



# CYBER WELLNESS BYTES

*The latest news and updates from Bedok Green Primary School*

## Principal's Message

by MR BENJAMIN YONG



Cyber wellness refers to the positive well-being of internet users. In our school, cyber wellness education aims to equip BGPians with an understanding of online behaviour and enable them to be responsible for their own well-being in cyberspace. In the new normal of working from home caused by the current COVID-19 pandemic, the opportunity to go digital on more platforms has never been more real. Our recent experience with Home-Based Learning is one such example. It is therefore important for all BGPians to be more knowledgeable about cyber wellness, and to be more discerning with the online information they gain on a regular basis.

As BGPians develop more advanced digital literacy skills, it is vital that they inculcate the right values and discipline in managing themselves as digital natives. I have personally seen digitally-competent people immersing themselves in cyberspace, and live such vibrant lives in their online world that many a time, they forget the real, face-to-face world that exists – their families, friends, school mates and teachers. BGPians must learn to embrace digital literacy without compromising on their ability to self-manage the amount of time they spend on their devices. Discipline is key, and this includes the awareness of when one is dangerously addicted to one's digital devices. The school value of Responsibility comes to mind – BGPians need to empower themselves in knowing when to stop, as well as to be aware of issues like cyber bullying by reporting such incidents to their teachers. Likewise, the school value of Integrity is important for BGPians to use digital information correctly, and not spread fake news unwittingly.

I am grateful for our teachers who have taken this initiative in publishing our inaugural cyber wellness newsletter, led by Ms Ellen Lim. The contents have been well-curated for all of us, including contributions by other teachers and students. I am sure you will enjoy reading our first issue. Do give them a 'like' by encouraging the contributors when you see them in school, and give the team new suggestions on how to improve future cyber-wellness newsletters. Stay digitally safe!

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#### CYBER WELLNESS EDITORIAL TEAM:

MR LUKMAN NURHAKIM  
MS ELLEN LIM  
MS CHUNG PEI LING  
MS NURUL ARINI JUNAIDI

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## Digital Defence as the New Sixth Pillar of Total Defence

by Mr Lukman Nurhakim & Ms Ellen Lim

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Digital Defence – Be Secure, Alert, and Responsible Online– is a whole-of-nation effort to protect and defend ourselves and our nation online.

It requires Singaporeans to

- a) practise good cybersecurity habits,
- b) guard against fake news and disinformation, and
- c) consider the impact of our actions on the community.

## Be Alert – Guard Against Fake News and Disinformation

by Mr Lukman Nurhakim & Ms Ellen Lim

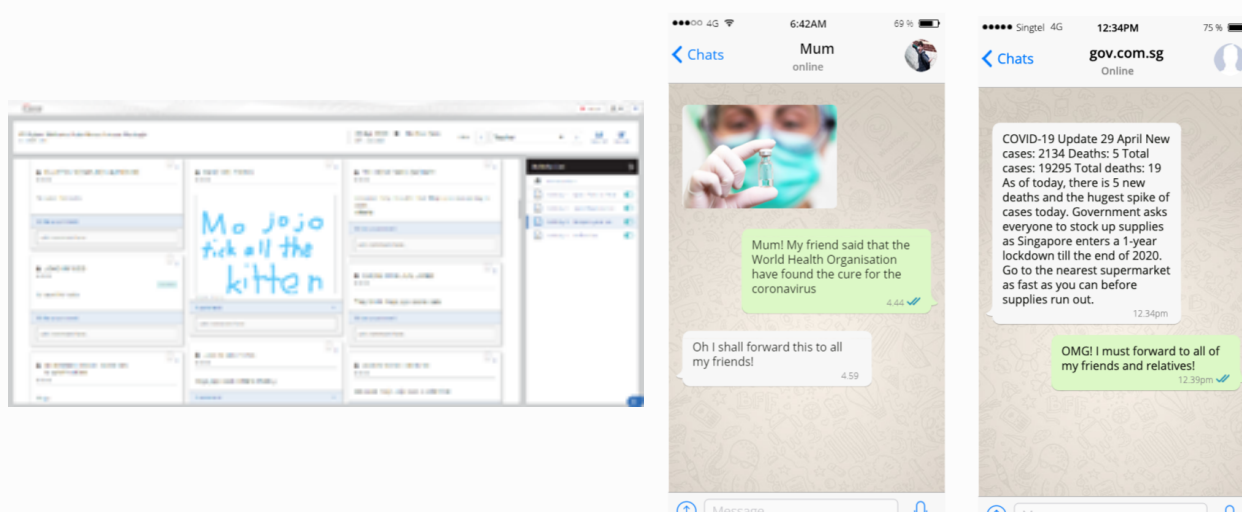
Singaporeans can learn to discern hallmarks of fake or sensationalised reports by checking against credible sources of information such as those of government agencies and official sources. They can also make use of available resources such as Factually to verify news. It is important to develop an understanding of how and why fake news is created and spread, and to report fake news to stop it from spreading.

In line with the objectives of promoting Digital Defence, BGPS started by introducing the term ‘Digital Defence’ during Safer Internet Day 2020.

On 29th April 2020, as part of the students’ FTGP HBL lesson, the students went through a Cyber Wellness lesson package on fake news. This lesson was timely because the students had been learning from home during the Circuit Breaker period and might be more exposed to online falsehoods.

The package was designed with these objectives in mind:

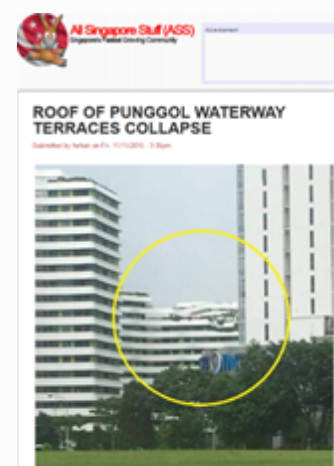
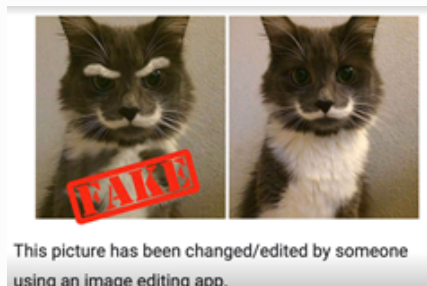
- Primary 1 & Primary 2 students are able to understand what fake news is and they should not believe everything they see on the internet.
- Primary 3 students are able to understand why fake news is a relevant and important topic to discuss in the Singapore context.
- Primary 4 students are able to understand how fake news can affect people around us and can cause social unrest.
- Primary 5 students are able to share their encounters and discuss what they can do when they receive fake news via online platforms.
- Primary 6 students are able to understand how easy to curate content online and will be able to use NLB S.U.R.E framework to investigate if a news is real or fake.



Screenshots of students' work

The lower primary students went through a quiz to test whether they could differentiate real from fake edited photos. The middle primary students were tasked to scrutinise a doctored photo and use the See, Think, Wonder approach to reflect on whether it was real or fake. The upper primary students were made to investigate two social media posts and checking its authenticity using S.U.R.E. checklist to help them evaluate its content.

From these experiences, the students learn how to identify and detect Fake News and appreciate how it can affect Singapore in a negative way.



# Assembly Show - BE S.U.R.E (FAKE NEWS)

by Mr Lukman Nurhakim & Ms Ellen Lim

On 1st July 2020, the school attended an assembly show put up by Voice titled Be Sure (Fake News). Unlike watching a play on stage in the school hall like we used to, this show was digitised in a form of an online video which the students watch from their classrooms. The production was done with green-screen composing so that they could change the background scenes with ease. It was an interesting watch for the audience!



The play was about a social media influencer who had received an anonymous news that the crayfish in Singapore were being poisoned. He then made a casual deduction that the fish in Singapore were poisoned as well! He shared his thought on his social media platform and that post went viral. The fake news was unfortunately reported by the mainstream reporters who did not do their own thorough facts checking as well. The demand for fish in Singapore then dropped and that affected the livelihood of those who were involved in the fishing industry. Some lost their jobs. The students appreciated how an irresponsible social media post can turn out to have large consequences.

Students learnt that before they receive any news, they can make use of the following acronym to guide them:

Be SURE, before you share any news on social media.

S - check the Source of the news.

U - Understand the article well.

R - Research and check other sources.

E - Evaluate whether you trust the news.

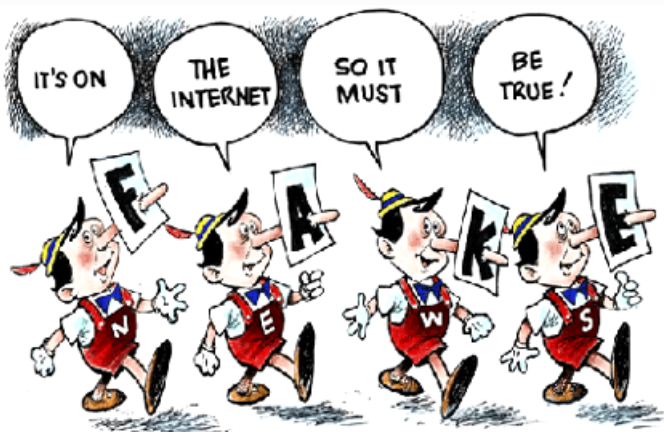


Image source : theVoice Productions

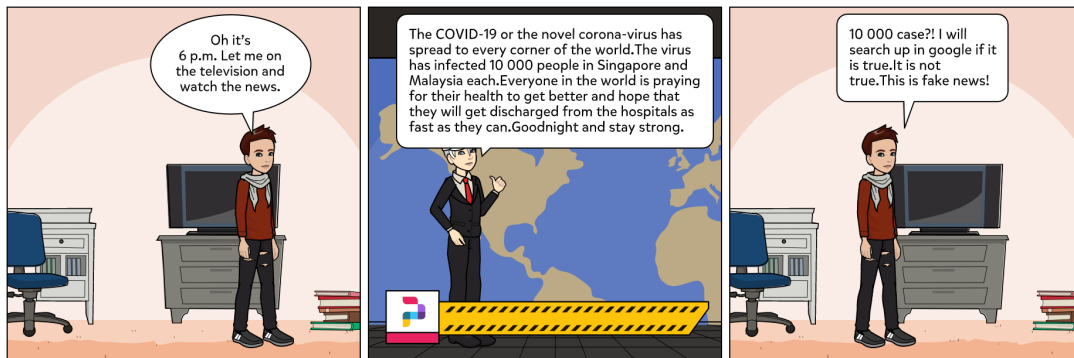
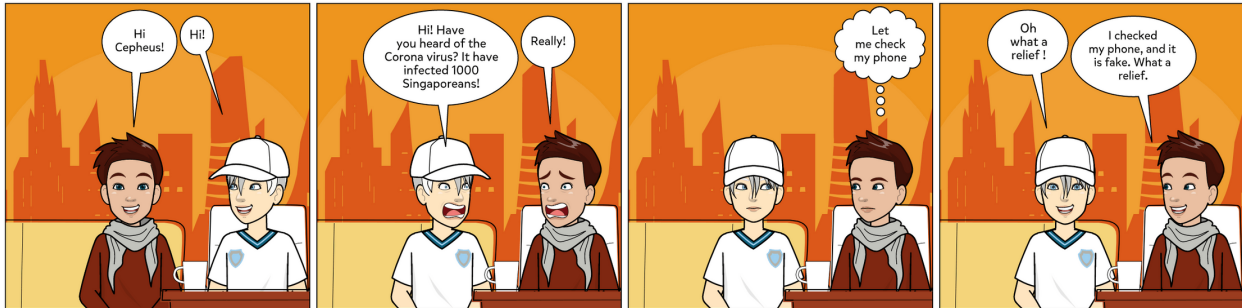
<b>S</b> SOURCE	<p>Check if the source is trustworthy:</p> <ul style="list-style-type: none"> <li>Who is the author of the site? Check the URL and domain e.g. government (.gov), educational institution (.edu), commercial (.com)</li> <li>What qualifications or expertise do the author(s) have on the subject?</li> <li>Does the author have any links with any organisations?</li> </ul>	
<b>U</b> UNDERSTAND	<p>Understand the context: Is the content a fact or an opinion?</p> <ul style="list-style-type: none"> <li>What is the nature of the website (e.g. news reporting, book/article reviews, personal blog)?</li> <li>What is the purpose of the website? E.g. for education, entertainment, advertisement, etc.</li> <li>Is the information updated? Check the copyright or 'Last Updated' date, usually found at the bottom of the page.</li> </ul>	
<b>R</b> RESEARCH	<p>Research other sources:</p> <ul style="list-style-type: none"> <li>Have you checked the references provided (if any)?</li> <li>Have you checked and compared with multiple sources? How do they compare with the initial source?</li> </ul>	
<b>E</b> EVALUATE	<p>Make a judgement on the content:</p> <ul style="list-style-type: none"> <li>Have you looked at the content from a different angle?</li> <li>Did you exercise fair judgement and have a balanced view?</li> </ul>	

NLB S.U.R.E Framework

# Comic Strips by Media Club Students

by Mr Lukman Nurhakim

In Term one, P5 and P6 students from the Media Club worked on a comic design based on Cyber Wellness. These are some of their selected works:



TOP: POH XUAN EN, CEPHEUS 5 COM

MIDDLE: MUSA MOHAMED ERFAN ALI BIN  
MOHAMED 5 RPS

BOTTOM : ALI BIN MOHAMED ANNIZ 5 RPS



# The Voices of Cyber Wellness Student Councilors

by Ms Nurul Arini Junaidi & Ms Ellen Lim

## Q1 How can we be a good role model to our peers?

**When I received dubious messages, I will not forward it out as people might think it is real.**



Goh Qiu Yan 5 COM



Lim Yu En Shayne 5 COM

**Always check the information first before posting on Whatsapp and other social media platforms.**

## Q2 How can you teach your peers on what is fake news?

**I can come up with one fake news and one real news and then let them think which is the fake one. I will also ask them to explain the reason.**



Jovan Lau 6 RPS

**When I received a fake news, I can tell others through social media platforms by sharing real source of the news.**



Chen Han Lin 6 RPS

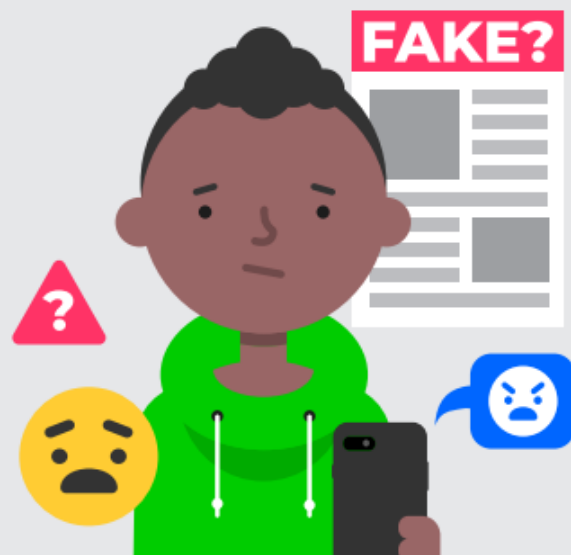


# Resources for Parents

by Ms Chung Pei Ling

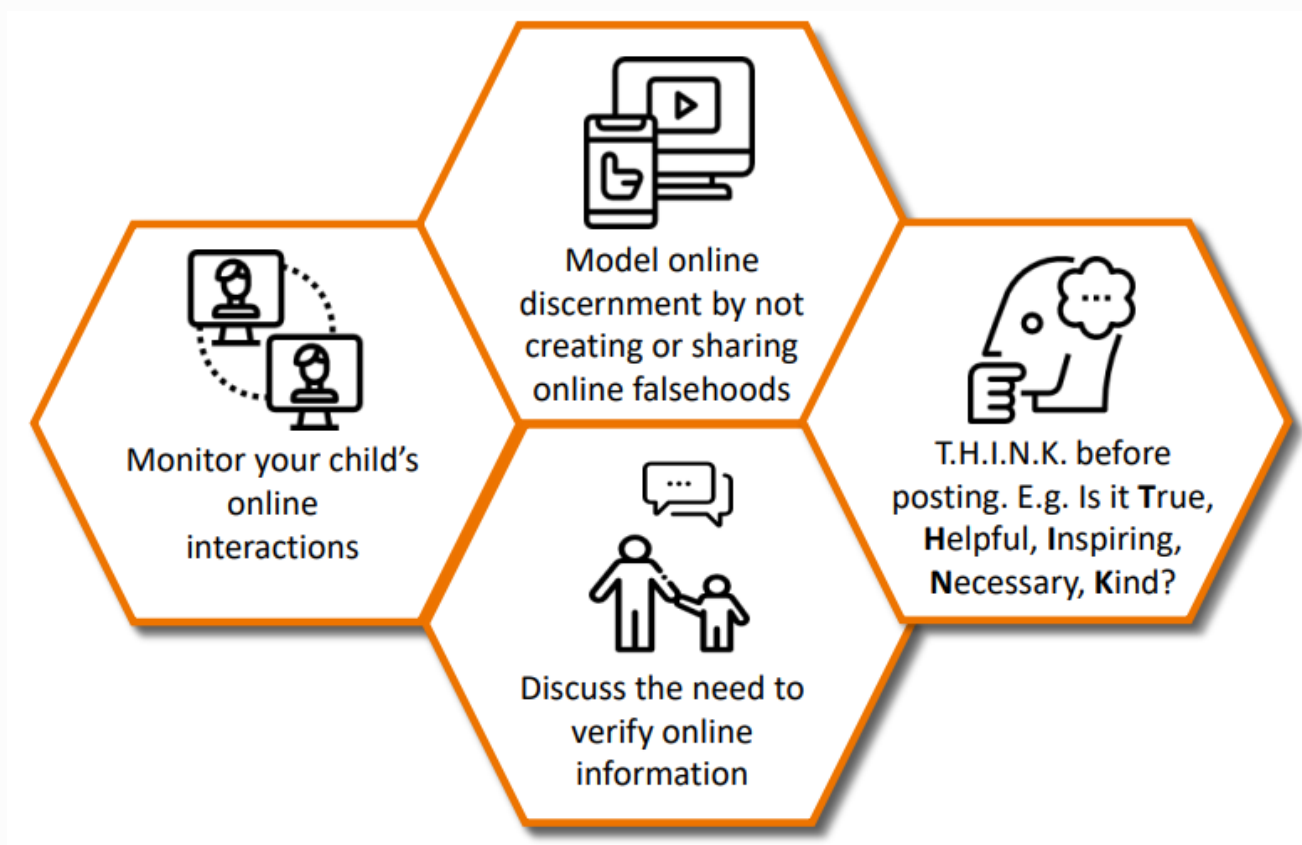
## How can fake news impact children and young people?

- It can lead children and young people to believe something about the world that **can have a negative impact on their wellbeing**
- Fake news sometimes **may target minority groups and spread hate** which can have real world consequences
- It can cause children to be **confused** about what they see online and anxious about being misled to believe something that isn't true



SOURCE: INTERNETMATTERS.ORG

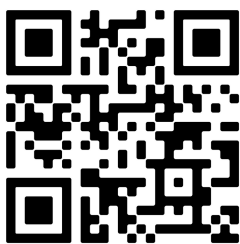
## How can you help?





## Recommended Reads

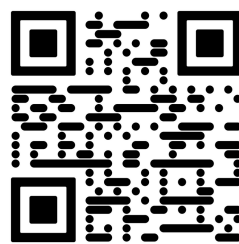
by Ms Chung Pei Ling



<https://www.gov.sg/factually>

**Factually**

**Official site by Gov.sg  
that debunked fake news.**



<https://bit.ly/2Wes0IZ>

**Recommended read for  
parents, by the Media**

**Literacy Council:  
Bringing Up Children in  
the Digital Age**



## Activity

by Ms Nurul Arini Junaidi

Tom told his mother about a piece of news that he read online. Did his mum believe the contents of the article? Fill in the dialogues to complete the comic. The best work stand a chance to be published in the next newsletter! This activity is available in SLS.

