POLICE ADVISORY FOR PARENTS/GUARDIANS

Dear Parents/Guardians,

In this edition of our Police advisory, we will focus on Cyberspace wellness and learn how to better navigate the cyberspace to ensure a safe space for everyone.

2   The online Cyberspace is a big part of our society, and we interact in this space frequently as part of our everyday lives. If used inappropriately, it may also expose our young to the harms of Cyberbullying. Cyberbullying can come in many forms such as:

   i.   **Denigration** – Spreading rumours or untrue statements to hurt another person's reputation.
   ii. **Cyber Stalking** – Using online media platforms to harass or stalk someone.
   iii. **Harassment** – Continually sending of vicious or disturbing messages to a person.
   iv. **Flaming** – Posting of personal insults and vulgar language at another person.
   v.   **Impersonation** – Creating fake profiles or accounts to impersonate someone else.
   vi. **Doxing** – Revealing of someone else's private information through the internet.

3   To keep ourselves safe in Cyberspace, here are some good etiquettes that we may wish to instill in our youths.

   a) **Be Genuine:** Share only things that we truly enjoy expressing who we are to stay genuine and sincere.

   b) **Be Mindful and Aware:** The content that we post can sometimes be misinterpreted as opposed to what we are trying to express. **THINK** before we share private messages or posts to others as they can become viral.

   c) **Stay Clam:** We may misinterpret what others share online. Refrain from jumping to conclusions too quickly or take offense with the other party. Take some time to clarify with them.

   d) **Be Respectful:** Be kind and considerate by respecting one another online, especially the privacy of others. We should be spreading positivity and not rumours their negative effects can be far reaching.

Be Responsible Online

4   To safeguard our youths, you may adopt the following actions if you come across any inappropriate content that is either directed towards you or someone you know:

Report and block the content.
Report to the media platform providers of the offensive content so that they can be removed immediately.

Close the browsing tab.
Close the browsing tab immediately to stop viewing any inappropriate content.

Talk to someone.
Tell a trusted friend or adult about what you have seen and discuss steps to take if you encounter the same content again.

5   To learn more about Cyber Wellness, you can visit https://www.healthhub.sg.

6   To stay updated with the latest crime advisories, do sign up and be part of our Community Watch Scheme (CWS).

   Step 1: Visit https://www.volunteer.gov.sg/scheme-detail?code=CWS#tab-mhaor scan the QR code.
   Step 2: Sign up for any of the interest groups to receive alerts and crime information in your areas of interest.

Yours faithfully,

SUPT BERNICE ONG
COMMANDING OFFICER
BEDOK NEIGHBOURHOOD POLICE CENTRE
BEDOK DIVISION
SINGAPORE POLICE FORCE

Sign up now!