CATEGORY 4 RESOURCE DEVELOPMENT

Group ID:4-068

PROJECT CYBER WELLNESS ALWAYS

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ABSTRACT

As more and more children in the world get access to phones and the internet, the occurrence of cyberbullying is also on the rise. As cyberbullying becomes more of a pressing issue in the world, Project Cyber Wellness Always provides a comprehensive package of resources to help primary school students getting their mobile phones be more cautious on the internet and know how to identify and deal with cyberbullying. Our package contains a google site, providing readers with information about cyberbullying. We also created a game meant to enlighten the primary school students about cyberbullying. Through our resources, we seek to educate primary school students on cyberbullying and teach them ways to deal with it.

1   INTRODUCTION

1.1   Rationale

Cyberbullying is a pressing concern in Singapore as according to a CNA survey, commissioned by Talking Point in 2018, **3 in 4 youngsters have been victims** of cyberbullying in Singapore. A more worrying fact about this cyberbullying statistics is that **only 3%** of those surveyed had informed their parents. The inaugural 2020 Child Online Safety Index report found that **almost 60 per cent** of children in the age group of 8 to 12 years old in 30 countries were exposed to one or more forms of cyber risks, of which **45 per cent were affected by cyberbullying**, either as bullies themselves or as victims. Based on a survey in Singapore from March 2017 to December 2019. The risk of children being cyberbullied in Singapore is **40%** while for teenagers it is **52%.** Cyber-bullying is a big concern as it can greatly harm those affected by it. Those who are cyber-bullied may become depressed, and may even become suicidal. Primary school students who are cyberbullies may also be negatively impacted by their actions. They do not learn to empathise with others and that can harm them in the future.

1.2   Objectives

The objectives of project Cyber Wellness Always is to

- Increase awareness of how many people suffer from being cyberbullied or are cyberbullies.
- Teach people how to deal with cyberbullies.
- Teach people how to help others dealing with cyberbullies.

1.3   Target audience

The target audience is primary school students as cyberbullying is becoming more prevalent in the past few years.

1.4   Resources

The resources created for this project are

1. Google site on cyberbullying:
   https://sites.google.com/student.hci.edu.sg/cyberwellness/home?authuser=0
2. A game on cyberbullying:

   https://scratch.mit.edu/projects/551614531

2   Review

Many resources available online are not catered towards primary school students. Those that are still do not feature much interactivity. Also, the number of students who are cyberbullied or are cyberbullies has also increased the past few years. So, we thought that creating a game to educate primary school students was necessary.

3   Methodology

3.1   Needs Analysis

As more and more primary school students get exposed to the cyberworld, the cases of cyberbullying are also increasing. This spells the need for the students to learn and combat cyberbullying. In our survey conducted, we found that 90% of our respondents had met a bully online before. Also, most of them said that they did not know how to deal with the bully other than ignoring them. This is bad as ignoring the bully may cause him to go after other victims who may not know how to deal with it.

3.2   Development of Resources

We started with the idea of making an informative website for primary school students to browse through. Afterwards, we added a game afterwards as we thought that looking through a site would be quite boring and adding a game would make learning about cyberbullying way more enjoyable. We went to research more about cyberbullying and how prominent it is and managed to find most of our information from CNA.

3.3   Pilot Test

The pilot test was rolled out in 2 phases.

1) Create interest and increase awareness

We created a google form to ask primary school students questions about cyberbullying and how they would deal with it. 90% of those surveyed had met a cyberbully online before and most of them said that they did not really know how to deal with the cyberbully other than ignoring them.

2) Engage and educate on cyberbullying

We then created a google site and a cyberbullying game as our package to educate our target audience on cyberbullying.
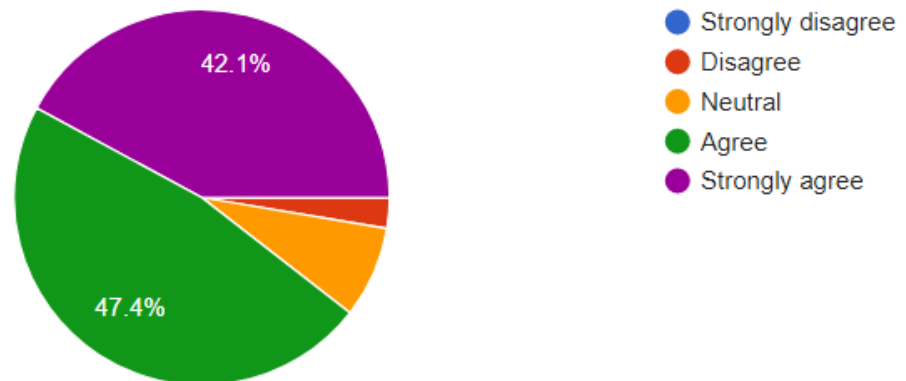
After creating the resources, we sent it out to various primary school students and asked them to forward it to their classmates. From the feedback survey, we can tell

that adding a game into the package was a good idea as many people liked the game. Other than just playing it, there are interactive questions for the primary school students to answer so that they can learn more about cyberbullying while enjoying the game.

Results from those surveyed:

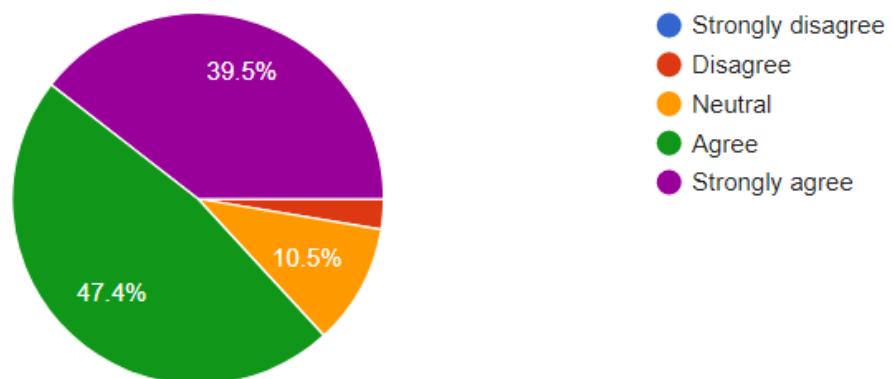The site was useful in helping me understand what cyberbullying is.

38 responses

This chart shows that around 90% of those surveyed think that the site was useful and helped them to understand what cyberbullying is.

I can understand how cyberbullying affects other people and how I can help them.
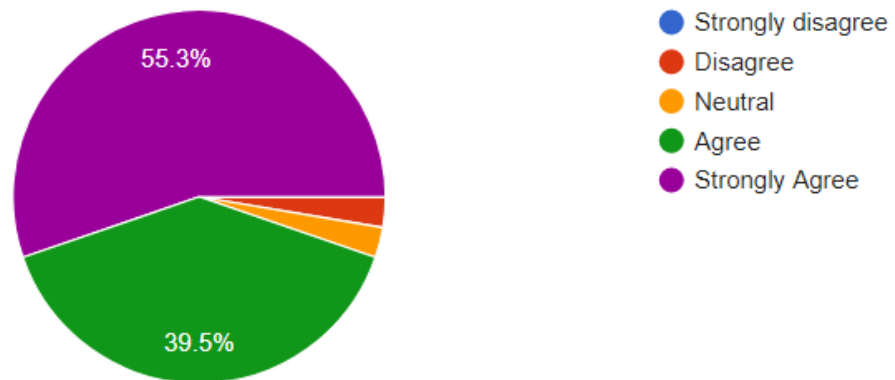
38 responses

This chart shows that around 87% of those surveyed think that the site helped them to understand how cyberbullying affects people and how they can help.

The game helped me to understand what cyberbullying is.

38 responses

This chart shows that around 95% of those surveyed think that the game helped them to understand what cyberbullying is. It also shows that in the resource package, the game is very popular with the primary school students.

Feedback from respondents on the site and game:

Most of the respondents liked the game. However, we can still improve it by making sure it fits the screen on mobile, adding sound effects, and maybe lowering the difficulty a little bit. For the sites, we could make navigation a bit easier as the users may not always know what to read and what to fill up etc. We can also add more info about cyberbullying to it and maybe add more case studies. We could also add more pictures or videos to the sites as right now there is a lot of information to read through and users may get bored.

4 Outcome and Discussion

Students will be able to recognize when others are being cyberbullied or are cyberbullies and are able to help others and themselves from becoming cyberbullies or being cyberbullied. We also hope to clear up any misconceptions that students have on bullying.

5   Conclusion

Projects on cyber wellness are not a unique idea. Many other groups have done projects on cyber wellness in the previous years. However, we believe that our project is unique and interesting enough to be distinguished from previous projects. We had to be creative and work hard on the design of the game to make it just the right difficulty while still retaining the player's attention, which I believe we have achieved. So, I believe that this project was very useful in educating primary school students about cyberbullying. We also had to be creative in our distribution of our resources due to the fact that Covid-19 prevents us from doing physical resources that we can distribute easily. I believe we have done to the best of our ability to share our project with our target audience and it has been a success.

6 References

- [What Is Cyberbullying in Singapore: 5 Ways To Deal With A Cyber Bully | Incontact](#).
- [Commentary: Cyberbullying just keeps getting worse. Even COVID-19 hasn't dampened its spread](#)
- [Global study warns of 'cyber pandemic' among children; biggest risk for S'porean kids is cyber bullying](#)