

# CRUSH

A quarterly publication by TOUCH Cyber Wellness & Sports

We had fun kayaking at MacRitchie



## Adventure-X: Cyber Wellness Enrichment Programme

**Two of our interns and a group of eight RI boys volunteered with us in this programme. They share their experience at Adventure-X here.**

It was an enriching and fulfilling time with 16 youths in Adventure-X. Yet, it was also an eye-opener for us, volunteers, to understand the teenagers. We worked along side the staff counsellor to encourage them to try new outdoor activities and help them to balance their online and offline activities.

The outdoor activities brought the youths out of their comfort zones and gave them opportunities to explore other activities besides gaming.

### Highlights of some activities:

#### Multiple Intelligence Profiling

The session on Multiple Intelligence was a very good way for the youths to learn more about their strengths and weaknesses. They learnt that they are all intelligent but in different ways.

That helped to build their confidence and affirm that they are capable of achieving their goals in life if they persevere.

#### Fishing Trip

During fishing, most of the youths were very impatient initially. They were very eager to catch a fish but were easily discouraged when the 'uncles' beside them caught many fish while they did not.

*Through this experience, they learnt the importance of patience.*

*With the patience they exhibited in the later half of the fishing trip, most of them got a catch.*

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Adventure-X is an activity-based enrichment camp held during school holidays. The next camp would be held in Nov '09. Check our website [www.planetcrush.org](http://www.planetcrush.org) for updates.



*Here's what some of our participants have to say after going through Adventure-X!*

Leong Jun Kai, 12

- About the Hiking Trip

*"I couldn't believe I climbed that high (highest point at Pulau Ubin). I was very tired but I knew my efforts were not wasted. Reaching the top was extremely satisfying. I learned that once we want to complete something, we must not give up!"*

Ho Gang Wei, 14

- About MI session

*"I'm more aware of my strengths and weaknesses. I'd wanted to be a professional gamer but now I think being a scientist is a suitable career for me as I'm maths smart and good in science. I would practice more on my maths and science."*

Neo Kang Wei, 14

- About the Basketball Clinic

*"I give this experience a 9/10 because I can tell that after this session, my basketball skills has improved. I've learnt quite a few tips. This quite a workout for me."*

Hiking at Pulau Ubin



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### *Kayaking*

*The kayaking experience trained endurance, cooperation and coordination. Although many complained of aching arms just ten minutes into the activity, they had fun.*

*Through the experience, many of them realised the need to cooperate and coordinate with their partners especially on a two-men sit-on-top (SOT) kayak so as to achieve maximum speed and maintain stability.*

This programme has helped us engage the teenagers beyond the norms of a counselling room setting - really putting into actions the values and behavior that is so often talked and discussed during counselling sessions.



More information can be found in our printed resource, '**Cyber Wellness Handbook for Parents**'.

Obtain a copy at only \$2 now! Available at our cyber wellness centre at Bukit Merah.

For enquiries, email us at : [cyberwellness@touch.org.sg](mailto:cyberwellness@touch.org.sg)

## How Safe is Your Child Online?

### **A Look at Online Parental Control Software**

Today, it is common for children to surf the Internet for information, upload information on blogs and communicate with friends in online social networks at an early age.

But are they aware of the underlying dangers online? How safe is your child while engaging in online activities?

Computer monitoring software may be an intrusive way to monitor your kids — but it may be one of the best protection for young children.

There are many offline parental control softwares in the market, such as *Net Nanny* and *CyberPatrol*. (Google these titles for more information)

Symantec has also introduced an *online* parental control software, *OnlineFamily.Norton*, and it is available free of charge until 1 Jan 2010.

While these software allow the parents to manage their children's online activities, there is no substitute for good parenting. No software can replace trust and communication.

***The best way to ensure that your child has a positive online experience is to stay in touch with what they are doing.***

# 'X-treme' Activities @ PlanetCRuSH

The June school holidays went by so quickly, it was almost impossible to believe that there were so many activities happening at our Cyber Wellness Centre - The PlanetCRuSH.

Members of PlanetCRuSH participated in the "X-treme Activities" organised for them for the June holidays. These activities aimed at getting them away from the cyberworld into "RL" (real world).

Our members had fun learning a new sport, Handball, and enjoyed the outdoors through a sandcastle building experience.

In the PlanetCRuSH Edition of the Amazing Race, they worked in groups, solving clues and discovering new things about Singapore as they travelled from Bukit Merah Central to Chinatown and all the way to the Esplanade.

Many made new friends and encountered new experiences through these activities.

If you have missed the "X-treme" activities this June, fret not! There'll be more of these in the pipeline for the December Holidays.

Look out for our E-sports Competition, X-treme Camp and many more upcoming programmes!

Check our website: [www.planetcrush.org](http://www.planetcrush.org) for regular updates and sign up early!



"The sandcastle building experience had taught me to work well with people in my group. Building a sandcastle needs a lot of hardwork and teamwork is the most important thing to build a good sandcastle. I want to bring my parents down to build sandcastle together."

- Yue Ming, 16



## COME, BE PART OF A COMMUNITY OF YOUTHS!

### The PlanetCRuSH Experience

*Friends, Fun and Fulfilment, all through cyber-gaming at PlanetCRuSH!*

The PlanetCRuSH hosts many regular and exciting gaming groups throughout the week from Mondays to Saturdays. These groups are formed around healthy gaming, positive mentoring relationships, seasonal enrichment programmes and outdoor activities.

- Different groups passionate over DOTA, Maple Story, Counterstrike, (including new games like BlackShot and Dragonica), and console games on Playstation 3 and Nintendo Wii.
- Groups with diverse alternate activities such as basketball, soccer, adventure, community service, study groups and simply friendship

Membership at PlanetCRuSH opens up the whole range of cyber wellness programmes and resources to both youths and parents – all at a specially discounted and subsidized rates.

### INTERESTED IN JOINING OUR COMMUNITY?

*Be a member of PlanetCRuSH!*

Call 6317 9942 or email [shem.yao@touch.org.sg](mailto:shem.yao@touch.org.sg) for enquiries.

### OUR LOCATION:

Blk 162 Bukit Merah Central  
#05-3555

### OPENING HOURS:

Mon - Fri 1pm-6pm  
Sat 9am - 6pm  
(Opening hours will be extended during school holiday)

# Getting to Know Our Interns...

As part of their work attachment, we have two interns, Geraldine and Shi Yin, majoring in Psychology at the School of Humanities and Social Sciences in NTU with us for 10 weeks...

**Q: Why did you decide to join TC&S for your internship?**

**G:** To learn about youth work and be exposed to some problems youths face, such as excessive/problematic Internet usage.

**S:** To try something different. So far, the only hands-on experience I have had is teaching.

**Q: What is the best thing you have learned here at TC&S?**

**G:** Colleagues are very important. It's wonderful to have supportive and understanding colleagues at work; especially when you have a lot of work to accomplish.

**S:** To be very open-minded when interacting with people, especially with youths and teachers.

**Q: Share your thoughts on the youths you encounter at work.**

**G:** I feel that these youths are often misunderstood. Some would have the perception that youths who have a problem with gaming

would likely have academic issues and are bad kids. But they are not; some of them are actually very kind-hearted and sweet-natured. They just cannot delay their gratification to play; they need to learn how to better control their urges to play games.

**S:** These youths want to achieve and succeed in life as much as their fellow peers (who are 'free' from computer gaming problems) do. They are just not able to control their urges to play computer games or use the Internet. Unfortunately, many parents and teachers do not understand them and would resort to using harsh ways to discipline them, which I feel, is not helping them at all. This may even cause them to play even more, in defiance.

**Q: If you were to tell people about cyber-wellness, what would you say?**

**G:** Cyber-wellness is about how we use the Internet (in a safe way to protect ourselves and others). It's important, yet not something which most people take note of.

**S:** To be cyber-well, we have to be balanced in our online and offline activities.

## Geraldine



The team at TC&S is fun to work with. They are caring and understanding; they make the working atmosphere light-hearted and family-like.

## Shi Yin



This is the only organisation I've been to where the staff actually go for lunch together. Interns in most organisations usually dine by themselves...

### VOLUNTEER WITH US!

Interested to join our team? TOUCH Cyber Wellness & Sports offers many opportunities for you to volunteer your unique skills and knowledge. Discover volunteer opportunities at <http://www.planetcrush.org/volunteers/index.htm> or call 6273 5568 for enquiries.

### 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 500,000 people. We are also the key agency that provides counselling services on cyber wellness issues.

### TELEPHONE:

- General Enquiries - 6273 5568
- School Programmes - 6317 9947
- Parents' / Adult Workshop - 6319 9944
- Centre Programmes - 6317 9930
- Counselling Services - 6317 9940

### EMAIL:

cyberwellness@touch.org.sg

### ADDRESS:

Blk 162, Bukit Merah Central  
#05-3555 Singapore 150162

### WEBSITE:

[www.planetcrush.org](http://www.planetcrush.org)

