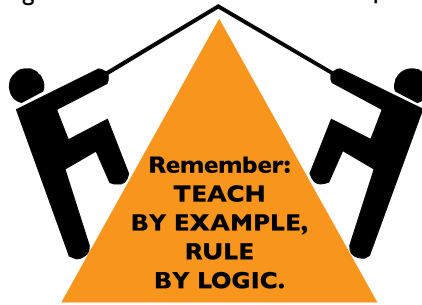


Congratulations to Mrs Mae-Lim Hoon Ann, Honorary Secretary of the Singapore Children's Society, for receiving the 2009 National Day Award for the Public Service Star (Bintang Bakti Masyarakat)!



HOW TO AVOID WORLD WAR 3 WITH YOUR TEEN

It's funny how we get so busy in our daily lives that we tend to forget or lose track of time! And time in this instance is how fast our children grow up without us noticing the difference between the innocent, wide-eyed child who needed our constant "telling" to get things done to the now grown teenager who needs more "freedom of choice" to get things done. For instance, when it comes to the issue of tidying up his room, your six or seven year-old is likely to take well to your instructions or interference. But try taking things into your own hands when your child turns 12 or 13 - you will probably be staging "World War III" in your home!



knowing what is expected, children feel safe. In order to establish limits and boundaries, firstly we must know our own limits about what is acceptable and unacceptable. For instance, can he or she use foul language or swear at home? Clearly, the example will have already been set by parents, who practise this rule. It is important at this juncture to remember that no teenager would intentionally set out to anger his or her parents.

The second point about limit-setting is being consistent about its enforcement. Being consistent promotes trust. By setting a limit and following through with it, you are saying that your words and actions are congruent. And most important of all, is that you can be trusted.

Therefore, establishing a good relationship with your teenager is crucial. It must be based on mutual understanding, honesty, trust, respect, and a sense of genuineness. A tall order! Especially for parents who still need to maintain control. Thus, the key is to set appropriate limits – or a more familiar term would be "rules". By

The third is flexibility, without which you can enter into unwarranted power struggles and escalate conflicts. A major factor to consider is that flexibility should not be dependent on your mood or emotions at the time.

ATTACHMENT SECURITY STUDY UNDERWAY

Research evidence suggests that the emotional bond developed between primary care-givers and their children during infancy has a profound effect on the later development of the children. Findings from previous studies indicate that the quality of caregiver-child attachment plays a significant role in determining children's social and emotional well-being at pre-school age.

Given the impact of the research findings, Singapore Children's Society, with the support of the KK Women's and Children's Hospital, is currently conducting a longitudinal study to examine children's cognitive and socio-emotional development, based on the attachment styles, their temperament, and the care-giving arrangements for children.

The study aims to identify the attachment styles of children here and the factors associated with these attachment styles.

Findings from the study will benefit care-givers, child-care professionals, and policy makers who will then be able to fine tune care-giving arrangements so that children can develop secure attachment styles, which could in turn, facilitate socio-emotional development as well as enhance academic performance.

Three cohorts of care-givers and their children will be recruited for the study, and preliminary results for the first cohort have been presented at regional and international conferences.

Preliminary findings showed that infants were cared for mainly by grandmothers and mothers and parents rated their infants temperament positively. Outcomes of care arrangements for attachment and development will be made available as the study continues.





OCBC Chairman turns Storyteller

Fifteen of our children were treated to a special performance on 21 July: a reading of the book "Don't Do That!" by Dr Cheong Choong Kong, Chairman of OCBC Bank.

Dr Cheong was visiting Sunbeam Place with Children Society's chairman, Mr Koh Choon Hui, for the official announcement of OCBC Bank's S\$2.5 million donation to Children's Society over the next five years. The sum brings the Bank's total donation to the Society to S\$5 million over 10 years and reinforces OCBC Bank's firm commitment to helping children under the care of the Society.

LEARNING TO LOVE WITH PETS



presents an excellent opportunity for a nurturing experience, both for the pet and the child.

Hence, Pet Therapy at Sunbeam Place, which started on 23 April, 2009, encourages our children to learn healthier and pro-social ways of interacting with others through providing loving care to little pets!

The therapeutic use of pets has been shown to be effective for children who have been abused and neglected. The act of caring for an animal can make a child feel worthwhile, thus boosting self-esteem. Additionally, instructions about care for a pet can empower the child through enhanced knowledge, while carrying out nurturing care promotes empathy and tenderness.

Children who have suffered past abuse and neglect have been found to be deprived of nurturing and in turn, lack the ability to nurture others. Teaching children to care for a small, helpless animal

Our latest addition is a one-year-old dwarf hamster, donated in April. A hamster corner was set up, and two children were nominated as Pet Monitors to help manage the little furry one. The children's responsibility is to provide care and interact with the pet once a week, for 15 minutes.

The setting up of the hamster corner and the arrival of its resident caused much excitement. It was obvious that the sense of care and concern displayed by the monitors and other children were serious. The monitors especially were extremely excited to have the chance to interact with the hamster and the responsibility displayed by the Pet Monitors has been incredible. With their guidance, other children have also learnt to care for the hamster in an appropriate and nurturing way.

A WALK IN THE CHINESE GARDEN



This year, Walk for Our Children was held amidst the lush greenery of the Chinese Garden on 26 July. A total of 3,000 participants enjoyed the tranquil settings, taking in the fresh morning air, and all for a good cause. Flagging off the event was Guest-of-Honour A/P Ho Peng Kee, Senior Minister of State for Law and Home Affairs. A total of more than \$180,000 was raised for the event, and special thanks to OCBC Bank, Tote Board, Deutsche Bank, Lee Foundation and all volunteers involved.

Games galore on Children's Day



Some 200 children from our Student Care Centre (Henderson), Children Service Centre (Bedok) and Family Service Centre (Yishun) gathered at Woodlands Sports Hall on 1 October, to celebrate Children's Day and turned it into a day of high energy and keen competition.

The young athletes were divided into teams of Red, Blue, White and Black that allowed them to make new friends with their counterparts from the other centres. With 30 volunteers from Prudential Asset Management as facilitators, the children competed through four different obstacle courses that tested their team work, speed and determination.

The competitors proved themselves worthy with excellent displays of sportsmanship and team work. The Black Team was crowned champions and walked away with vouchers from Popular book store and a goody bag each, for their hard work. The rest of the competitors did not walk away empty handed: they too received Popular vouchers and goody bags.

To top off a really wonderful event, the staff, volunteers and all our children were also treated to a range of healthy snacks provided by Prudential.

This collaborative effort to bring together youngsters from the different centres was made possible with the help and sponsorship of Prudential Asset Management and its team of 30 volunteers who took half the day off from work to celebrate Children's Day with us. Thank you for making the event a success!

Flag Day 2010 is just round the corner!

Mark your 2010 calendar: Our Flag Day falls on 2 January, Saturday. We are making an appeal for volunteers to be on the frontline of this activity. It is a great opportunity for the family or a group of friends to come together for a good cause.

We need all the support we can get. There are three shifts to choose from:

- (1) Full day, from 8 am to 7.30 pm**
- (2) From 9 am to 3 pm**
- (3) From 12.30 pm to 7.30 pm**

To sign up, please contact Tiffany Lee or Iris Tan at 6273 2010 or tlee@childrensociety.org.sg or wstan@childrensociety.org.sg

This year's event, on 3 June, saw a total of 462 volunteers on the streets for the good cause. Their tireless efforts together with donations from companies and individuals raised a whopping sum of \$120,000. To encourage donations, Flag Day stickers were designed differently this year, and the new design proved a hit.

A big thank you to the generous public.

This year's event was a part of the Certis Cisco Community Service project and officers were deployed to help collect and count the day's donation. We wish to thank all volunteers who helped in this event and the Tote Board for its generous donation.

与澳门防止虐待儿童会交流



2009年6月23日，新加坡儿童会接待了一群来自澳门防止虐待儿童会的同仁。

由香港防止虐待儿童会总干事兼澳门防止虐待儿童会理事雷张慎佳女士率领的6人考察团，当天下午拜访晨曦儿童之家，并在那里享用午餐。午餐后，新加坡儿童会执行理事长陈水成

先生，为来宾介绍了儿童会的情况。来自义顺家庭服务中心、晨曦儿童之家和研究与外展中心的负责人，随后分享了各个中心在防止虐待儿童方面的工作细节。到了傍晚，新加坡儿童会设晚宴招待考察团，并在晚宴上互相交流。

此外，新加坡儿童会也带领考察团参观社会发展、青年及体育部、防止家庭暴力中心、宏茂桥家庭服务中心，以及反欺凌儿童和青少年联盟。

雷张慎佳女士回国后，发送一封电邮说：“这趟行程对我们来说，收获非常丰富，也很难忘。贵会的组织与工作的效率和范围，令人佩服。更重要的是，职员对工作的献身精神和热忱，以及董事会的愿景，使新加坡儿童会与众不同。”



掌声如雷的YouthGiG 2009演出

自去年首届“YOUTHGiG 2008”演出成功后，裕廊青少年中心今年再接再厉，于7月10日主办“YOUTHGiG 2009”演出。共有121名表演者、场务和幕后人员，在达曼裕廊民众俱乐部呈献一场共14项精彩节目的演出。

演出前，参与演出的青少年除了进行紧锣密鼓的排练外，也必须参加6月间举办的YouthGiG假日营，学习有效的沟通技巧、团队合作、解决纠纷，以及表演道德。更重要的是，他们也有机会同其他表演者建立友谊。

演出当晚，出席的观众多达300人。一群衣着鲜艳、活力四射的嘻哈舞者随着音乐起舞，为演出掀开序幕。其他表演包括：单人滑步街舞、饶舌演唱，甚至还有一段纪念已故流行音乐天王——麦克杰逊的舞蹈。一些表演者则在台上演奏动人乐曲；也有表演者在流行音乐的伴奏下，呈献了一段武术表演，博得观众如雷的掌声。

演出快接近尾声时，所有表演者随着音乐手舞足蹈，并上前同观众打成一片，将演出推向最高潮。



演出能够成功举行，参与演出的青少年功劳不小。在此，特别鸣谢所有来自丰嘉中学、华义中学和美华中学的全体师生与家长们，以及达曼裕廊民众俱乐部的鼎力支持。

反欺凌讲座 2009



“反欺凌讲座”是新加坡儿童会主办的常年活动，目的是要提高人们对校霸欺凌行为的意识，并且分享解决校霸欺凌问题的方法。今年的讲座于2009年6月6日，在标准、生产力与创新局礼堂举行。特别嘉宾是社会发展、青年及体育部政务部长，符喜泉女士。

出席讲座的来宾在候客厅登记之余，也欣赏了由百惠小学的学生设计、以对抗校霸为主题的海报展览。

首先，来自儿童保健促进研究中心的主讲嘉宾——唐娜·克罗斯教授，向与会者介绍了一些应付校霸的全校应对策略。这些策略被证

实能有效提升孩子的应变能力，并改善他们的社交与心理健康。另外，由于网络霸凌的情况近年来逐渐受到关注，克罗斯教授也分享了一些能降低涉及网络霸凌行为风险的方法。

另一位主讲嘉宾是百惠小学的王丽珠校长。百惠小学也是儿童会进行“反欺凌学校干预试验计划”的指定合作伙伴。

王校长说，在学校进行的反欺凌活动，能提高学校职员、学生，甚至是家长对于校霸欺凌行为的意识。在有系统的干预架构下，校方能更及时地处理欺凌事件，从而营造更安全、互相尊重的校园环境，更有利于学生学习。

整体而言，与会者对于今年讲座的反应热烈。他们认为，讲座的内容非常贴切、合时宜，令他们获益良多。

如何避免同青少年子女爆发“家庭大战”！

正所谓“光阴似箭”，我们经常在不知不觉中，忽略了一些事情。孩子的成长就是其中一个例子。家长们往往没有察觉到：曾经需要大人时时刻刻告诉他们怎么做事的纯真小孩，如今已经长大成为渴望有权选择怎么做事的青少年。孩子还小的时候，或许还会听从您的指示或吩咐；一旦孩子到了12、13岁时，如果您仍然插手管理孩子的日常生活，有可能会因此而掀起一场“家庭大战”！

因此，同家中的青少年子女建立良好的感情是重要的。这必须建立在相互了解、坦诚、信任、尊重和一份真心。对于那些必须保持冷静的父母而言，还真的不容易啊！关键就在于设下适当的限制；简单来说，就是设立“家规”。这样一来，孩子就会知道什么是能被接受或不被接受的。要记住：青少年子女并不是故意要惹父母生气的。

设下限制时需注意的第二点，就是要对规定贯彻执行。一旦设下限制，就必须遵守并执行规定，以证明您言行一致、说话算话。这样一来，孩子就能够信任您。

第三点是灵活处理。如果处理方式不够灵活，您可能会陷入不必要的权力挣扎，跟子女的冲突也会更加剧烈。千万不要根据您的个人心情或情绪来“灵活处理”事情。

——凯洛·博海彻特博士，新加坡儿童会青少年服务中心主任





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The badges are priced at \$2 each and there are four designs to collect.

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