



31 JAN 2026, SAT
8:00PM - 9:30PM
ZOOM

Developing Social Skills to Reduce Bullying for Children with Special Needs



Speaker
Wong Suet Leng

Head of Allied Team and Programme at Bridging the Gap

Caregiver
Shoelle Goh

Caregiver of 2 boys, with ASD, Dyslexia and DCD. Program Manager at Tiggie Kids

Caregiver
Teresa Chua

Caregiver of 2 boys, one with ADHD. Volunteer with SPARK

This webinar covers practical strategies to help children with special needs build stronger social understanding and resilience.

Learn how to:

- Teach perspective-taking, turn-taking, emotional awareness and problem-solving
- Prepare children for real-life social situations and recognise early signs of peer conflict,
- Coach children in calm, confident responses

REGISTER NOW



caring.sg/webinarJan2026

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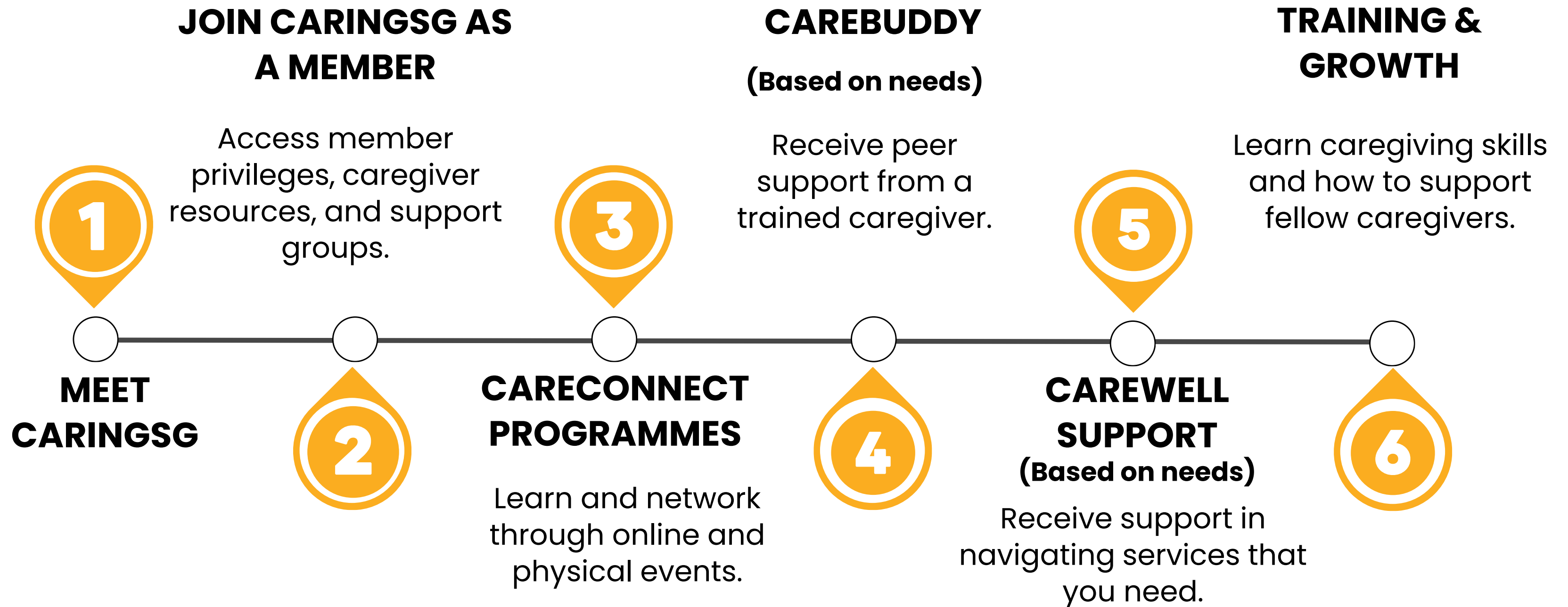


About CaringSG



CaringSG is a caregiver-led initiative for special needs caregivers and the community, set up in 2020.

CAREGIVER'S JOURNEY FOR SPECIAL NEEDS CAREGIVERS



CaringSG Caregiver Support



Webinars

empower caregivers with insights, practical advice and tips from professionals and caregivers.

CAREbuddy

is a supportive service for caregivers by trained volunteer caregivers.

CAREconnect

enables caregivers and families to join inclusive social events for family bonding and connection to fellow caregivers.

CAREwell

supports caregivers in their caregiving role, emotional and mental wellness.

Step One

provides caregivers of children under 7 with practical knowledge, essential skills, and emotional support.

Volunteer Training

equips volunteer caregivers and members of the public with knowledge and skills to support caregivers and families in the community.

CaringSG Membership Options (open to public)



Premium Membership

\$30/year

For just \$30 a year, Premium Membership gives you everything in Free Membership, plus:

Events and Learning

- Free access to member-only events and workshops
- Fun-filled outings to local attractions
- Special discounts on premium events and webinars
- Priority sign-ups for popular programmes
- On-demand access to past webinars

Health and Wellness

- Healthcare, therapy and fitness perks
- Discounts on optical and wellness services

Retail and F&B Deals

- Member discounts at partner outlets
- Exclusive promotions and vouchers

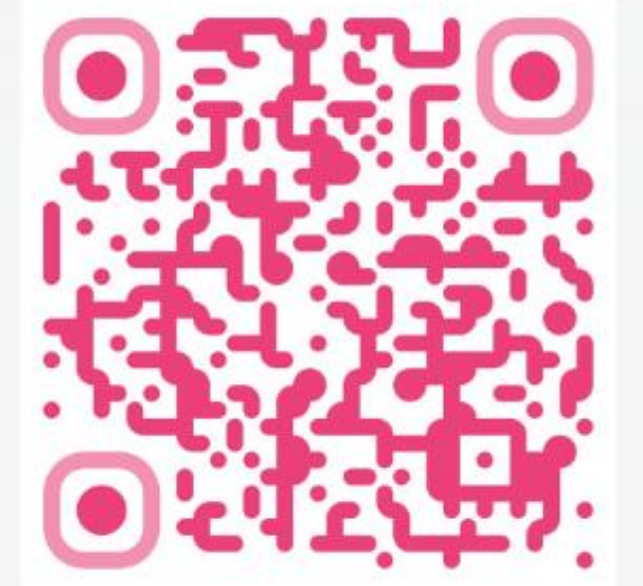
Free Membership

\$FREE!

As a Free Member, you'll get:

- ✓ **Free Digital Resources:** Tips, support group links, inclusive service providers, and caregiver resources on our website, emails, and social media
- ✓ **Free Access to CaringSG Webinars**
- ✓ **Basic Healthcare and Therapy Benefits** with our partners

GET STARTED



Programme



- Talk by Speakers:
 - Ms Wong Suet Leng, Head of Allied Team and Programme
 - Ms Shoelle Goh, Caregiver
 - Ms Teresa Chua, Caregiver
- Q & A
- Feedback
- Upcoming Events



Developing Social skills To reduce bullying

For children with special needs





Speaker

Wong Suet Leng

Head of Allied team and Programme at Bridging the Gap
25 years of experience in the area of Special needs.

Worked in hospitals, clinics and schools.

Trained as a Speech language Pathologist, working with
hundreds of families , caregivers and various stake holders.





What constitutes **BULLYING**

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time

What is **NOT**

- A single argument or fight between peers of equal power.
- Occasional teasing or comments that are not part of a pattern.
- Constructive criticism or feedback delivered appropriately (though it can be misused as a tool for bullying).





Forms of Bullying

- Physical Bullying
- ✓ Verbal Bullying
- ✓ Social Bullying
- ✓ Online/Cyber Bullying

Why Are Children with special needs more vulnerable?

01

Cognitive
and
Language
delays /
deficits

02

Poor social
understanding,
reading
intentions and
awareness

03

Perceived
differences
in
behaviour
and social
divergence

04

Lack of
Social allies,
desire for
acceptance
and
dependence





Some issues faced by children with SEN

> Difficulty Recognizing Bullying

- Literal interpretation
- Social cue blindness
- Rule based thinking

> Understanding Motives

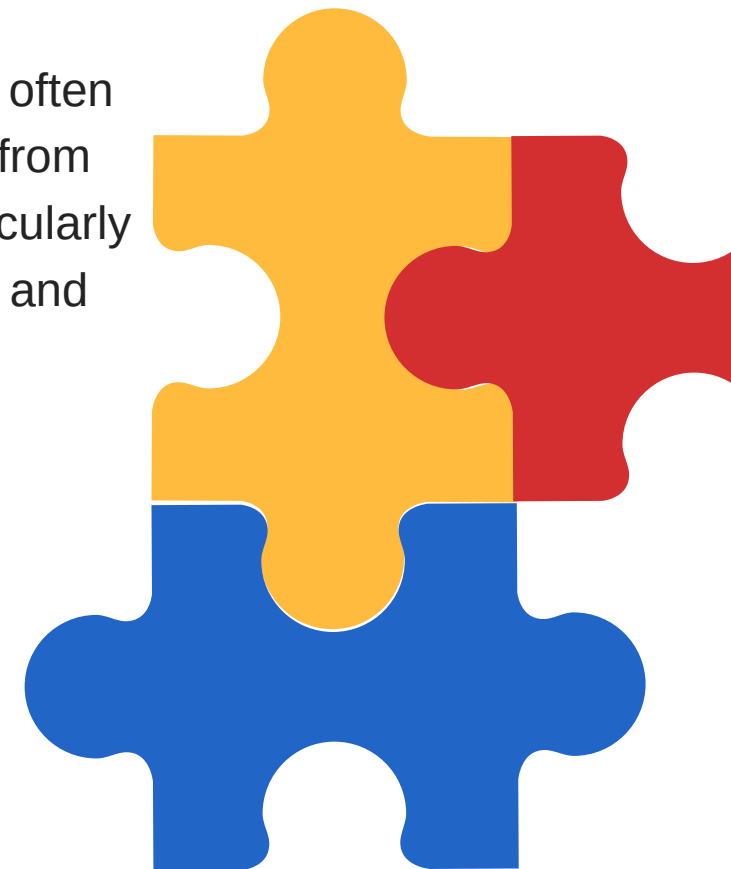
- Theory of Mind challenges
- Internalising Blame
- Misinterpretation of behaviour

> Response and Reporting

- Ineffective , unusual response
- Difficulties reporting to an adult or sharing with a trusted peer.

Children with special needs are, unfortunately, significantly more prone to bullying than their neurotypical or physically typical peers. Research consistently shows they are 2 to 3 times more likely to be victimized.

Children with Autism Spectrum Disorder (ASD) often understand and experience bullying differently from neurotypical peers, which can make them particularly vulnerable and affect their response, reporting, and recovery.



How we can help as parents

Children with special needs are not bullied because of their disability per se, but because the social, communicative, and environmental context around their disability creates vulnerabilities that bullies are adept at exploiting.

Your role is crucial—you are their advocate, safe harbour, and coach.



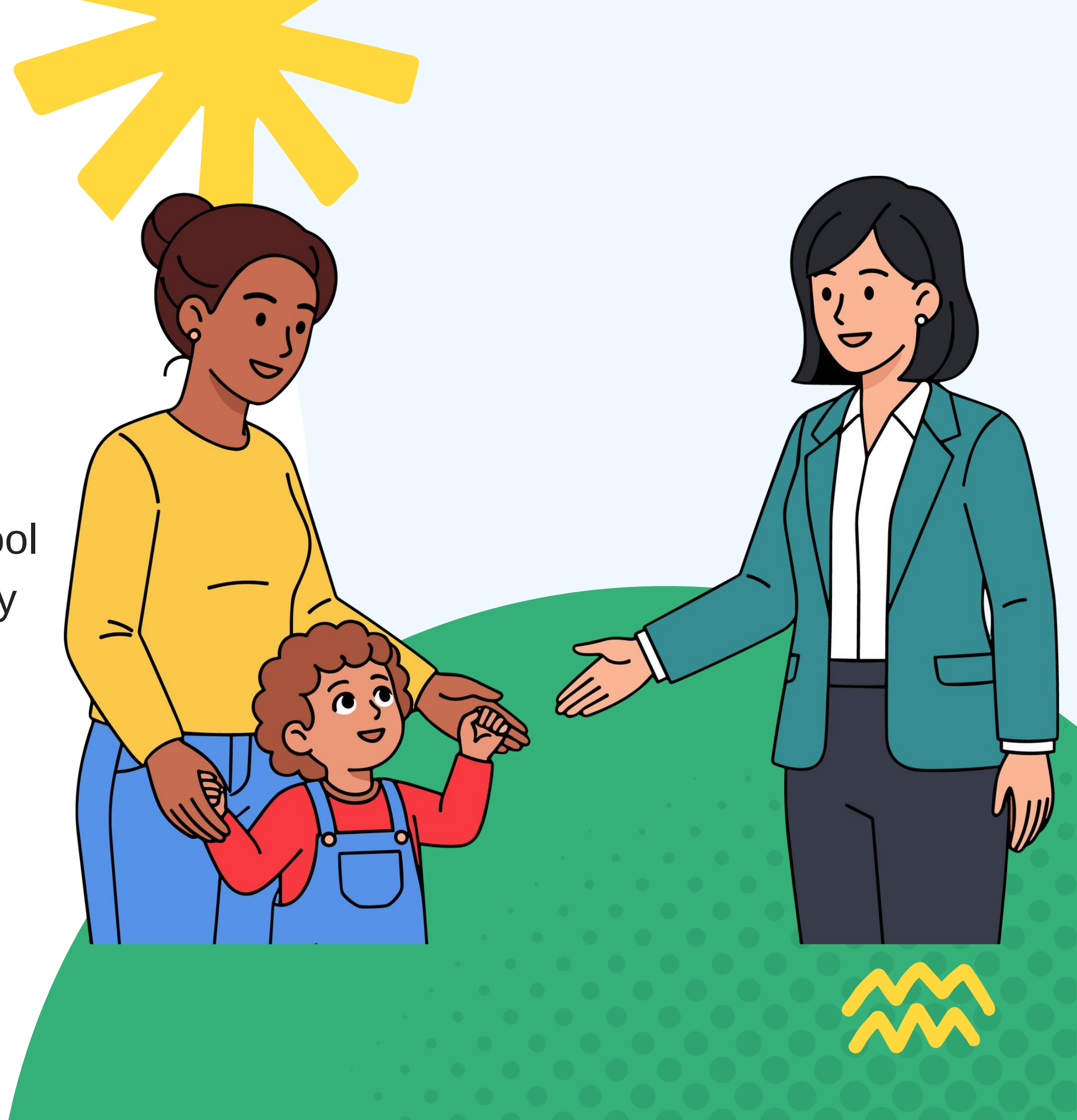
Safe Harbour

- Active listening
- Observe behavioural changes
- Validate and Affirm
- Document



Advocate

- Know the school policies on bullying
- Schedule formal meetings with the school
- Leverage help of other adults with safety plan in place.



Coach

- Scripts and phrases.
- Role Playing different scenarios
- Identify safe adults.
- Seek Professional help (Psychologists, SLTs)



Social Communication Tips to prevent Bullying

Perspective-Taking

Use this to analyze a bullying scenario. "The boy who took your hat... what was he thinking? Was he trying to be funny, or was he trying to be mean? How can we tell the difference?"

Turn-Taking & Social Reciprocity

Explain that bullying is a huge violation of turn-taking—one person takes all the power and doesn't give any back. This frames it as a broken social rule, not just "someone being mean."

Emotional Awareness

Identify that bullying pushes the thermometer up rapidly. The goal is to "Recognize at Level 2 or 3 and use a cool-down strategy before it reaches 4 or 5." This prevents the bully from getting the big reaction they want.

Practice in Safe, Scaffolded Settings

Arrange playdates or social groups with one or two understanding peers where you can briefly coach beforehand



Conclusion

1. Use Explicit, Concrete Teaching
2. Create a "Bullying Report Script"
3. Listen and Believe Differently
4. Advocate for a Safe Environment
5. Validate Their Experience



A Bully report Script

First Identify the safe Adults : The Safe Adults are: _____

"I need to report bullying."

"The person is: _____."

"It happened: [When? e.g., at lunch, on the bus] ."

"They: [What did they do/say? e.g., called me a ___ three times, pushed me off the swing] ."

"I tried: [What did I do? e.g., I ignored them and walked away] ."

"I need help to make it stop."



**Before we
Go, Let's
hear from
the kids
themselves**



Shoelle Goh

Special Education advocate, caregiver and an ex-educator with the Ministry of Education,

Mum to two boys with developmental challenges - ASD, Dyslexia & other medical conditions such as low muscle tone and thalassemia & DCD

Currently working at a tech-enabled Early Intervention solutions company. I also actively volunteer with various parent support groups to champion the special needs community.



What Happened?

It all started with...





How we
navigated the
situation?

Navigating the Situation

- Validating his feelings first and assure him that it is normal to feel frustrated and upset.
- Get him to talk about the events that happened.
- Ask if he has a plan to manage the situation and the help that he might need from us (Internal).
- Assure him that we would be there to support him and be prepared to work with the school if needed (External).
- Approach the school as a partner, after gathering the facts and work out a plan with the school to help the child manage the situation and decide if extra help from the school counsellor is needed.

Personal Reflection

In helping our children grow, we need to learn to **trust** that they can work through situations in life and let them steer their boat and provide guidance at the side so that they **grow** through the process and **build resilience** to help them navigate their future.



Thank you

WHEN BULLYING ISN'T VISIBLE

TERESA CHUA

TERESA

Mum of two boys (ages 10 and 13)

Eldest is 2E - gifted + ADHD

Certified ADHD and student coach

Volunteer with SPARK

Sharing today as a parent



ABOUT ME

WHY I'M SHARING THIS



Bullying
isn't
always
loud.

Some bullying
looks like
rumours,
exclusion or
quiet rejection.

It doesn't
leave bruises,
but it hurts
deeply on the
inside.

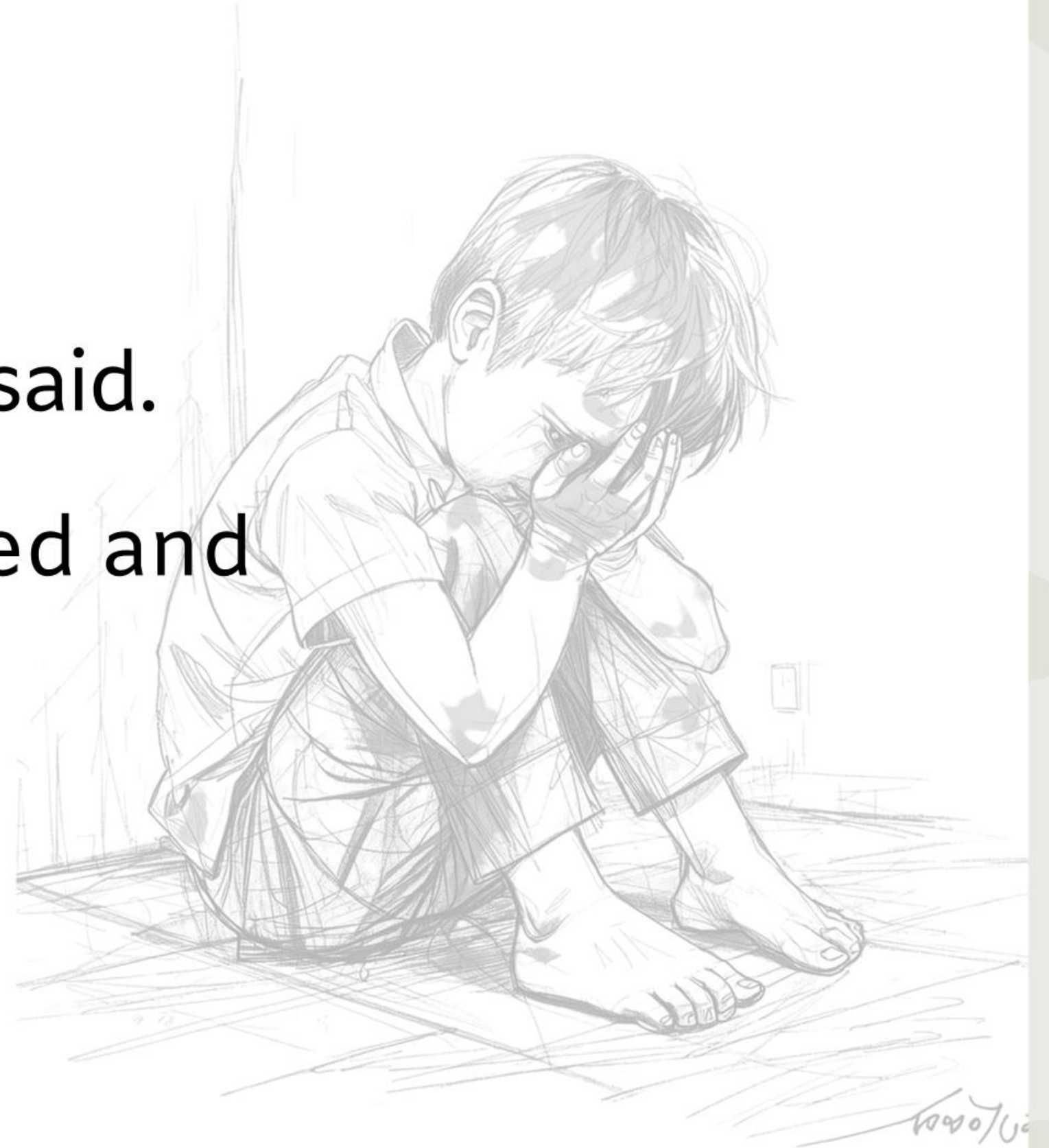
WHAT HAPPENED

- My son started an interest group with a friend.
- He was accused of 'stealing the idea'.
- Rumours spread across his class and cohort.
- Others were discouraged from attending the trial.



WHAT I SAW AT HOME

- He came home in tears.
- He shared what was being said.
- He felt sad, angry, confused and indignant.



WHAT HURTS THE MOST

HIM

- Being misunderstood
- Being talked about
- Feeling unfairly judged

ME

- Watching his confidence wobble
- Not knowing how long it would last



WHAT HELPED AT HOME



PRESENCE

We sat with him and stayed close.

WORDS

We helped him name what he was feeling.
We repeated:
“This isn’t your fault.”

IDENTITY

We reminded him who he is,
outside of what others said.

LAYERS OF SUPPORT



AT SCHOOL

We reached out to his SENO for check-ins.

PROFESSIONAL SUPPORT

We connected with his psychologist to help him unpack what happened.

OTHER SAFE ADULTS

He heard that he wasn't "wrong" from more than one voice.

HOW WE PRACTISED RESPONDING



At home, we practised three simple steps.

- “I don’t like that.”
- Step away.
- Tell a safe adult.

We role-played this together, again and again.



HOW IT SLOWLY BECAME EASIER

No big moment.

Just time and distance.

And slowly... he felt like himself again.



bad days
don't stay
bad forever

ONE THING I LEARNED

**STAYING CLOSE MATTERS
MORE THAN GETTING IT
RIGHT....**

Q&A

Please type your questions in the chat.



6 FEB 2026, FRI
5PM TO 6PM
ZOOM

Arts and Classical Chamber Music for Well-being



Speaker
Tang Tee Khoon

Artistic Director
of Chamber Music
and Arts
Singapore (CMAS)



This webinar explores how classical music and the arts can create calm spaces to support emotional well-being for caregivers and our dependants.

Come and enjoy a relaxing sharing session on:

- how CMAS creates a safe and conducive environment for learning and development using classical music and arts
- caregiver sharing on enjoying classical music and arts in everyday life
- engaging with music and arts elements through The Glasshouse stories

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bit.ly/caringsgevent



CROCHET WORKSHOP DIY CARD POUCH

Learn to crochet a DIY card pouch with a personal touch!

- 3 MAR 2026, TUESDAY, 10 AM - 12 PM
- CaringSG Office, Vista #03-06/07, Enabling Village
- \$45 per pax - payment onsite (max. 15 pax)



Caregiver trainers:
Esther & Woon

Note:

- First come, first served. For 10 years old & above. Child ticket holder must be accompanied by an adult ticket holder.
- No crochet experience needed. Participants must be able to independently handle scissors & crochet hook with care.
- Venue contains fragile items. No childminding is provided.



Are you a caregiver to a child below 7 years old?



"The Programme transformed my parenting journey! I now feel confident and empowered!"

"CaringSG's Step One Programme is a must for parents! I highly recommend it!"

"I learned vital skills for communication and emotional connection. Truly invaluable!"

Join our free Step One programme!

Learn from the journey of caregivers of children with special needs who have walked your path

Discover resources and learn new strategies

Click link or scan the QR code to find out more!

Register at caring.sg/stepone



Registration for Caregiver Volunteer Training

Be the reason another caregiver feels seen, heard, and understood.

Sign up for our upcoming Caregiver Volunteer Training.

This training will equip you with the knowledge and skills to support a fellow caregiver effectively.

Watch testimonial video:



REGISTER NOW

to join our next training cohort.



caring.sg/caregiver-volunteer-training/



**Thank you
and have a
good evening!**