

USING THIS GUIDE

Here are some tips for parents to facilitate conversations with your child when using our educational packages.



Tip #1: Create a Conducive Environment

Insightful conversations need not be forced - they can take place in a casual and comfortable setting.

- **Be distraction-free.** Switch off the TV, put aside the devices.
- **Be opportunistic.** Seize opportunities during common mealtimes, after the evening news, upon receiving relevant articles on the family chat.
- **Be comfortable.** Find a comfortable location (e.g. living room, bedroom).

Tip #2: Listen without Judgement

A huge part of a conversation is to listen. Giving your children the space to share their thoughts and feelings makes them feel heard and respected.

- **Be open.** Listen to understand, even when you disagree – this opens up depth in your conversations beyond merely agreeing/disagreeing.
- **Be attentive.** Focus on what is being said.
- **Be curious.** Don't assume. Ask questions to find out more.
 - "What do you mean by...?"
 - "Can you explain to me...?"

Tip #3: Difficult Question? Let's Explore Together.

You don't have to have all the answers - Let's explore together!

- **Be upfront.** Acknowledge that you don't have an answer.
- **Be inviting.** Be a role model and invite your child to explore it together.
 - "Here are my thoughts on this issue. What do you think?"
- **Be patient.** It might take time to understand and to form an perspective. Give you and your child the time to ponder about it.

Extra Tips: Alternative Facilitation Methods

1. Draw it

Grab some markers and paper and draw how you think/feel.

- Use emojis, symbols, colours etc

2. Number Line

From a scale of 1 to 10, how strongly do you feel about...?

- Brings out spectrum of opinions

Xenophobia (Parents' Guide)

DESCRIPTION

The Coronavirus Disease 2019 (COVID-19) outbreak in Singapore has presented a global health crisis that compels us as a community to band together and do our part to fight the virus as one people.

In response to the COVID-19, we witness instances of xenophobia overseas as well as in our community – displays of xenophobia, xenophobic posts and comments. Xenophobia has always existed. How did COVID-19 trigger xenophobic responses? Why did that happen and what we can as individuals do in this time?

For the younger ones:

Zootopia (2016)

From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. When Judy Hopps becomes the first rabbit to join the police force, she quickly learns how tough it is to enforce the law. Determined to prove herself, Judy jumps at the opportunity to solve a mysterious case. Unfortunately, that means working with Nick Wilde, a wily fox who makes her job even harder.



Discussion Question:

1. How did the mastermind cause the animals and predators to go against each other?
2. What happens when one group treats another group with bias?
3. When COVID-19 first happened, many people pointed fingers at the Chinese and treated them differently. Now, we have many infection clusters among the foreign worker community, with some people saying nasty things about their hygiene and lifestyle habits. How do you think they feel?
4. Like how the prey and predators lived peacefully in the end, how can we also live peacefully with the people around us?

For the older ones:



Youtube Video:

From Immigrants to Citizens: Can You Call Two Countries Home? | Can Ask Meh?

What stereotypes have you heard about new immigrants from your home country? If you convert your citizenship, are you betraying your homeland? Which country do you identify with, really?

These are some of the questions that immigrants answer on this episode of 'Can Ask Meh?'.

Video source: *Our Grandfather Story*

<https://www.youtube.com/watch?v=SWAGpKq58uU>

Discussion Question:

1. Do you have friends who are immigrants? How are they like?
2. How different or similar are these immigrants from us Singaporeans?
3. Over the course of the COVID-19 pandemic, we saw racist commentary and actions made against people from certain countries, including China, our foreign workers staying in dormitories, and even our own Singaporeans being targeted overseas. Why do people do that?
4. COVID-19 knows no race, religion and nationality. How can we support our foreign friends during this period as well?