

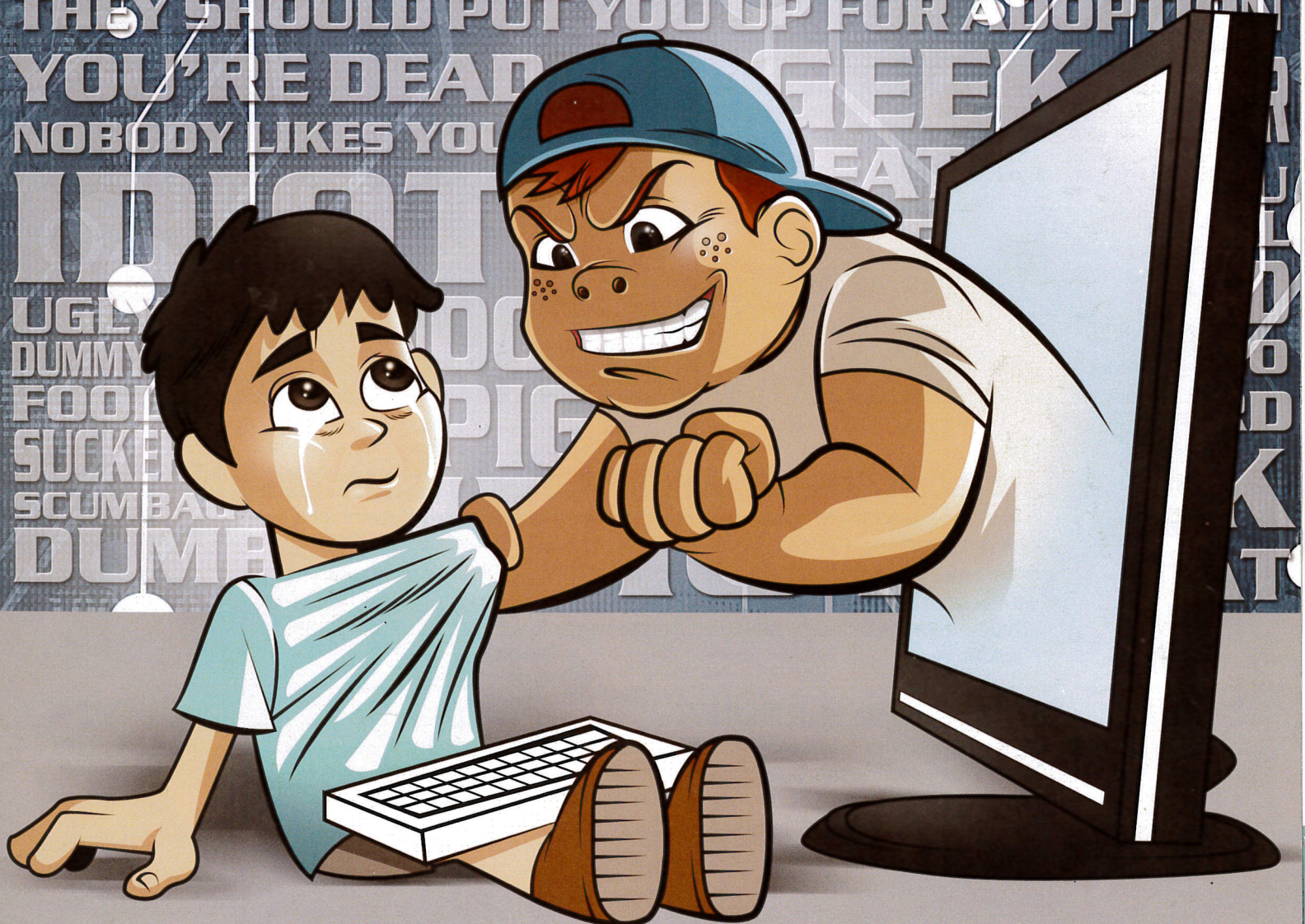
Navigating You Through Media and Technology in Education

# The Cyber Nautica

ISSUE 13 : JUL - SEPT 2013

MICA (P) 144/06/2010

STUPID TAKE A HIKE! FATSO  
NERD WEIRDO  
I HATE YOU!  
THEY SHOULD PUT YOU UP FOR ADOPTION!  
YOU'RE DEAD GEEK  
NOBODY LIKES YOU  
IDiot  
UGLY  
DUMMY  
FOOL  
SUCKER  
SCUMBAG  
DUMB



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## EDITOR'S NOTE

Back in those days whereby internet is not pervasive, you would have noted that bullying would require physical presence of both the bullies and the victims. It is common that bullying on the children would happen in a school setting. Lunch breaks and after school hours are the peak moments where bullying would be rampant. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

In fact, bullying does occur to adults as well. It can happen in the workplace. However, it is not usually made known due to the less reporting on bullying on adults.

With the current wide availability of internet, we are exposed to a new threat – cyberbullying, which means bullying in another domain, called the cyberspace. Bullying need not be touchable and does not need the physical presence of both the bullies and victims to be bullied anymore. Cyberbullying is not limited to the confines of a school and/or a workplace. Various social networking sites where a child will frequently access can be the potential areas for cyberbullying to happen. Your children may be distressed at the threatening messages or images sent to them; at the unauthorized sensitive and private information of them being posted online; and/or when they are purposefully excluded from an online group.

In Singapore, children are getting a mobile at a young age. Thus, cyberbullying can reach out to them via this medium instead of a computer or laptop. On the other hand, adults may be exposed to intimidations like online stalking and sexual harassment.

We are fortunate to live in a world where interconnectivity is just a simple click away. However, the threats are also increasing. It is imminent that we approach those bullies in the cyberspace with great urgency. Let's work towards a better cyberspace!

*We hope you enjoy this issue!*

**Erwin**

Email the editor!

erwin@acpcomputer.edu.sg

### Editorial Advisor

Teo Mei Ling

### Editor

Erwin Tandoc

### Graphic Designer

Marc Anthony Volante

### Article Contributors

Eric Poh

Aaron Ye

Poon Kum Seng

Lim Jin Yong

Peng Xueyun

Paras Chadha

Salvador Pastor Jr.

Bernardo Chang III

### YOUR THOUGHT MATTERS



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## ACP NEWS

### ACP WON PROJECTS FROM CHANGI GENERAL HOSPITAL AND ASCOTT GROUP OF HOTELS



ACP has recently achieved new deals to provide e-learning courseware content development for Changi General Hospital and Ascott Group of Hotels respectively. Both brands are reputable and sizeable in their respective fields. ACP is definitely pushing its innovation not only in the education sector but also into the healthcare and hospitality areas. These new endeavors are paving our way to be the leading and preferred provider for ICT solutions.



### ACP IS GROWING STRONGER IN PHILIPPINES



ACP is pleased with our increasing presence in the Philippines. Not only are we getting new local clients, with the latest customer being the Century Pacific Group - a renowned food manufacturer in the Philippines; our staff force is also bolstered by the addition of more experienced employees. ACP is definitely on track in its expansion in the region.



### FRIDAY EARLY KNOCK OFF



ACP promotes a healthy work life balance in our corporate office by getting everyone out of office earlier than usual on the last Friday of every month.

Let's all sit back and really truly enjoy the last weekend of the month. Enjoy!





# ACP AN ARDENT SUPPORTER FOR CYBERWELLNESS

With the greater access and use of technology in education, it is inevitable that children of today are exposed to cyberspace at a young age. It is common to see children around you, handling mobile phones, computers, iPads and other computer means. While the children may be fascinated with the broad range of games; videos; and also the wide array of information available via computer means, parents would be concerned if their children would be overwhelmed by the information and could they possibly be misled by the information.

## Are children able to differentiate right or wrong information present on the website?

In the past, one will hear about playground bullies, school bullies. Today, we have cyber-bullying. Cyber-ground bullies are those who would hide behind a computer to threaten the weak. Their bullying tactics are not to be taken lightly. The children would definitely be affected in their development if they were threatened by the bullies.

ACP has always been an ardent supporter for CyberWellness. We have participated in various workshops, talks, seminars, and training programmes to promote safe and responsible use of Internet. We advocate the positive cyber culture to be built within the Internet community. We help to create awareness of harmful risks present in the internet like cyberbullying and cybercrimes. ACP always tries to reach out to all stakeholders in a community, which includes students, teachers, parents and even grandparents.

Some notable efforts by ACP include: CyberWellness workshops held at National Library Board in September 2006 and at ITE in August 2007 respectively; Singapore CyberWellness Conference for parents held at the Arts House in



October 2009; and last but not least, CyberWellness Ambassadors Programme (CWSAP) for 290 schools held at Beatty Secondary School and Naval Base Secondary School correspondingly in 2009 and 2010. All the programmes above were tailored to achieve targeted learning outcome for different groups of audience. The most memorable event to ACP would have been the 4 day CWSAP programme. Each participating school was advised to send in 2 students as the ambassadors for the school, to take part the training programme. The ambassadors were to share the key takeaways with all their schoolmates back in their schools. The response for the programme was overwhelming and the students even assisted to create a catchy CyberWellness rap, heightening everyone's motivation and commitment towards cyber-safe environment.

In year 2010 to 2012, we were engaged by Ministry of Education to train students in Media Literacy Programme. The programme was targeted at students to build up their abilities to critically understand the nature, techniques and impact of media messages. While students are exposed to different forms of media constantly; they are at the risk of misinterpreting the information available. Thus, with the programme, the students should at least be aware of the risks posed in the media around, and be responsible with their actions while interacting online as well.

ACP has also recently designed an Information Literacy Program (ILP). The programme places importance on how one should be trained to be able to effectively access, evaluate and use the information in a variety of creative ways. It also seeks to train individuals on how to locate and evaluate information for its context, credibility and accuracy. On the other hand, should any information be required, the users would know where to locate the information and how to effectively use it.

Other than the recent addition of ILP, ACP is still running our Social Media Awareness with the Right Tools or SMART for short. SMART is made up of four standalone modules specifically designed to teach students, teachers and parents alike about internet safety, CyberWellness and responsibility towards use of internet. ACP has continued to conduct assembly talks in various schools to promote CyberWellness. We share with the students on the various threats online as well as some safety tips in making friends online. We also held talks for parents, to show them how to practise online security at home. The parents are also taught how to detect tell-tale signs of their kids whom might be intimidated by cyberbullies.

ACP is honoured to work with various earnest partners like Media Development Authority, Ministry of Education, Information Development Authority, The Arts House and Microsoft to promote CyberWellness all this while.

ACP is definitely an avid supporter for CyberWellness. Internet is here to stay. It is here to assist us in increasing our level of productivity. We can't deny the positive impacts of having a cyberspace. However, we do recognise the increasing risks present in the cyberspace as well. We need to draw a balance urgently. We need to inculcate the correct aptitude, instill the correct moral values into the young.

The children can be bullied, but they can also be bullies. Cyberbullying should never be dismissed of its severity.



## LEARN IN A HUMAN INSPIRED ENVIRONMENT

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# Cyberbullying

**C**yberbullying is bullying that takes place using digital devices of our time. This includes computers and equipment such as mobile phones and tablets as well as communication tools including social media sites, text messages, chat, and websites.

## CYBERSPACE

The term cyberspace may sound like a term coined in a science fiction story. In fact, it actually is! The word "cyberspace" started from a science fiction author William Gibson in his novel – Neuromancer, way back in 1984. Cyberspace was envisioned by Gibson as a global computer network, linking all people, machines and sources of information in the world, and through which one could move or "navigate" as through a virtual space. During the 1980s, the concept of cyberspace is only in the realm of fiction. Fast forward today, Gibson's definition of cyberspace can hold some merit for it actually is a viable explanation of the present-day's Internet.

Cyberspace can be simply thought of as the interconnection of human beings through digital means regardless of the physical geography. It is like an alternate domain where you are not limited by physical space.

## ALTER EGO

Cyberspace has brought about both positive and negative effects in today's world.

On the positive side, cyberspace has allowed socializing and communication to be much easier. A lot of people; whether young or old, lovers or even rivals can virtually communicate and exchange information without any physical presence.

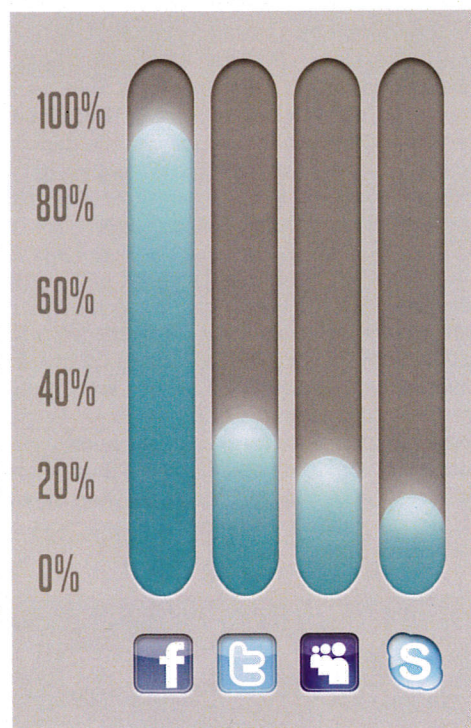
However on the negative side; the anonymity and freedom of cyberspace allows some people to seize the opportunity to transform into a totally different personality and have an alter ego. One might act decent and respectable in the real world but once he/she traverses in the cyberspace, he/she may put on a mask to be another person.

Cyberspace has sprung a lot of heated arguments and comments among anonymous people in the forums and other commonly available online comment boards. Do you wonder if those anonymous people have ever thought twice before slurring unjustifiable, unruly and irresponsible comments online? They may feel that it is a space whereby no law will be imposed and no one will be detected. Many have thought that freedom in cyberspace is boundless.

## CYBERBULLYING

Anyone may have come across a bully in some point in his/her life whether be at school or at work. The term bully is defined as an act of embarrassing, tormenting and/or threatening a person. With the advent of internet, bullying can occur in cyberspace. The shift to digital space of bullying has resulted in this new term called cyberbullying which is basically bullying or harassing online. With the prevalence of Internet, online aggression and/or hateful behavior is becoming common, especially among the youth.

## WHERE DOES CYBERBULLYING HAPPEN?



Instant messaging, social networking sites, emails and chat rooms are the most common avenues where cyberbullying can happen. In fact, Facebook, the top social site today, is most commonly used by bullies. The ease of setting up a profile and finding a target makes Facebook the preferred choice for cyberbullying.

## WAYS OF CYBERBULLYING

**Cyber Stalking.** Transmission of messages to intimidate and threaten the victim resulting in one to have concerns about his/her personal safety and well-being.

**Degradation.** Use of rumors and unfounded gossip in an attempt to break up the friendships the victim might have with others or to damage his/her reputation.

**Harassment.** Constant and unrelenting sending of offensive, insulting, rude and harassing messages over the internet or cell phone to the victim.

**Impersonation.** Taking on of a false identity pretending to be the victim to send or post material with intent to damage his/her reputation or get him/her into trouble.

**Flaming.** This is a very aggressive and abrasive form of intimidation used by the bully via vulgar and angry language with the intent to start fights.

## EFFECTS OF CYBERBULLYING

Children are always the most vulnerable victims of cyberbullying. Unlike school bullies, children can physically get away from their bullies by reporting the bullies to the school or to their parents. However, with regard to cyberbullying, the victims may feel that there is no escape. Bullies can hide their identities online, making it harder for anyone to discover the oppressors. In fact, according to the National Center for Missing and Exploited Children in the U.S., 87% of surveyed young people think that cyberbullying is easier to get away with compared to bullying in real life.

Real life bullying has serious implications and the same can be said with cyberbullying, if not much more. According to Dr. Jennifer N. Caudle, a family physician and director of Family Medicine at Sinai Hospital in United States, "kids who are being bullied are likely to experience anxiety, depression, loneliness, unhappiness, and poor sleep." Sometimes they may turn to self-harming and further serious cases can lead to running away or suicide. To make things worse, these negative effects often go unnoticed since the victims hide the fact that they are being bullied. They are embarrassed or afraid that this will lead to further bullying.





The negative statistics on bullying is alarming. Rates of teenage suicide, depression and incidences of self-harm are on the rise due to such online cruelties. In USA, bully victims are between 2 to 9 times more likely to consider suicide than non-victims, according to studies by Yale University.

In Singapore, Thomas Holt from Michigan State University and his colleagues used the survey data from more than 3,000 3<sup>rd</sup> to 11<sup>th</sup> grade students, to analyze the relationship between physical bullying, cyberbullying and mobile phone bullying on skipping school and suicidal thoughts. It is noted that 27% of the students who were bullied online skipped school or thought about skipping school. Furthermore, 28% who were reported being cyberbullied considered suicide.

In Australia, 10% of the teenagers first experience bullying on mobile phones, via SMS. As they get older, they are exposed to cyberbullying via social networking sites and chatrooms as they interact online more frequently.

In London, 25% of kids bullied don't tell anyone. They fear that coming out will further fuel the bully and informing their parents will strip them of their internet and mobile usage.

Children are not the only ones being targeted by cyberbullies. Adults are also affected. Security firm McAfee showed that one in ten has received cyberthreats from an estranged romantic partner. And almost 60% of those threatened have had their personal photos and sensitive emails and text messages exposed online.

## STOP CYBERBULLYING

Schools are raising awareness with regards to cyberbullying. Over in Singapore, many schools invited professionals to conduct assembly talks for the students, to educate them the importance of recognizing and preventing cyberbullying.

ACP for example is an ardent supporter for Cyberwellness. Cyberwellness is a training programme for all stakeholders in a school environment to educate, encourage and promote safe and responsible use of the internet as well as healthy gaming.

To stop cyberbullying, it is imminent to educate everyone regarding appropriate online behavior. Parents are encouraged to monitor their children's cyberspace activities, to understand the technology and the communication network which their children are using. They are advised to train their children not to respond to bullies. The parents are urged to maintain an open relationship with the children so that the children are always willing to go to their parents whenever they experience something unpleasant via computer or mobile phones.



## A BETTER CYBERSPACE

The pursuit of greater means of communicating has put our world in this conundrum. Does the convenience offered by cyberspace counteract the threats it bring with? The interconnectivity of cyberspace has allowed and opened up various vulnerabilities in our well-being. As such, does the potential harm caused by cyberspace worth it in relation to the positive effects it brings?

Cyberspace has opened up a lot of avenues for interaction. Easier communication and faster transmittal of data have been made possible. However, there are always people around who exploit the space.

It is unfortunate that we have cyberbullies which destroy the image of cyberspace. In an ideal cyberspace, everyone can access the digital world without fear. Kids can visit their favorite websites without the risk of someone threatening and stalking them. Adults can freely share information online without the possibility of it being used to no good.

The cyberspace is starting to be an integral part of everyday living. It is crucial that we safeguard this new world and understand that the safety of everyone traversing this digital plane is vital.

***"We must keep moving forward and keep the initiative going to ensure a better cyberspace."***



## GLOBAL INITIATIVES AGAINST CYBERBULLYING



### Ireland

The Union of Students launched a cyberbullying awareness campaign called "Think Before You Type". This was triggered by the increasing number of reports of cyberbullying from students. They aimed to raise awareness of the cyberbullying and hopefully to curtail this worrying trend via the campaign, which included a guide that provides advice on how to deal with cyberbullying as well as information on how the victims can get the support services available to them.



### Australia

There was a national campaign to encourage young people to support their friends who are being cyberbullied. The Australian Human Rights Commission has launched "BackMeUp" which included a video competition on how to help someone being victimized by a cyberbully.



### Singapore

The country celebrated the Safer Internet Day on 5<sup>th</sup> February 2013. This initiative seeks to promote safer and more responsible use of online technology and mobile devices, especially among children the youth worldwide.

Many of us may view bullying as a normal part of growing up. However in reality, it is a serious threat that can lead to more complications whether emotional or psychological. It is fortunate that the consciousness and awareness of the side-effects that comes from cyberbullying are heightened with many initiatives implemented worldwide to fight cyberbullying.



# FIND ALL THE CYBERBULLIES

**OUR CYBERBULLY IS ON THE LOOSE!**  
HELP US FIND HIS 5 HIDEOUTS.



## TICKLE YOUR MIND

### YOU DON'T KNOW MY FATHER

**Teacher:** Kevin, if your father has \$10 and you ask him for \$6, how much would your father still have?

**Kevin:** \$10.

**Teacher:** You don't know Math.

**Kevin:** You don't know my father!

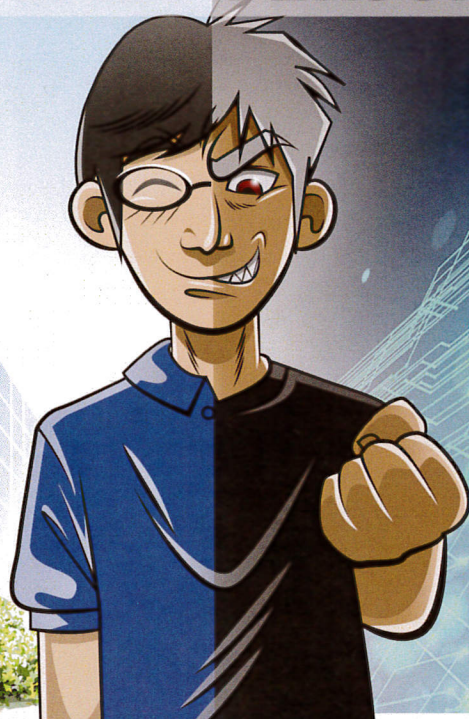
### MY DOG

**Teacher:** Simon, your composition on 'My Dog' is exactly the same as your brother's. Did you copy his?

**Simon:** No, teacher. It's the same dog!



## SPLIT PERSONALITY



"I don't mind the business of others."

"I don't do harm to other people."

"I don't stalk people."

"I am courteous to people I meet."

"I snoop around online and spill their secrets."

"I have a hate page for people."

"I follow people online and threaten them anonymously."

"I send hate messages to various people online."



# LUMINARIES



## Bado believes in Teamwork. Together we will achieve more!

I am the lead developer for eSolution Team based in Philippines. Though I am physically far from the headquarters in Singapore, the ACP's culture thrives in Philippines as well. ACP promotes teamwork to achieve quality work, which I do strongly agree with. I do work closely together with the other developers both in Singapore and Philippines as a great team. It is extremely satisfying to be able to complete our tasks on time.

ACP always recognizes our efforts. It is rewarding to be appreciated for my efforts put in every project. The Company encourages us to be innovative, to continuously improve our work, so as to be efficient. There are times whereby I have to work for a number of deliverables in a day. The fast pace in the work environment indeed urges me to be exercise good time management at all times.

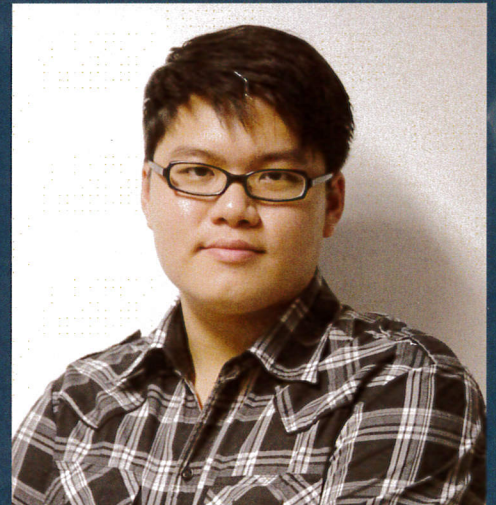
I do hope that I can assist to revolutionize new solutions together with ACP. I am always ready to welcome new members of ACP, to share my knowledge and experience with them. I believe immense results can happen by leveraging on one another's skills and abilities.

## Jin Yong shares his personal daring philosophy, "I dare to try and just do it!"

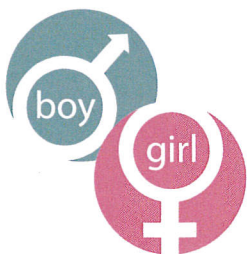
I am currently seconded to Saint Andrew's Junior School to provide ICT training to students, ranging from Primary 1 to Primary 6. I am always looking forward to experiment new techniques in teaching ICT, to make my lessons engaging for the young children. I do work closely with all stakeholders in the school; so as to incorporate various teaching tools such as object oriented program gaming tools in the delivery of my lessons. I thank the school for the support given to me while I try out the varied teaching tools in the classes. I have definitely gained in broadening my exposure as a trainer, and also built up my rapport with the school.

Not forgetting the reliable and efficient support given to me by the headquarters back in ACP office, I am always able to focus in my work as a trainer.

To all my friends, "Let's take up challenges in our stride and excel in whatever we do!"



## BULLYING AND GENDER



Tanya Beran, Ph.D., a contributor in Education.com located in Redwood City, California, which focuses on developing tools for parents to teach the kids, has consolidated and studied various research materials relating to how boys and girls interact. For the most part, boys and girls are more similar than they are different. Below are some of the findings with regards to bullying.

- Boys tend to be more open about their bullying behavior, which makes it much easier to spot male bullies.
- Boys are more likely to bully and be bullied than girls.
- Girls disguise their bullying and act in more passive aggressive ways which make girl on girl bullying much more difficult to spot.
- Girls tend to bully other girls indirectly through peer groups.

[http://www.education.com/reference/article/Ref\\_Bullying\\_Differences/](http://www.education.com/reference/article/Ref_Bullying_Differences/)

## SINGAPORE TOPS CHART IN CYBERBULLYING



According to a worldwide research conducted by Microsoft's Trustworthy Computing unit in last quarter of 2012, it was noted that both Singapore and China registered the highest levels of cyberbullying with 58% in the Asia Pacific. The research, which surveyed some 12,500 youths aged 8 to 17 years in 25 countries globally (500 per country) included 7 countries in Asia Pacific, namely Australia, China, India, Japan, Malaysia, Pakistan and Singapore.

<http://security.networksasia.net/content/china-singapore-top-charts-cyberbullying-among-youths>



## EVENT CALENDAR

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## IS MY WEBSITE SECURED?



### WORKSHOP OVERVIEW

#### HOW SECURE IS YOUR WEBSITE?

Discover the plausible vulnerabilities of your website in our FREE workshop.

We understand that many entities rely mainly on their websites to boost their web presence. Often the owners of the entities are not empowered to ensure that their websites are being managed properly and/or are up to date.

In this workshop, you will understand the varied and plausible website vulnerabilities that many entities have encountered. Learn how to prevent them and increase security.

### WORKSHOP OBJECTIVES

#### ADDRESS YOUR CONCERNS:

- How to check if your website's engine is up to date?
- How do I check if my administrator's portal is publicly accessible?
- How do I back up my data on the website?
- How do I decide I should change my website's engine?
- How do I change my website's engine?
- How do I keep ahead of the vulnerabilities?

**EVENT DATE:** 19 July 2013

**EVENT TIMING:** 2:30 - 5:00 PM

**REGISTRATION COST:** FREE

**REGISTRATION DEADLINE:** 12 July 2013

Please email us at [info@acpcomputer.edu.sg](mailto:info@acpcomputer.edu.sg) or  
or call us at 6227 7996, for registration.

## ACP'S STAFF GATHERING



On the 21<sup>st</sup> and 22<sup>nd</sup> of March, we gathered our seconded staff back to the headquarters for some bonding time! Due to their roles and responsibilities, the seconded staffs will report to their respective schools instead of the headquarters on a daily basis. Thus, some of them have not yet gotten a chance to visit our new office since the move back last October.

As such, we seized the opportunity of the March school's holiday, to invite all of them back to our new office for a quick tour. In addition, our Managing Director personally engaged the seconded staffs in a few team building games to promote understanding among one another. We also shared with them the vision of the education landscape in Singapore and cheered them on for their committed contributions.

Though all the seconded staffs are not working in the same office, our bonds as colleagues remain strong. Just like a big family located in different areas of the world, we might be many in body, but definitely one in mind!

## ACP'S MINI GARDEN



Since our coastal clean up at East Coast Park in August 2012, we continue our green efforts via promoting the use of our paper recycling bin; sending constant reminders to switch off the lights which are not in use; and emailing everyone simple recycling tips and tricks. We are motivated that we are able to sustain the GREEN culture in the office.

To strengthen our green culture, we decided to set up a simple green garden to involve everyone in the office to take care of the

plants. While caring for the plants, the staff can also take the opportunity to share some green tips. The mini garden has definitely brightened up the office.

Let's continue to think green and live green!

## ACP CONGRATULATES PROMOTED STAFFS



We are proud to present our newly promoted staff. The following employees are promoted to the following positions:

**Kum Seng** – Assistant Manager for Education Team  
**Bernard Chong** – Accountant  
**Tan May May** – Project Manager for eSolutions Team  
**Isanka Wijerathne** – Senior Developer  
**Paras Chadha** – Senior Business Manager for eSolutions Team

Once again, congratulations to all!

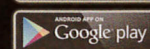
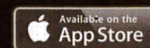


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## ACP Computer Training and Consultancy Pte. Ltd.

11 Keppel Road, ABI Plaza  
#09-02 Singapore 089057

Tel: (65) 6227 7996  
Fax: (65) 6227 9672

Unit 904, 9th Floor, Richmond Plaza,  
No. 21 San Miguel Ave. Corner  
Lourdes, St., Ortigas Center,  
Pasig City Philippines 1600  
Tel: +63 2 661 9804

Email:  
[info@acpcomputer.edu.sg](mailto:info@acpcomputer.edu.sg)  
[info\\_ph@acpcomputer.edu.sg](mailto:info_ph@acpcomputer.edu.sg)  
Website: [www.acpcomputer.edu.sg](http://www.acpcomputer.edu.sg)

