



Victims of bullying have poorer psychological well-being

Research conducted by the Singapore Children's Society revealed that victims of bullying are more likely to suffer from lower self esteem, poorer well-being and were more depressed. This was revealed at the recent Bully-Free Forum organised by the Children's Society.

The results were from the Society's third bullying survey, titled Young Adults' Recall of School Bullying. This retrospective study looked at possible long-term effects of bullying on young adults after they leave school and enter society.

A total of 600 young adults, aged between 25 and 29 and educated in a local school, were interviewed. Of these, 301 reported being bullied when at school and 299 reported not being bullied.

Here are some key findings.

In the two bullying surveys conducted by Children's Society in 2006 and 2007, one in five primary school students reported being bullied while one in four secondary school students were bullied. The latest survey results showed statistics to be similar with the earlier surveys, suggesting that local bullying trends remained consistent over the years.

| | Primary | Secondary | Young Adults |
|--------------------|---------|-----------|--------------|
| Bullied | 21% | 25% | 25% |
| Not Bullied | 79% | 75% | 75% |

The survey also found no significant difference between males and females as both groups reported similar levels of school bullying.

Five victims of bullying reported that they still bear the scars of bullying, causing them to have lower self-esteem and a sense of insecurity.

Three psychometric tests (Rosenburg Self-esteem Scale, the WHO-5 Well-being Index and the Major Depression Inventory)



were used to compare between the Bullied and Not Bullied groups. Respondents who reported being bullied generally had lower self-esteem, poorer well-being and scored as more depressed than those who were not bullied.

Forms of Bullying

Respondents revealed different types of bullying, such as verbal, physical and relational. Cyber bullying which is common these days was not mentioned by the respondents. This is because when the respondents (young adults) were in primary and secondary schools, accessibility to the Internet and the availability of mobile phones were uncommon.

Male respondents often recalled some form of physical and verbal bullying compared to female respondents. These include hitting, pushing and receiving threats, intimidation and hostile gestures.

In attempts to stop the abuse, about one-third of the bullied respondents had sought help and results revealed that, on average, about 60 per cent of those who sought help managed to alleviate the situation.

| | |
|--|---|
| Victims of bullying have poorer psychological well-being | 1 |
| Feel the hurt | 3 |
| Fatherhood: There's no quitting! | 3 |
| UBS volunteers add colours to centre | 4 |
| "Thank you very much" | 5 |

| | |
|-------------------------------|----|
| Youthful talent | 6 |
| Let's celebrate family day | 7 |
| Calendar of events | 8 |
| Spanish treat, Festival music | 9 |
| 反欺凌讲座: 向欺凌受害者伸出援手 | 10 |

Both male and female respondents were just as likely to seek help. Most respondents turned to their own schools (teachers, discipline masters) and parents for help.

The authors of the monograph suggested that whether victims should be encouraged to seek help would depend on the quality of support given by the source of help. Schools and parents should be educated on how to assist the victims as they are most commonly turned to for help.

Suggestions to Stop Bullying

The respondents also provided suggestions on how to prevent, reduce or stop bullying. These included keeping a low profile at all times or ignoring the bully whenever possible or to seek help. But a small number of respondents suggested fighting back or becoming a bully themselves. Also suggested was the less aggressive way of standing up to the bully and not be intimidated. Many of the respondents also advocated having more friends around, increase socialising in school and not isolating oneself.

| Suggestions to Stop/ Prevent Bullying | No of Reponses | % |
|---|----------------|------|
| Inform, confide or talk to someone/ Seek help | 124 | 26.4 |
| Be friendly/ Have more friends around you | 55 | 11.7 |
| Ministry & schools should implement measures to curb bullying | 54 | 11.4 |
| Teachers to keep a look out for signs of bullying | 44 | 9.4 |
| Avoid or ignore the bullies | 43 | 9.1 |
| Educating schools, parents and students | 41 | 8.7 |

The survey revealed that avoiding and ignoring were most commonly employed to hedge against bullying and seeking help from teachers and parents was also common.

| How Bullying was Averted | No of Reponses | % |
|--|----------------|------|
| Avoid/ Ignore | 97 | 38.6 |
| Seek help/ Report the bullies | 35 | 13.9 |
| Stand up to them/ Warn them | 30 | 12.0 |
| Have friends around/ Travel in a group | 23 | 9.2 |
| Fight back/ Retaliate | 15 | 6.0 |
| Became a bully/ Joined a gang | 13 | 5.2 |

This is an excerpt from the research monograph. To download the complete survey results, please visit www.childrensociety.org.sg/services/research_project.htm. Alternatively contact our Research and Outreach Centre at 63580911 if you need more copies.



Bully-Free Forum reaches out

The Bully-Free Programme is a series of events organised by the Singapore Children's Society aimed at promoting bully awareness as well as tackle the problem of bullying in schools. The forum is one of Children's Society's key public education platforms to promote a safe and harmonious school environment.

This year's Bully-Free Forum was held on 17 July and A/P Ho Peng Kee, Senior Minister of State, Ministry of Law & Ministry of Home Affairs, graced the event. Despite a cold and wet Saturday morning, close to 300 attended the forum, and these comprised principals, educators, counsellors and parents.

One of the highlights was the presentation of Children's Society's third bullying survey results titled, "Young Adults' Recall of School Bullying". The survey looked at possible long-term effects of bullying on victims after they leave school and enter the society. (Refer to Page 1 and 2 for more details).

Guest speaker, Professor Donna Cross, Professor of Child and Adolescent Health at Edith Cowan University in Western Australia, and Director of the Child Health Promotion Research Centre, spoke on the topic of cyber bullying.

She shared current research findings on cyber bullying experiences, its possible effects and possible factors that build resilience in young people. Prof Cross also shared case studies of cyber bullying and practical strategies for schools and families.

The Bully-Free Campaign took root in 2004 after social workers came into contact with children and youths who were victims of school bullying. Feedback from the social workers' extensive

ground experience revealed bullying to be common and manifests itself in many ways.

Through the years, the bully-free movement has gained strength. From 13 secondary schools participating in the first Bully-Free Week campaign in 2004, the programme has expanded greatly and now reaches out to an average of 40 primary and secondary schools each year.

Much appreciated at the forum was a donation from OCBC Bank. Ms Koh Ching Ching, Head of Group Corporate Communications, presented \$17,000 donation to the Student Service Hub (Bukit Merah).



Guest-of-Honour, A/P Ho Peng Kee and the Vice-Chairman of Singapore Children's Society, Prof Ho Lai Yun, launched the society's latest monograph.

Look out for more information on cyber bullying in the next issue of Sunbeam.

Feel the Hurt

A total of 15 entries were received from the various CABIN schools for the Inter-CABIN Club Banner Design Competition, organised as part of the Bully-Free Campaign. The competition's aim was to raise awareness of cyber bullying among children and youths.

The brief to the CABIN Club members was to design and create a banner based on the theme, Delete Cyber Bullying, which also involved submission of a short description of the banner and a slogan.

On 21 June, the 10 shortlisted teams presented their banners and slogans to the judges and the 50 students in the audience. The merits awarded comprised of 60 per cent from the judges and 40 per cent from the students.

The judges looked at creativity, quality of work, relevance, banner design and slogan, as well as presentation skills, while student judges 'voted' for the best design by using their CABIN dollars. Each student group was given 1,000 CABIN dollars to 'buy' their preferred banner design, with the exception of their own.

Our congratulations to the following winning teams:

1st prize - New Towners from New Town Secondary School

1st Runner Up - The Dreamers from Westwood Secondary School

2nd Runner Up - One, Two, Three from Manjusri Secondary School

3rd Runner Up - Sony from Manjusri Secondary School

The winning teams each received a IGB thumb drive and a Certificate of Participation.

Here, in their own words, the New Towners explain its winning banner:

The layout resembles a newspaper article. The headline, Vicious Cyber Attacks Among Teens, shows the increase in cyber bullying among youngsters. The design shows cyber bullying becoming a prominent issue in our society and the person in the banner is a victim of cyber bullying, is in tears. The tears represent the effects of cyber bullying, which is often unseen.



Our slogan is: Your Identity May Be a Secret, But Are You Aware Of The Tears Behind The Screen? Cyber bullying is rampant these days with easy Internet access, but it is not easy to find out who is behind the cyber bullying act.



FATHERHOOD: THERES NO QUITTING!

Alfred Tan (our Executive Director) is truly a hands-on Dad. In this personal account, he tells of the joys of fatherhood and shares his observations and aspirations of it.

The recent "Fatherhood Public Perception Survey 2009" conducted by the Ministry of Community Development, Youth and Sports, revealed many interesting findings.

The survey, which targeted 2,200 Singaporeans, indicated that 97 per cent of respondents agreed that "a father has an important role in parenting". However, there is a gap between perceptions regarding the importance of fathers and perceptions of their actual involvement and performance as parents! When further asked to define roles and responsibilities, 46 per cent claimed the father to be a breadwinner at one end, and on the other, only three per cent believed "fathers to be involved in the general upbringing of the child".

My personal journey during my earlier years of fatherhood, reflects on the challenges of fathers involved in bringing up the child, especially in the emotional aspect. I remember the moments of helplessness, especially when both my children were at a young age. I consider myself to be pretty good at work, but at home, I was clueless about when to change diapers, got frustrated when feeding my daughter, as meal times seemed eternal, or when seeking the ideal birthday gift that would really thrill my 5-year-old son.

Over the years, thanks to my wife, many mentors and observations, I gradually got more involved with my kids. To me, the first step is simply – "be intentional". As fathers, we ought to be intentional, to spend time to talk to our children, be intentional to watch them grow and not miss out on the important moments of their lives, be intentional to get to know their friends and not just their school work, and most of all, be intentional to love them, unconditionally.

Someone once said: "you can't resign from fatherhood, it's your job for life." How true! Of course, as we go through the different seasons and stages in their lives, we adopt different roles and responsibilities. But at the end of the day, in the eyes of all fathers, our kids remain forever "young" because we will always be there for them to look up to. We are their Dads for life.

UBS VOLUNTEERS ADD COLOURS TO CENTRE

Wow. This was the word many children uttered when they first set their eyes on the wall mural at the Children Service Centre.

Thanks to the team of staff-volunteers from UBS, the once plain white wall along the centre's corridor has been transformed into a colourful, 3-dimensional wall mural.

Twelve volunteers took time off from work and spent three days creating the work of art.

The first day was spent painting the base coat, followed by sketching and painting on day 2 and 3 respectively. Despite having to endure pungent fumes from the paint and having limited space with which to work, the volunteers completed the mural in the shortest time possible so as not to disrupt the day-to-day activities of the centre.

At the end of three days, children and staff at the centre were delighted by the creation.

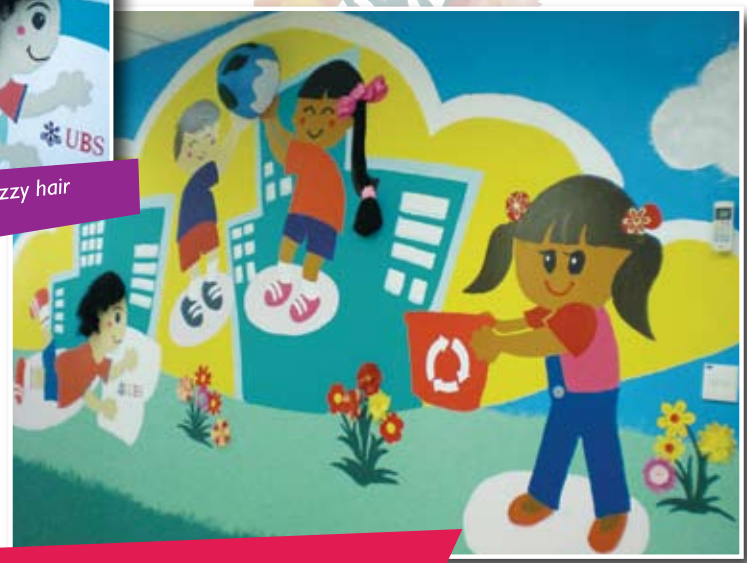
The wall is now a cheerful scene of happy children brought to life with bright colours. The creative use of wool, plastic buttons, crepe paper and a ball really brought out the 3D effect. Just like professional mural artists, the team even integrated the doorways of the centre into the design.

Ms Ann Hui Peng, Head of Children's Services Centre, said of the work: "The UBS volunteers have captured the essence of what we inculcate at this centre – loving, joyful children who also takes care of their world. We thank the UBS team for their dedication and belief in our children".

Happy children playing peek-a-boo.



Popping out, fuzzy hair made of wool.



A world of happiness: thank you UBS, we love it!

Movie treat for volunteers

Close to 120 volunteers were spellbound on a Saturday afternoon at GV Vivocity, watching Inception, a sci-fi thriller starring Leonardo Dicaprio. The movie treat took place on 24 July, and was organised by Children's Society as a gesture of appreciation to the volunteers who have helped care for the children under its care.

Here are some pictures taken on that day.

Photo courtesy of Steven Thor



"Thank you very much"

Faith Lim is a beneficiary of Children's Society. This is a thank you letter (unedited) from her to the volunteers and all those at Children's Society who have enriched her life.

Hi everybody! Nice to meet you. I really need to thank you for everything that you did for us. Thanks for preparing the outing for us. I love your Sunbeam very much. And thanks for inviting volunteers to us. And preparing games and arts for us. I had made friends because of your Sunbeam. Thanks for the camp in March. I enjoy it very much. I like the movie, Toystory, it is very interesting and nice. I hope I can watch the next time. And I am so excited about the east coast park outing on 24 April. I hope I have fun there. Thank you for listening to me.

Faith Lim, 10 years old.

Thank You
 Nice to meet you. I
 every thing that you did
 for us. I had made
 very very much. I
 the volunteer to us. And
 arts for us. I had made
 Camp in March. I enjoy it
 I like the movie of the toystory it is
 interesting and nice. I hope I can
 the NEXT TIME
 of the East Coast
 April 24th
 Thank

Other Thank You cards from the children of Singapore Children's Society.





The impressive drum and dance performance by students from Hong Kah Secondary School.



A talent indeed - Misaki learnt to play the ukulele through the Internet.



Our girls from Fashionista displaying their talent of high fashion makeup.



Ms Grace Fu, Senior Minister of State, Ministry of National Development & Ministry of Education, was presented with a manga art creation.



Herizal (in red pants) hip-hopping away!

SELF DISCOVERY AFTER STINT AT JYC

In this first-person account, 19-year-old Herizal shares his experiences at Youth Centre (Jurong) and how it has led him to the road of maturity.

I am Herizal and I recently graduated from Clementi ITE – Higher Nitec in Business Information Technology and I'm currently waiting to do my National Service.

I have been a member of the Youth Centre (Jurong), also known as JYC, since 2005. I would like to share with you the story of my journey with JYC. I was then, a timid and shy 14-year-old boy with little self-confidence, despite my big stature!

My first visit proved interesting and fun! After the first visit, I knew I would be coming back to JYC as I felt like I belonged there.

Of course there were some challenging times as well. Like when I met other young people who are rowdy. However, this gave me the opportunity to meet different types of people and learn to interact with all sorts of characters. This has also helped me improve my social skills and learn valuable life-lessons. I also made some lasting friends at JYC. All of them are crazy and fun to be with!

I remember my mother did not always approve of my passion for dancing. She always commented that I was fat and that I couldn't dance. This hurt me but I was motivated to try hard and prove that even big people can dance. JYC gave me an opportunity to expand my knowledge in dancing and practise my skills. Once, my mother attended one of the Singapore Children's Society's events where I performed. She was amazed at my moves and was very proud of me. Later, with an approving smile, she gently commented: 'Not bad for a fat guy!' I was over the top.

JYC has totally changed my life. I have blossomed into a fit, confident, outspoken and sociable person, which I never thought I could be!

I am very grateful to the staff of JYC as well as to the Singapore Children's Society, for believing in me and giving me the opportunity to be the fine gentleman I am today. Thank You!

To all of you young people, if you want to have fun, if you want to meet new friends, if you want to explore your identity and discover your abilities, then JYC is the place to be!

YOUTHFUL TALENT

The music was loud, the singing was enthusiastic, and dance steps were energetic. Later, fashionable creations took to the catwalk. All these and more were on show at YouthGiG 2010, a concert for the young, by the young.

On 2 July, youngsters from Youth Centre (Jurong) took to the stage and put up an impressive performance for the 300-strong audience. In it was Ms Grace Fu, Senior Minister of State, Ministry of National Development & Ministry of Education and MP for Jurong GRC. Parents, friends and guests also filled the hall.

Themed 'Youth got Talent', the concert showcased the talents of youths aged between 13 and 19, and included members of the Youth Centre (Jurong) and from secondary schools in the Jurong vicinity.

One of the performers that evening was Herizal. Once shy and plump, Herizal has shed his old image and is now confident, outspoken, fit and sociable.

Herizal joined the Youth Centre when it first started in 2005. At that time, he was timid, shy and had little self confidence. Through the activities and friends he made at the centre, Herizal blossomed into a confident young man and displayed all his qualities on stage that evening as well as some slick dance moves.

YouthGiG was also a platform for talented youths to show off their skills in manga art, fashion make-up, scrapbooking, guitar and digital art.

Let's celebrate Family Day



Fun and frolic: children and their families celebrating Family Day at Sungei Buloh.

March 25 was Family Day for the children at Henderson Student Care Centre. As always, the family day is one where children and their families spend quality time together and off they went, to the Sungei Buloh Wetland Reserves to do just that.

The earlier downpour certainly did not dampen spirits and the puddles and mud were no obstacles at all, as the wetlands resounded with the many squeals of excitement and laughter from all that were there. Leaping mudskippers,

seen for the first time by many, brought on gasps of wonder and the sight of some large water monitor lizards were mistaken for fearsome crocodiles.

Some children could not resist the tempting cool waters and gamely jumped in. Others who did not want to get too wet played on the many puddles that formed on the paths. The children also saw small crabs, tropical egrets and herons in the marshes.

The day's activities provided many opportunities for staff to observe interaction between family members in a casual and fun environment.

A big 'thank you' to Zion Presbyterian Church who sponsored the fun-filled day.

Improving by LEAPs and bounds

A group of students from Jiemin Primary School have showed much improved behavior after attending the LEAP programme (Jul to Oct 2009 run) conducted by the Society's Family Service Centre (Yishun).

Before, some of the students tend to resort to violence and arguments to settle differences but after attending LEAP, they have learnt to use life skills acquired to resolve problems and have also managed get along more amiably with their peers.

LEAP is a 10-session programme designed to enhance a child's self esteem and build positive self image. The programme covers topics such as 'Who are my friends', 'My feelings are important', 'Power to make a difference' among others.

Mdm MasLinda Bte Masod, Head of Department of Pupil Welfare at Jiemin Primary, is glad that there are now less fights and behavioural problems reported from this group of LEAP graduates.

As of 25 May 2010, a total of 49 Jiemin Primary students have benefitted from the programme.

TO ALL CHILDREN, A
HAPPY
CHILDREN'S
DAY





Singapore Children's Society has been endorsed as a Singapore Quality Class organisation by Spring Singapore's Business Excellence Assessment Committee.

Congratulations to



Prof Ho Lai Yun, Vice-Chairman of Singapore Children's Society for winning the National Outstanding Clinician Mentor Award. He is one of the nine winners at the National Medical Excellence Awards 2010 event. Fondly known as the father of neonatology and child development at the Singapore General Hospital, Prof Ho pioneered many programmes in perinatal care, such as birth defects clinics, counselling services, multi-disciplinary high-risk consultations, and the neonatal follow-up programme.

Professor Ho also recently received the Public Service Star Award at the 2010 National Day Awards Ceremony.

Also, we would like to congratulate the following staff on their promotion:

- Ms Tan Bee Joo is now the Director at Student Service Hub (Bukit Merah)
- Ms Rachel Tan is now the Deputy Director at Sunbeam Place
- Ms Tan Bee Keow is now the Assistant Director at Youth Service Centre (Toa Payoh)
- Ms Christina Appadoo is now the Head at Youth Centre (Jurong)
- Ms Alicia Ang is now the Senior Finance Executive

calendar of events

Charity Gala Dinner

- Date:** 1 October 2010, Friday
Venue: The Ritz-Carlton Millenia Singapore
Time: 6.30pm till late
Guest of Honour: President S R Nathan
Dress code: Gentlemen in lounge suit and tie
Total tables: 60 (10 seats per table)
Menu: Western
Sales per table: \$10,888 or \$5,888 (seats 10 per table)

Guests can look forward to a night of great food, great entertainment and great company at the gala dinner. There will be superb performances presented by local celebrities and our beneficiaries, in collaboration with Mediacorp Radio and Composers & Authors Society of Singapore Ltd (COMPASS).

Proceeds from table sales will be entitled to full tax-exemption,

Please contact Ms Cheryl Yet or Ms Iris Tan at 6273 2010 or cyet@childrensociety.org.sg for more details.

Fourth Singapore Children's Society Lecture

- Date:** 6 November 2010, Saturday
Time: 9am - 12pm (TBC)
Venue: Raffles Institution, Performance Arts Centre

Taking to the lectern at the fourth Singapore Children's Society Lecture is Professor Aline Wong, former Senior Minister of State and currently, the Academic Advisor at SIM University. She is also Singapore's representative to the Asean Commission for the Promotion and Protection of the Rights of Women and Children (ACWC). Prof Wong will be speaking on the topic of "From Generation to Generation: Growing Up in Singapore."

Updates of the event are available on www.childrensociety.org.sg. Interested participants are welcome to register online.

donation draw



Donation Draw is Singapore Children's Society annual fund raising project. Help raise funds by purchasing draw tickets at \$2 each or \$20 per booklet. Alternatively, you may help us to sell tickets on consignment.

There are attractive prizes such as SIA return air tickets, mobile phones and vouchers to be won.

Draw date: 17 December 2010

Purchase tickets by 3 December 2010 in order to qualify for the draw.

For more information, contact Cheryl Yet or Iris Tan at 62732010.



Spanish treat, Festival music

On 29 May, more than 40 children from Sunbeam Friends Club enjoyed a really special treat: exclusive stage performances of *The Carnival of the Animals* and *Peter & the Wolf*. Featuring the combined talents of the acclaimed Kamchàtka Theatre Company (from Spain) and the Singapore Festival Orchestra, the beneficiaries were seen thoroughly enjoying the exhilarating and wacky performances.

The invitation was from staff of PSB Academy. All tickets for our beneficiaries were generously sponsored by employees of PSB Academy.

Separately, students and staff of the academy also held a fund-raising bazaar in the school to raise money for our society. Over \$2,800 was raised in just five hours and the top donor stall was presented with a special frame drawing made by a beneficiary.

As part of PSB Academy's CSR programme, the school will also be donating 50 per cent of its application fees from its diploma and certificate programmes to the Children's Society.

To encourage more employees to give back to the community, PSB Academy also granted a day-off to employees to do voluntary work with the Children's Society.

A great big thank you to PSB Academy!



BUSY, BUSY, BUSY CAMP V-NEST



How to turn the June holidays into a meaningful and enjoyable time for students?

Answer: **Attend Camp V-Nest!**

That's what 46 Primary 4 and 5 students did on 2 to 4 June 2010. The students of Jiemin Primary School attended the 3-day camp organised by Singapore Children's Society, Family Service Centre (Yishun) at the school itself. As the camp was well received previously, this was the second occasion the school collaborated with the centre to bring on the camp.

This year, upon the school's request, three values were taught to the students, which were in-line with the school's core values. These were respect, care and responsibility. The aim of the camp was to inculcate the values in the younger generation. On hand to help were 26 student-volunteers from National Junior College, who were recruited and trained for the camp.

During the three days, students learnt and discovered the values through art and craft activities, group discussions, skits and games. The finale was an activity named "Saving Humpty Dumpty" which taught the value of responsibility. Students were given the

opportunity to decide what they wanted to do, to instill a sense of responsibility and commitment.

The students were given a task of building a device with limited resources. The device was to protect and prevent an egg from breaking when dropped from a height. Everyone, including the teachers, were so excited while their devices with the eggs in them, were put to the test.

The camp ended successfully, with parents and students present at the certificate and prize-giving ceremony. After the camp, students not only brought home their certificates but also an awareness of the values taught as well as a goodie bag.

Volunteers commented that the camp provided an excellent opportunity for the younger generation to learn values in a positive way. They also discovered their own values while helping the students and the wonders of doing voluntary work.

反欺凌讲座： 向欺凌受害者伸出援手



特别嘉宾何炳基副教授与新加坡儿童会副会长何乃殷教授，为儿童会的最新专著主持推介礼。

『反欺凌计划』是由新加坡儿童会主办的一系列活动，而“反欺凌讲座”便是其中一项活动。讲座的目的是为了建立一个公众教育平台，提倡安全和谐的校园环境。

今年的“反欺凌讲座”于7月17日举行。律政部兼内政部高级政务部长何炳基副教授，出席了这场讲座。另外，将近300人也出席了讲座，包括学校校长、教育工作者、辅导员和家长。

讲座的焦点之一是公布儿童会第三份、有关欺凌行为的研究调查报告。题为《青年对校霸欺凌行为的回忆》的调查，探讨有关校霸欺凌行为对日后离开学校、踏入社会的受害者可能造成的长期影响。(详情请参阅第1和第2页)

另外，讲座的主讲嘉宾是西澳埃迪斯科文大学的儿童及青少年健康系教授，也是儿童保健促进研究中心主任，唐娜·克罗斯教授。她与会者分享了有关网络霸凌行为的课题。

讲座上，华侨银行的企业传播部高级副总裁高菁菁小姐，将总值1万7000元的善款，捐给红山学生服务中心。

青少年达人 才华洋溢



来自丰嘉中学的学生，
呈献活力十足的击鼓表演。



青少年将他们的漫画美术作品，
赠给国家发展部兼教育部高级政
务部长傅海燕女士。

7月2日当晚，一群年轻人携手呈献一场精彩无比的“YOUTHGiG 2010”演出。共有300人出席了这场演出，包括国家发展部兼教育部高级政务部长，也是裕廊集选区议员的傅海燕女士，还有一些学生和家长。

名为《青少年达人》的演出，涵盖了音乐演奏、歌唱、舞蹈、服装表演等。表演者年龄介于13到19岁。他们有的来自裕廊青少年中心，有的来自裕廊区内的中学。

“YOUTHGiG”也让才华洋溢的青少年，有个展示他们在漫画美术、时尚化妆、剪贴簿制作、吉他表演和数码艺术等方面成就的平台。

同欢共庆家庭日

3月25日是亨德申学生托管中心的家庭日。这一天，中心的孩子们同家人一起到双溪布洛湿地保留区，共享天伦之乐。

早前的一场大雨并没有浇熄大家的兴致。尽管水坑和泥泞处处，但保留区内总是洋溢着兴奋的尖叫声和欢笑声。孩子们在沼泽地内，看到各种有趣的生物。一些孩子也忍不住跳进凉爽的水池里，戏水玩乐。

活动也让托管中心人员能在轻松愉快的气氛下，观察孩子和家人之间的互动情况。

特别感谢中华基督教长老会锡安堂，赞助这项有意义的活动。

慈善筹款晚宴： 一心一意 关爱儿童

今年的慈善筹款晚宴，设在华丽的宴会场地，并呈献优质文娱表演。表演者将呈献多首绕梁三日的怀旧经典和流行歌曲。晚宴筹款所得，将全数捐给新加坡儿童会。

日期：2010年10月1日（星期五） **地点：**丽嘉登酒店
时间：傍晚6点半起 **特别嘉宾：**纳丹总统
衣着规定：正式晚宴装

请拨电62732010，联络Cheryl Yet小姐或Iris Tan小姐，或电邮cyet@childrensociety.org.sg，了解更多详情。

遭欺凌受害者 心理健康 素质较差



新加坡儿童会的研究显示：遭欺凌的受害者，自信心不强、身心健康较差，也比较容易忧郁。这项调查结果在近期由儿童会主办的“反欺凌讲座”上公布。

时时保持低调、尽量不理睬校霸，或是寻求援助。但也有少数受访者建议还手反击，或是成为校霸、欺负他人。多数受访者则建议结交更多朋友，并增加校内的交际活动，不让自己变得孤立。

由儿童会展开的第三份关于欺凌行为的研究调查报告，题为《青年对校霸欺凌行为的回忆》。研究探讨有关校霸欺凌行为对那些已经离开学校、踏入社会工作的受害者，可能造成的长期影响。

| 杜绝 / 避免欺凌行为的建议 | 受访者人数 | % |
|--------------------|-------|------|
| 告诉他人或找人倾诉 / 求助 | 124 | 26.4 |
| 变得更加友善 / 结交更多朋友 | 55 | 11.7 |
| 教育部和学校应采取措施，遏制欺凌行为 | 54 | 11.4 |
| 老师应留意欺凌的迹象 | 44 | 9.4 |
| 避开或不理会校霸 | 43 | 9.1 |
| 教育学校、家长和学生 | 41 | 8.7 |

共有600名、年龄介于25到29岁，并曾在本地求学的青年接受调查。其中，有301人表示，他们曾经在学校被欺凌。

最新的调查结果同儿童会于2006年和2007年进行的两个调查结果相似，显示本地的欺凌情况，多年来维持不变。

| | 小学 | 中学 | 青年 |
|------|-----|-----|-----|
| 受欺凌 | 21% | 25% | 25% |
| 没受欺凌 | 79% | 75% | 75% |

调查也显示：回避和不理会校霸是受访者为避免受欺凌，而最常采用的方法。向老师和父母求助也很普遍。

欺凌方式

受访者提出的欺凌方式包括：言语、肢体和疏离。其中，男性受访者比女性受访者较常遭受肢体和言语上的欺凌。

| 如何避免受欺凌 | 受访者人数 | % |
|-------------------|-------|------|
| 回避 / 不理睬 | 97 | 38.6 |
| 求助 / 举报校霸 | 35 | 13.9 |
| 同校霸对抗 / 警告校霸 | 30 | 12.0 |
| 身边有朋友陪伴 / 集体行动 | 23 | 9.2 |
| 还手 / 反击 | 15 | 6.0 |
| 成为校霸、欺负他人 / 加入私会党 | 13 | 5.2 |

大约三分之一受欺凌的受访者，为了尝试杜绝受到欺凌，而寻求援助。平均有大约60%的受访者在求助后，问题获得解决。多数受访者表示，会向学校（老师、训导主任）和父母求助。

杜绝欺凌行为的建议

受访者也提供了避免、减少或杜绝欺凌行为的建议。这些建议包括：

上述文章摘录自研究专著。欲下载完整的调查结果，请浏览：
www.childrensociety.org.sg/services/research_project.htm

瑞士银行志工 为儿童服务中心增添色彩

来自瑞士银行的12名职员，在工作忙碌之余，特地抽出3天时间，将儿童服务中心原本平淡无奇的走廊，变成一面七彩缤纷、具三维立体效果的壁画。创意十足的志工们还采用了羊毛、塑料纽扣、皱纸和皮球，制作成一幅生动、活泼、愉快的儿童图像壁画创作。

尽管必须忍受难闻的油漆味，走廊空间也有些狭窄，但志工们还是无怨无悔地在最短的时间内完成壁画，以免干扰中心的日常运作。

壁画完成后，中心的孩子和职员都对它赞叹不已。感谢瑞士银行志工队的辛劳付出！



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