



POLICE ADVISORY FOR PARENTS/GUARDIANS

Dear Parents/Guardians,

As we eagerly gear up for the start of the new school year, we also understand that the transition back to a structured or new environment can sometimes be challenging for children and parents. We are here to share insights and advice on the common challenges faced by both.



2 Navigating in a new environment can be a challenge for most adults, let alone your children. Your child could be starting off as a fresh student at the school, moving into a new class, or may even be faced with increasing school workload. This unfamiliar environment may trigger various behaviour changes as they adapt to it. Some examples of behaviour change could be increased irritability, withdrawal, or changes in sleep patterns. The examples cited in this letter are not exhaustive.

3 However, this new environment also opens up more opportunities for your child to make new friends. Making new friends can be a positive and enriching experience for a child but should be managed to prevent your child from running into negative influences:

- i. **Peer Pressure:** Children may be influenced by their friends to engage in illicit behaviours or may go against their own values . This could include trying illicit substances, engaging in risky activities, or behaving inappropriately.
- ii. **Bullying:** Among their peers they may be a victim of bullying. Victims of bullying may face difficulty in sharing the encounter with adults.
- iii. **Social Media Influence:** In the digital age, children may expose themselves to inappropriate content, cyberbullying, interactions with strangers, and even becomes victims of scams.





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4 To mitigate these potential harms, it is important for parents to maintain open communications with your child. Regularly check in and ask about their day, experiences, feelings, and provide guidance on making wise choices. Learning is a continuous process, and mistakes are part of the journey. Always reinforce the idea to your child that it is okay to ask questions and seek help when needed. Additionally, strive to create a safe space by ensuring your child feels comfortable discussing their concerns and emotions with you.

5 Every child is unique, and the adjustment process varies. If you observe persistent signs of distress or have specific concerns, please do not hesitate to reach out to the school's teachers. We are here to work closely with the schools to ensure your child's well-being. Our actions matter when it comes to developing the next generation of youths!

6 Once again, to stay updated with the latest crime advisories, sign up to be part of our Community Watch Scheme (CWS) by following the steps below. Let's prevent, deter, and detect crime together.



COMMUNITY WATCH SCHEME

Join the Community Watch Scheme (CWS) today.
Our actions count!

Step 1: Visit <https://www.volunteer.gov.sg>

Step 2: Sign up for any of the interest groups to receive alerts and crime information in your areas of interest.

Yours faithfully,

SUPT BERNICE ONG
COMMANDING OFFICER
BEDOK NEIGHBOURHOOD POLICE CENTRE
BEDOK DIVISION
SINGAPORE POLICE FORCE

Sign up now!

