

CRUSH

Cyberspace Risks & where U Seek Help

A quarterly publication by TOUCH Cyber Wellness & Sports for cyber immigrants and digital natives

NEWSFLASH

CYBER WELLNESS ENRICHMENT PROGRAMME: ADVENTURE-X
15 NOV 2008 - 17 DEC 2008



SCHOOL HOLIDAYS WILL NEVER BE THE SAME AGAIN!!

"Nothing to do at home..."

"The holidays are so boring!"

"So Sianz...I played the computer until I'm so tired already."

The above are some of the statements many of the youths make nowadays. Well, not for the 18 youths who joined our **"Cyber Wellness Enrichment Programme – Adventure X"** during the recent school holiday. TOUCH Cyber Wellness & Sports organised their signature programme for these youths who expressed their boredom, to which their concerned parents decided to enrol them for a time of adventure and fun.

The youths went through a series of profiling tests, understanding themselves and getting to know more about their strengths, weakness and styles of relating to one another. Through the process, they start to understand more about what they want and the right way to respond and relate to their parents and friends.

They had lots of fun in outdoor activities such as fishing, kayaking and hiking; activities that the plugged-in generation might not have otherwise taken part in. For some, it was their first time out in the wild trekking and getting close to nature.

Indeed school holidays will never be the same again! Come join us for the next Cyber Wellness Enrichment Programme which would be held in June 2009.

For more details, please visit us at <http://www.planetcrush.org>, or email us at cyberwellness@touch.org.sg



"The basketball session was great as it helped me to develop a sense of achievement and teamwork within my group" - Moses Tsi, 14 years old (left) with Anthony Yeong (our counsellor)



Case Example

In 2005, 3 men, aged 17, 25 and 27 were arrested and charged for posting racist comments on their blogs. They are charged under the Sedition Act which carries a maximum jail term of 3 years and a \$5000 fine.

What Can I Be Sued for if I Blog?

As a publisher (and as a blogger you are a publisher), you may be faced with situations of legal claims on information that you publish on your blog. Such claims include

- (a) defamation;
- (b) infringement of copyrights or other intellectual property rights;
- (c) breach of trade secrets;
- (d) distribution of pornographic materials; and a whole host of other possibilities.

Source: WWLegal.com

Blogs: Some things are better left unsaid...

by Pang Wei Han, 15 years old, TC&S Volunteer

Have you ever wondered why the 21st of July is Racial Harmony Day? It is because there is a need to protect the spirit that makes us Singapore. We are unique, because we are a “Rojak” of people, cultures, races, and religions, put together in a little red dot on the map. We have survived till today because we have an understanding and acceptance for each others’ differences.

But it wasn’t always like that.

The history of Singapore has been littered with instances of racial riots and clashes, and most of the time, it was the media (newspapers) who ‘spread the flames’, thus causing the riots. Many years later, in modern society, the same thing could happen once again. But this time, it’s no longer the newspapers.

It’ll be the blogs.

In the age where freedom of speech has become very important, many are taking that freedom onto the Internet, through the use of blogs, or online journal. Now, there are more than 70 million* blogs worldwide, which means that there is plenty of space for anyone to express themselves freely on the Internet. With blogs being created at the pressing of

buttons, we are beginning to forget that whatever we say on our blogs will affect people.

Recently, a daughter of an MP, published ‘elitist’ remarks against another blog post which commented that the influx of foreign talent has forced the older generation who are not as competitive to lose out. Her words sparked massive discussions online, with the ‘elitist’ issue even being brought to the government. As a result, both she and her father had to make a public apology for their actions. Her words might have made a point, but the manner through which she made her point incensed many people, and probably hurt many more.

In short, the Internet is a double-edged sword. The words that we say affect many people in a very short time. The Internet can help us spread information, but this ‘spread’ can eventually turn back and hurt us.

It’s perfectly fine to speak your mind on the Internet, but be sure to practise sensitivity and discretion. Before you intend to write about someone or something, try your best to put yourself into that person’s shoes. If anyone will feel hurt after reading it, then don’t post it!

Remember to blog safely - some things are better left unsaid!

*Source: <http://technorati.com/weblog/2007/04/328.html>



Disclaimer:
Writer’s views do not necessarily reflect TC&S’ stand



Did you know that..
70% of websites are prone to being hacked?



Protect Yourself from Hackers


by Ray Chua, Senior Executive, TC&S

In recent months, there has been a number of articles in the media regarding hacking in games. On 13 September 2008, the Straits Times reported that some players of the game, MapleStory, lost much of what they have spent on the game - up to \$10,000 each.

Another Straits Times article dated 7 December 2008 reported that the hacking of the MapleStory accounts was likely the work of a China-based cyber-gang. The members of this cyber-gang hacked the accounts so that they can steal the virtual valuables and sell them to other players for profit.

Cyber-gangs have also employed other techniques such as baiting gamers by offering them programmes which promised to make their in-game characters more powerful. However, these programmes are actually key-loggers that steal login names and passwords through recording the keystrokes made by the gamer and then transmitting this information back to the hacker. A Straits Times article on 25 November 2008 also warned that hackers can embed key-loggers within items that are traded to unsuspecting players inside the game.

As gamers, we have to take the responsibility of protecting ourselves against hacking.

THINGS TO TAKE NOTE	DO...	DO NOT...
	<ol style="list-style-type: none"> 1. Install firewall and anti-virus programmes – the ZoneAlarm Personal firewall and the AVG Free antivirus are both free and highly rated software that you may wish to consider. 2. Update your Windows operating system with the latest security updates from Microsoft. 3. Use a strong password that include both alpha and numeric characters (and special characters if possible), eg, 1tg4#y5z 	<ol style="list-style-type: none"> 1. Download any hacking, botting or cheat programmes 2. Click on any unknown attachments in emails or instant messages 3. Download files using peer-to-peer networks 4. Click on popup ads on unfamiliar websites 5. Play games on private servers

OUR STAR VOLUNTEERS

Daryl and Joanne are volunteers with TC&S as Cyber Wellness Programme Assistants. We want to appreciate them for their time. They've been a great help to our team. Here is an interview with them...

Why did you join TC&S as a volunteer?

I'm waiting to enter the university and thought I can spend my time more meaningfully by volunteering. I want to be with youths and be an inspiration to them.

At TC&S, I get to impact the youths and enrich myself as the staff train and mentor me in public speaking and presentation skills.

What are your dreams and passion?

I have this dream to be very rich and can give and share with others who are in need. I'm known to be very giving among

my friends. I also tend to look after the younger youths in my group of friends.

What was your journey as a youth like?

I used to spend most of my time gaming, hanging out with friends aimlessly and even skipping school.

I have learnt to listen to good advices from mentors and teachers. They may not seem pleasant to the ears at first, but they are for our own good.

Joanne likes the outdoors and, like most girls, loves shopping. She also reads during her free time.

How would you describe your experience with TOUCH C&S?

I've volunteered with TC&S during the holidays as a facilitator for CWEP. I'm back again this time as a programme assistant for their school programmes, while waiting for my 'A' level results. I'm not used to interacting with large groups of people but my experience here has helped to force me out of my shell.

The skills learnt and developed through my experience here are helpful for my personal growth.



Daryl,
20 years old,
awaiting entry
to NTU

Some advice you would give to the younger peers...

Focus your time on things that benefit you in the long run. Exercise regularly to keep fit and healthy. Spend meaningful time with your family and loved ones. And lastly, read good inspirational books.

What are some valuable lessons you have learnt?

I used to play a lot during my Secondary School years and didn't do well until my 'O' levels. In JC, I didn't want to be as 'clueless' and 'lost' like I used to be. So, I decided to 发愤图强; I worked hard and focused during lessons. I didn't see the results immediately but I eventually did well and topped my class in JC.

What is one thing you'd say to inspire the youths?

Study hard and play hard. If you want to achieve something, you'll need to sacrifice something. Even when it seems difficult, give yourself time and don't give up.

Joanne,
18 years old,
awaiting A-
levels results



CONTACT US

Who We Are

TOUCH Cyber Wellness & Sports (TC&S) - a pioneer in the field of cyber wellness education since 2001 - works to promote cyber wellness values, healthy gaming and online safety. Through CRUSH (Cyberspace Risks and where U Seek Help), TC&S has reached out to over 450,000 people. We are also the key agency that provides counselling services on cyber wellness issues.

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