







Term 2 Week 7– principal's Atarimae talk [pAt]

Monday, 4 May 2026

What is principal's ***Atarimae*** Talk (pAt) about?

- Use of current affairs/ stories to help you be more **aware** of the ***different perspectives*** around issues

- Encourage us all to practise more ***Atarimae***

Term 1 pAT



Simulation of the physical issues associated with Ageing

- Items required



Iran military official says renewed war with US 'likely'

The Iranian official said evidence showed Washington was not committed to any promises, hours after US President Donald Trump said he was "not satisfied" with a new Iranian negotiating proposal.

In turbulent times, what can Singapore do?



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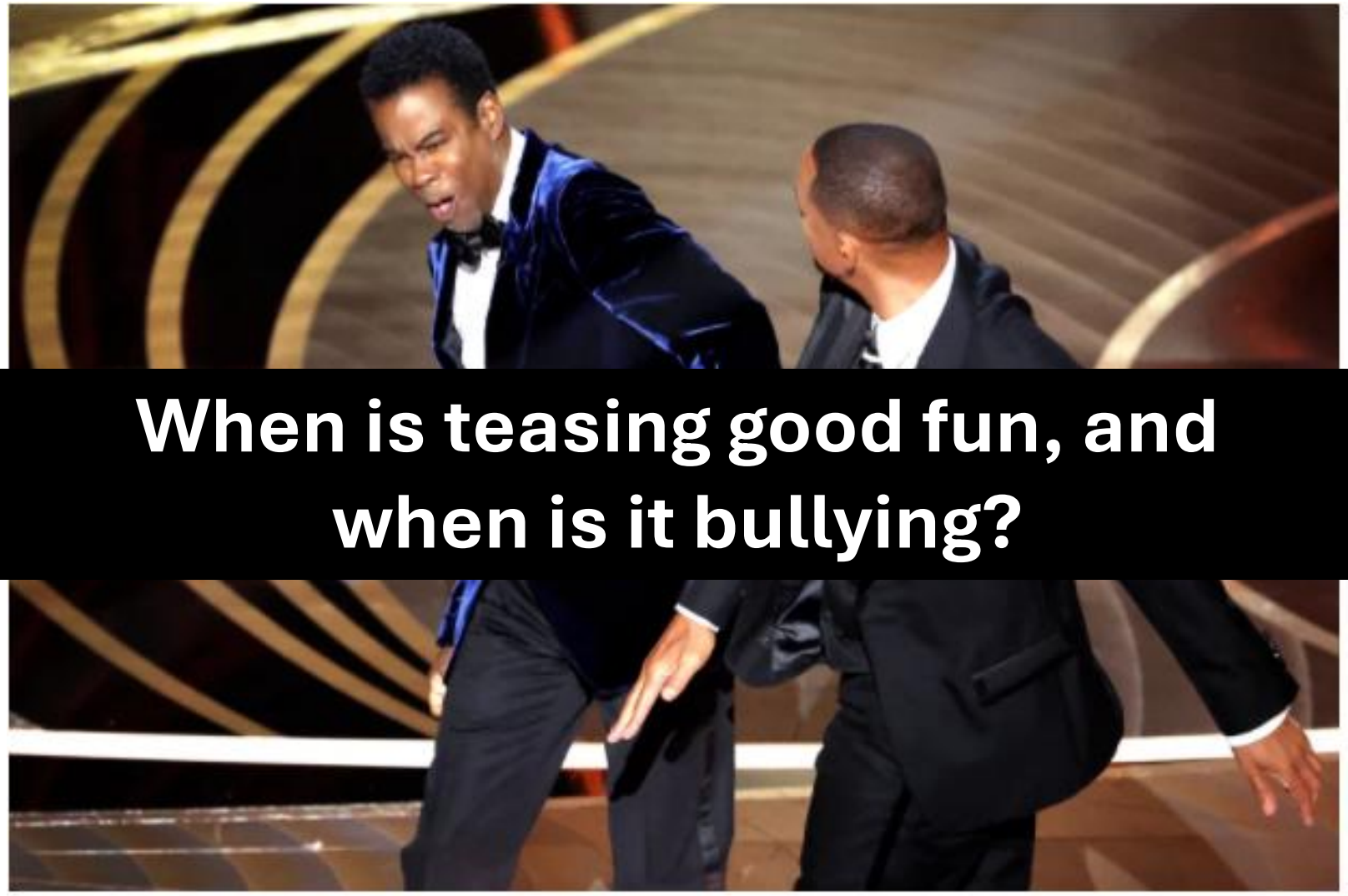
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THE BUSINESS TIMES 50

PM Wong tears up reading evacuation flight account

What is something/someone you value in your daily life?





When is teasing good fun, and when is it bullying?

Chris Rock reacts after Will Smith slapped him onstage at the 94th Academy Awards at the Dolby Theatre at Ovation Hollywood on Sunday, March 27, 2022. (Myung J. Chun/Los Angeles Times)

Swensen's hires students with special needs. It doesn't expect customers to lower service expectations

Restaurant chain Swensen's makes it a point not to put up signs about its

What can we do to make Damai a more inclusive place for everyone?



Mahmud

09 Oct 2022 06:00AM
(Updated: 08 Dec 2022 01:18PM)

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Let’s take a closer look at the issue!

What is the background?

- A joke went wrong (insensitive/ cultural connotation/medical condition)
- A famous celebrity slaps someone on a national stage
- People left confused, shocked

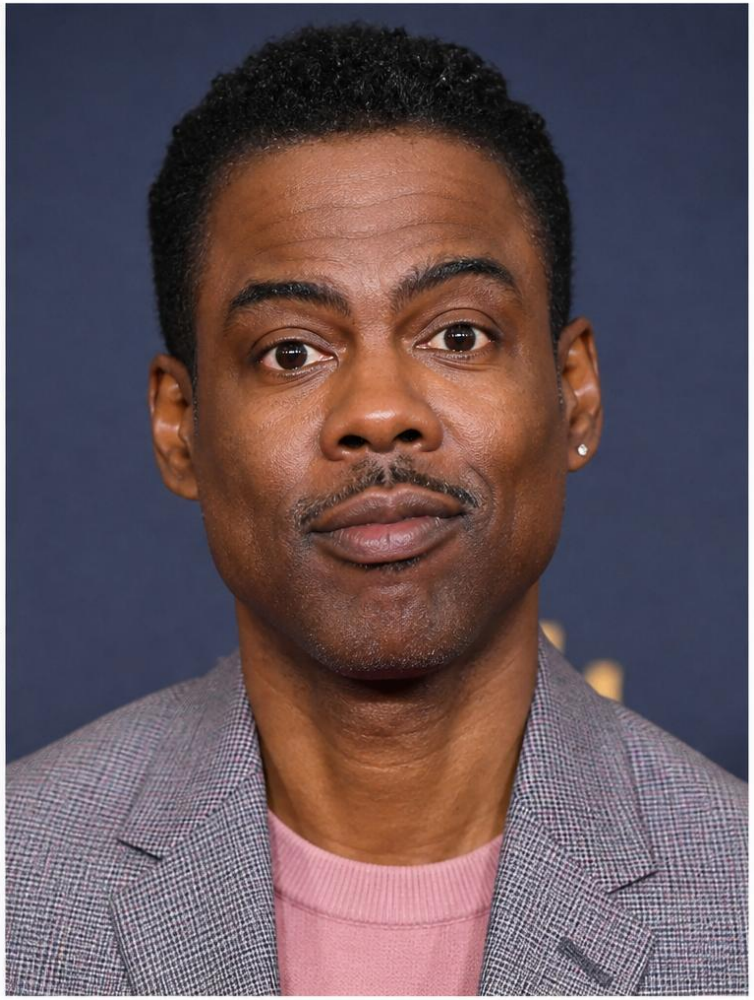
Why is this an issue?

<<Mixed reactions>>

- Some supported the way Smith defended his wife
- Some disappointed/ angry – **violence is never a response**; Smith should have been sent away from the Oscars immediately
- Some on the fence; felt sorry for both of them; unfortunate incident
- Why talk about this? **Would this even be an issue if they weren't famous people?**

Who do you think was at fault?





Activity

Step into their shoes...

If you think Will Smith is at fault:

- What do you think Will Smith was feeling when he heard the joke?
- What do you think made him decide to act that way?

If you think Chris Rock is at fault:

- What do you think Chris Rock felt when he was slapped on stage?
- What do you think he was thinking when he made the joke?

As a student, what lessons can we learn?

- When is teasing in good fun and when is it bullying?
- Why is it important to manage our emotions in challenging situations? How do we do this (well)?

As a student, what lessons can we learn?

- How do we stand up for those we love/care for?
- Why is it important for people in position or influence to be good role models? Do these people deserve a second chance?

At a recent gathering, a friend of mine shared a story

In a nutshell,

She (a fellow educator herself) received a call from her son's school because her son had been teasing a classmate. When she confronted the son, he told her it was "just a joke", but the classmate and teachers didn't see it that way.

Does this sound familiar?

Bullying is often an offence of *perception*

Be kind whenever you can.

HURTFUL BEHAVIOURS & BULLYING

Our words and actions have an impact.

Where do your actions fall?

It might be hurting others more than you think.

KIND & RESPECTFUL

You treat others the way you want to be treated.



EXAMPLES

- Saying kind words
- Including others
- Respecting differences

You help make our community a better place!

SAFE BUT THOUGHTLESS

It may not be mean, but it can still hurt someone.



EXAMPLES

- Joking about someone
- Leaving someone out
- Not thinking before you post or say

Pause and think. How might others feel?

DISRESPECTFUL

You say or do things that are rude, unkind or inconsiderate.



EXAMPLES

- Name-calling
- Spreading rumours
- Making fun of someone

This can hurt others. Choose respect.

MEAN

You purposefully say or do things to hurt someone emotionally.



EXAMPLES

- Threatening someone
- Posting hurtful comments
- Ignoring someone on purpose

This behaviour can cause real pain.

CRUEL

You repeatedly do hurtful things that show no care for others.



EXAMPLES

- Repeated teasing
- Sharing embarrassing photos or videos
- Leaving hurtful comments again and again

This is serious and can have lasting effects.

BULLYING

You repeatedly and intentionally hurt someone to gain power or control.



EXAMPLES

- Threatening or intimidating
- Spreading lies
- Physical hurt
- Excluding someone on purpose

This is never okay. Tell a trusted adult and get help.

BE PART OF THE SOLUTION!

BE KIND
Lift others up

THINK FIRST
Before you post or speak

SHOW RESPECT
Everyone deserves dignity

SPEAK UP
Support others and report bullying

BE EMPATHETIC
Be kind. You never know what others are going through.

Small actions can make a **BIG** difference.

Understanding hurtful behaviours and bullying



In Singapore, local studies show that verbal and social bullying form the bulk of the types of bullying experienced in schools. They often start as 'harmless teasing' or leaving someone out, but escalate into bullying.

If we don't take a serious view of one-off insensitive remarks now, are we giving such behaviour the space to become normalised and escalate into something worse?

Verbal and Social Bullying are now more common than physical or cyber bullying

Multiple forms could be experienced by the same student, at the same time or sequentially:

Physical



- Pushing or hitting someone, or damaging their belongings.
- Tends to occur alongside other forms of hurtful behaviours.
- Can extend from offline to online platforms, amplifying its visibility.

Verbal



Name-calling, spreading rumours or making threats.

Social



Deliberately leaving someone out, or encouraging others to ignore someone.

Cyber



- Using online technology like phones, computers, or social media to hurt or embarrass others on purpose and repeatedly.
- Common forms include flaming, harassment, cyber stalking, denigration, impersonation, exclusion, trickery and doxxing.

Hurtful behaviour among students is something we see across our schools

A study by NUS and the Singapore Children's Society found that **1 in 4 upper primary students** have experienced bullying.

Among 15-year olds, the 2022 OECD PISA study found that **2 in 10 students in Singapore** reported being bullied at least a few times a month.

Translated to a classroom, that could mean **five to eight students in any one class** (average class size between 30-35) who are navigating these experiences quietly, often without adults knowing.

Hurtful behaviour among students in Damai

Level	Type of Survey	No of responses	% who experienced at least 1 type of bullying
Sec 1	Start of term Survey (Jan 2026)	92 (93%)	37 (38%) – from primary school
Sec 2-5	Start of term Survey (Jan 2026)	411 (93%)	74 (18%) – from the previous year(s)
Sec 3	Quality School Experience (2025) (biennial survey)	2025 Sec 3 cohort (i.e. 2026 Sec 4 cohort)	27% <u>For Reference</u>: 2023 – 22% 2021 – 18%

Remember this from 2025

Singapore

Montfort Secondary School disciplines studen tripping, kicking schoolmate

The police confirmed a report was lodged and they are looking into the matter.



24 Feb 2025 1
(Updated: 03 M

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Sengkang Green Primary bullying case: MOE details timeline, says parents no longer want transfer after meeting

The social media posts also led to online attacks and doxxing of educators and young children, says the Ministry of Education.



A Google Street View of Sengkang Green Primary School in Singapore.

20 Aug 2025 10:01PM
(Updated: 03 Nov 2025 01:45PM)

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Comprehensive Action Review against Bullying

- MOE commenced Phase 2 of the review on 27 Aug 2025
- Phase 2 involved **public consultation**, where we engaged over 2,000 **educators**, **parents**, **students**, **professionals** and **members of the public**.
- Focus group discussions were conducted and an online survey was launched to gather public feedback on the four areas.



Insights from Public Engagements



Participants, noted that **schools, home and community** have roles to play in addressing bullying and promoting kindness.



Students may not want parents to intervene immediately and appreciate the opportunity to **work through issues with their peers** for **less severe cases**.

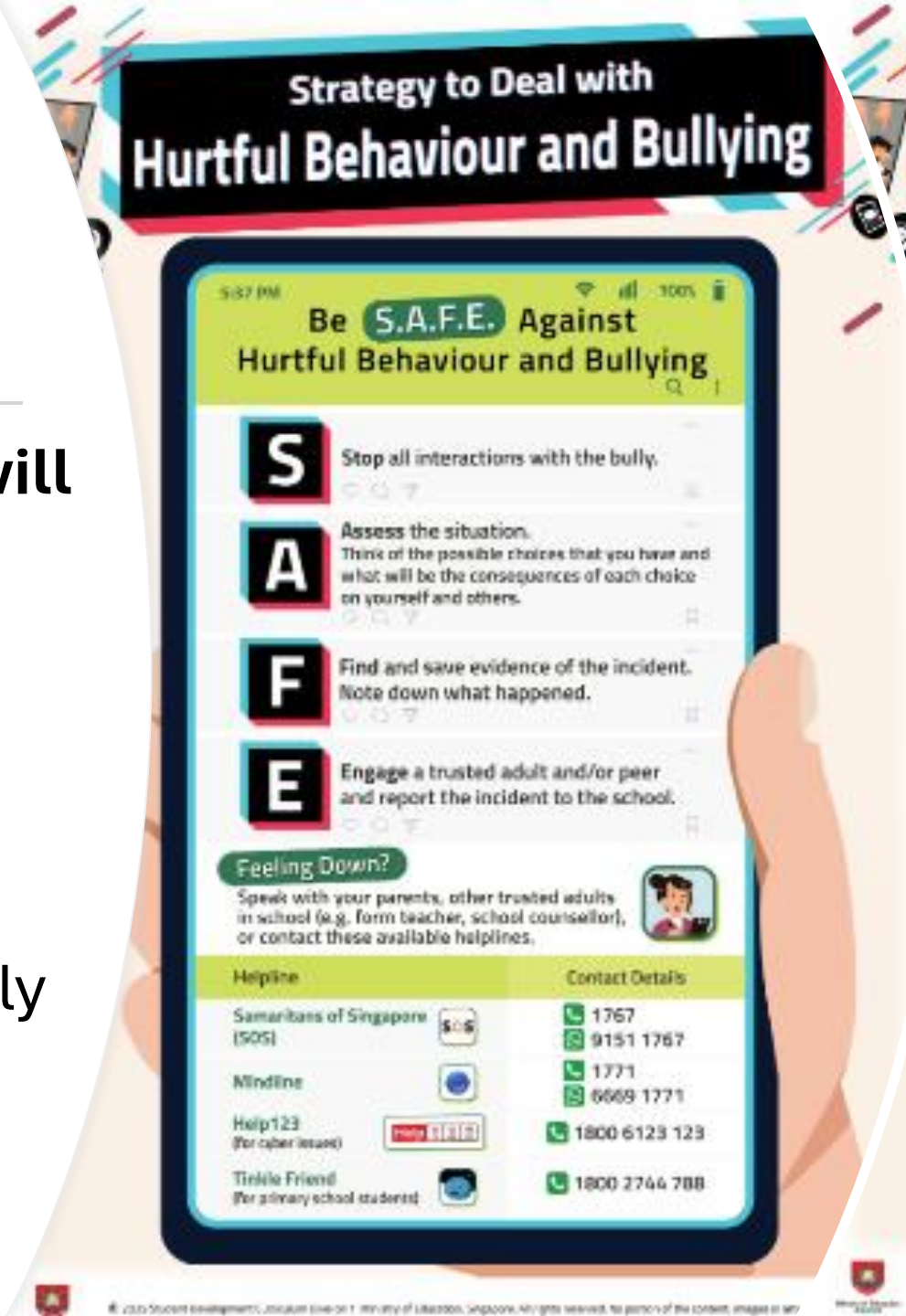
What you can expect

- More real life scenarios and role-play in CCE
- Empowering student leaders as Upstanders

- Make reporting channels more safe, accessible, and easy to use
- Stronger school culture that encourages and fosters kind and respectful behaviours
- Timely interventions and communications with parents when an incident occurs

- Partner your parents more closely for character development and student wellbeing

Physical copies will be displayed prominently on noticeboards at areas around the school
(e.g. canteen, corridors, assembly area, hall)







当たり前
Atarimae

“natural, obvious or expected”

“a sense of shared expectations and unspoken norms”

Practise more当たり前Atarimae

Integrity	Respect	Resilience	Service
Do the right thing because it is the right thing to do	**Treat others the way you would like to be treated**	**You are not alone**	**We Care**
Have the moral courage to stand up what is right (be an upstander!) ***Student Leaders**, we are counting on you to start the ball rolling!*	• Greet teachers, staff and friends • Communicate and engage others respectfully	• Help-seeking is a strength	• "We" mindset – think and consider other people's perspectives





THANK YOU!