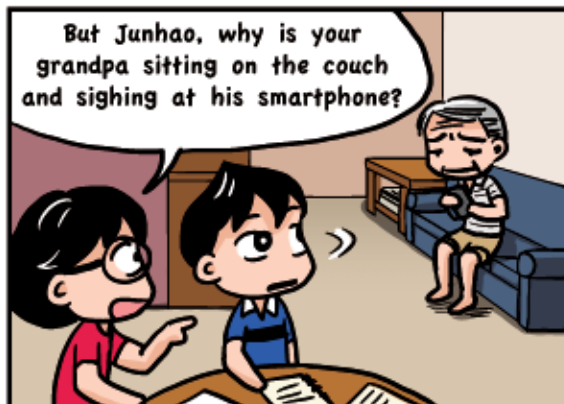
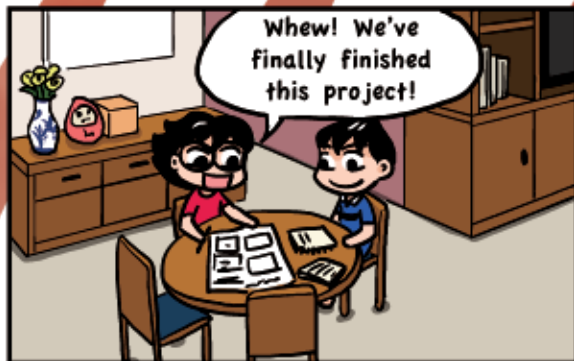
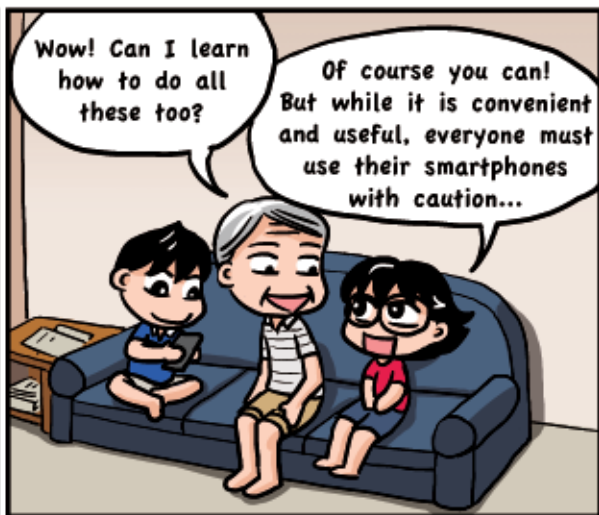
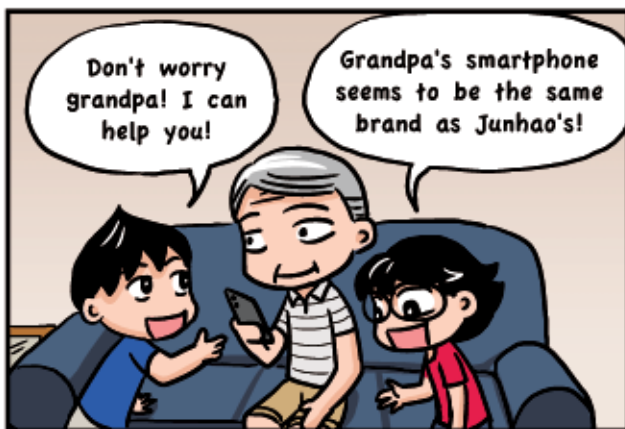
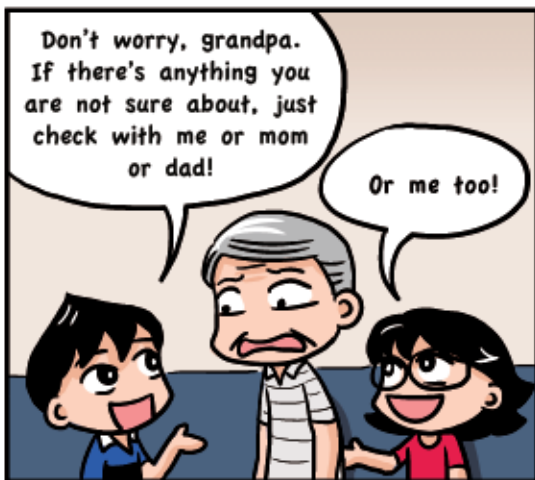
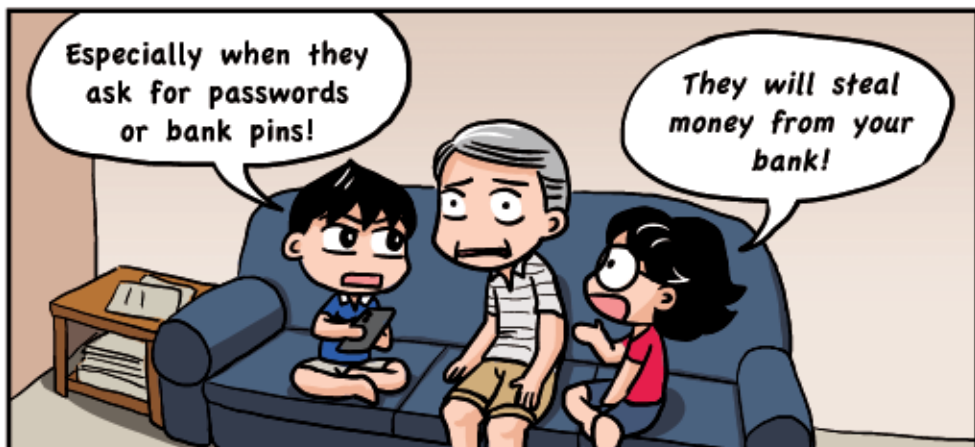
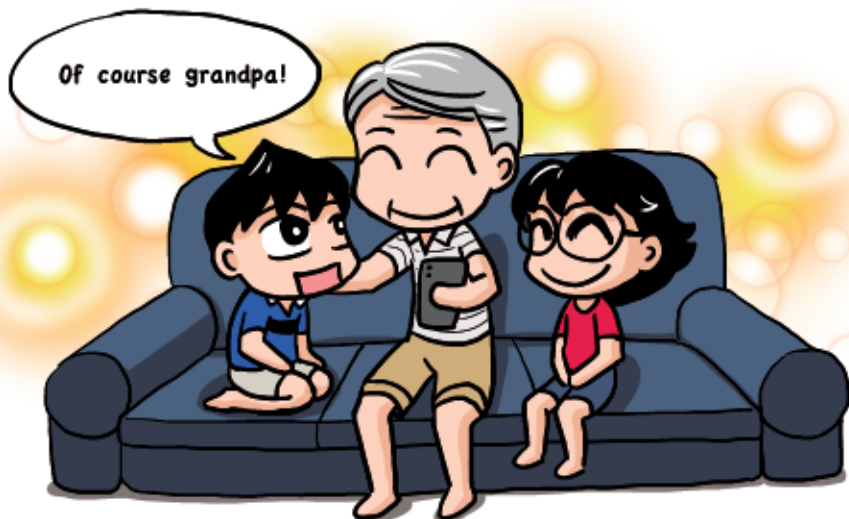


Total Defence









End

HOW CAN WE STAY ALERT AND PROTECT OURSELVES FROM ONLINE SCAMS?

1 Stop and think!

Before responding to online messages, take a moment to consider a few things.

Do I know this person or company?

Does it sound like a realistic offer?

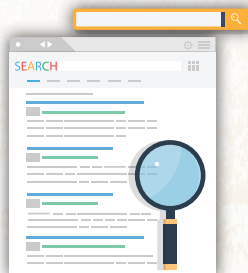
Did I provide my email address or phone number to receive such messages?



If your answer to any of the three questions is 'No', do not respond to the message or click on any link.

2 Research the source.

Do a quick search online for the company or person who sent the message and check if the offer is real.



3 Tell an adult.

Let an adult know when you receive such messages so that they can tell you what to do next! They can be your parents or your teachers.

Watch N.E.mation! 2019 - Digital Defenders animation by CHIJ Katong Convent



MY ONLINE HABITS

What are your online habits? Take this quiz with your family members and compare your results! Put a tick or cross for each question. Together with your family members, discuss whether these habits are safe online practices.

	ME	MY FAMILY MEMBER
1. I share my personal details with friends online.		
2. I often click on website links sent by people I do not know.		
3. I try to use different passwords for different accounts.		
4. I meet people I know online in real life by myself.		
5. I download free music online.		
6. I connect to any available wireless network.		
7. I am careful with online offers that sound too good to be true.		
8. I share my passwords with my friends.		
9. I only download online apps from official sites.		
10. I ask for permission before creating a new online account.		

7-YEAR OLD GIRL HELPS SAVE NEIGHBOUR'S FLAT FROM A FIRE



Image Source: Housing & Development Board

Most primary school kids might not have the presence of mind to stay calm in an emergency. But the plucky Sahanna D/O Ramash is not like most kids.

Last April, Sahanna, then seven, was playing at home when she noticed the smell of smoke. Curious, she went to investigate its source. That's when she discovered that it was coming from her neighbour's flat. Nobody was home at the time.

"I ran to inform my mummy, and after that, I called the police. I told them what the emergency was, and also my address," said Sahanna. She added excitedly that it was the first time she'd ever dialled 999.

By then, smoke from the fire was getting thicker, billowing out the door and windows. On the advice of the police, Sahanna's family and neighbours evacuated their flats. They moved downstairs and waited for help to arrive.

Thanks to Sahanna's quick thinking and accurate information provided, firefighters arrived within minutes. They managed to contain the fire before it got any bigger.

That night, Sahanna's grateful neighbours came by, thanking her for her heroic assistance.

Another neighbour even nominated her for this year's Good Neighbour Award (GNA).

Jointly organised by the Housing & Development Board (HDB) and People's Association, the award recognises residents who go above and beyond the call of neighbourly duty.



Image Source: Youtube / Housing & Development Board

Sahanna had been nominated for the award by a fellow neighbour, Eric Ng.

Sahanna won in the Student Category (Primary). Her civic-mindedness was lauded by her school, Jurong Primary School. She accepted her award - and resounding cheers - on the school stage.

"Everyone clapped for me when I was on stage, and my teacher was so proud of me. All my friends wanted to see my award. I was very happy, and I felt like I'd saved the day, too!" she beamed.

Recounting her experience, Sahanna explained that she'd known what to do, all because she'd paid attention in class.

"My teacher told us that in an emergency, we should call 999 for the police and 995 for an ambulance," she recalled.



Image Source: The Pride / Maisurah Hamid

As it turns out, the young role model has her own shining example to look up to – her mother, Kogeelavani D/O Elangovan.

The 37-year-old nurse is no stranger to lending a hand to anyone in need, according to her daughter.

“One time, my mummy and I saw this uncle sitting on the grass. He had difficulty standing up, so we helped him. Another time, my mummy also helped an old man cross the road,” gushed Sahanna.

“Our neighbourhood is near a polyclinic, so we often see elderly who need help,” Kogeelavani said. “I try to help whenever I can. I’m happy to see that Sahanna herself doesn’t shy away from asking others if they need help as well.”

“One time, she was at the playground and a boy had a nosebleed. She immediately told him, ‘Don’t worry, my mum is a nurse, she can help!’ I was sitting farther away, so she quickly came to get me. I noticed that she wasn’t afraid to come into contact with him, or help him hold his bloody tissues!”

“I realised how mature she is for her age, and how observant and attentive she can be. It makes me feel really proud of her,” Kogeelavani said, with a contented smile.

Article is adapted from online newsletter ‘The Pride’ and edited for length.

MORE STORIES ON
PRIDE.KINDNESS.SG



An illustration at the top of the page features a pink mailbox on a wooden post with a blue flag. An orange envelope is being placed into the mailbox. The background includes a blue sky with white clouds, yellow daisies, and a blue silhouette of a city skyline. The words 'Kindness Mailbox' are written in a large, black, cursive font.

Kindness
Mailbox

How can we play our part for Total Defence?

Write them on this page or send in your response through

<https://mailbox.kindness.sg>

Name: _____

School: _____ Class: _____

Home Address*: _____

*Receive a personal reply from the Kindness Headquarters when you send in your response.
(Parent consent required)



TEAR OUT THIS PAGE AND SEND IT TO US.

POST IT BY SNAIL MAIL TO:

Agents of Kindness
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892

Kindness mailbox

FEATURED!

2019 / Issue 4

What do you wish to see in A-OK! issues next year?

Cyberbullying and online scams are common issues nowadays. I wish to see some tips on online safety in the next issue. We can also discuss them with our teachers in class.

– Nurul Adrianna Shukryah, Zhonghua Primary School, Primary 5 Discipline (2019)

I wish to see more hands-on activities and more of how we can spread kindness around the world!

– Lervia Low, Elias Park Primary School, Primary 5 Integrity (2019)

I wish to see more about how we show respect to our family members and how we should be kind to them. We should not take our parents for granted, or ignore them just because they nagged at us. Being respectful to our parents is important.

– Yeoh Kai Bo, Riverside Primary School, Primary 5 Sincerity (2019)

I wish to see a kindness challenge in every A-OK! issue. This way, more pupils will be able to do kind acts!

– Nurul Nabila, Greenwood Primary School, Primary 5 Innovation (2019)