

STOP BULLYING REACH OUT



Rotary



Mental Health
Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER

YNA.
you are not alone

www.ncmw.com.my



In a world that often seems divided, there's one thing we can all agree on: no one should ever endure the pain and torment of bullying.

💔 Why We Must Stop Bullying: 💔

Bullying shatters lives, leaving scars that can last a lifetime. It doesn't discriminate. It affects children, teens, and adults alike, tearing apart communities, schools, workplaces, and homes. The emotional wounds run deep, often concealed behind brave faces. But we believe in a different world, one where kindness, compassion, and empathy reign supreme.

❤️ Our Message is Simple: Stop Bullying, Embrace Empathy: ❤️

We are on a mission to make this world a safer, kinder place. We know that every act of kindness can create a ripple effect that reaches far beyond what we can imagine. Each time you extend a hand, offer a smile, or lend an ear, you are part of the solution.



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COMBATING CYBERBULLYING: THE VITAL ROLE OF THE "STOP BULLYING" CAMPAIGN



Introduction:

Cyberbullying, a pernicious offshoot of traditional bullying, has emerged as a significant societal concern in our increasingly digital age. It encompasses a wide range of harmful behaviors conducted online, including harassment, threats, spreading rumors, and humiliation through various digital platforms. The detrimental consequences of cyberbullying can be severe, impacting the mental and emotional well-being of individuals, especially among the younger demographic. To address this pressing issue, the "Stop Bullying" campaign has risen to prominence, playing a pivotal role in combating cyberbullying through its multifaceted approach.

Understanding Cyberbullying:

Cyberbullying is the act of using digital communication tools, such as social media, email, text messaging, and online forums, to deliberately target and harass individuals. It can occur in numerous forms, including online threats, the spread of humiliating content, impersonation, and relentless online monitoring.



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🤝 The Power of Reaching Out: 🤝

When you reach out, you're not just reaching a hand; you're reaching a heart. You're telling someone, "You're not alone." It's a message that can change a life. Your support can be the lifeline someone desperately needs.



www.ncmw.com.my



🌻 **Join Us in the Fight Against Bullying:** 🌻

Together, we can create a culture of empathy and kindness, where bullying has no place to thrive. Our collective strength can transform lives, schools, workplaces, and communities.

🤝 **NCMW together with RAG MHI** 🤝

National Coalition of Mental Well Being join forces with Rotary Action Group of Mental Health Initiatives, District 3300 initiated 'Stop Bullying , Reach Out' campaign to raise awareness and foster empathy. We are on a mission to make this world a safer, kinder place.

No one should ever endure the pain and torment of bullying.

THIS CAMPAIGN

IS OPEN TO ALL ROTARY, ROTARACT & INTERACT CLUBS



**Mental Health
Initiatives**
Rotary Action Group
DISTRICT 3300 CHAPTER



COMPETITION GUIDE

CREATE A POSTER + VIDEO WITH A
POWERFUL MESSAGE AGAINST
ANTI BULLYING IN SCHOOLS AND
POST IT ON SOCIAL MEDIA

Minimum 1 poster + 1 video (Participants may submit more than 1 entry)



**Mental Health
Initiatives**
Rotary Action Group
DISTRICT 3300 CHAPTER



CONTENT & REQUIREMENTS



- Poster + video may include the picture and name of the Rotarian / Rotaractor / Interactor.
- Please include the name of your Club
- Each poster & video must have the NCMW website QR Code highlighting the emergency response resources
- Each entry must have the RAG MHI logo, NCMW logo, Campaign Logo and YANA Logo

NCMW Logo



QR CODE



RAG MHI Logo



Download Logos Link:

<https://drive.google.com/drive/folders/1E8rcnQTL6lvhrFDZSmKr9GcZnE9kQv1-?usp=sharing>

WINNING ENTRIES

1. Rotaract Club of Bukit Bintang
2. Rotaract Club of Petaling Jaya
3. Rotary Club of KL Sentral
4. Interact Club of Dwi Emas International
5. Rotary Club of Shah Alam
6. Rotary Club of Kuala Lumpur Dynamics
7. Rotary Club of Pandamaran
8. Rotary Club of Subang
9. Rotary Club of Alfa Ampang
10. Rotaract Club of Monash University
11. Rotary Club of Metro KL
12. Interact Club of Asia Pacific Smart School
13. Rotary Club of Bukit Angkasa





Sanni Hoh

26 October at 03:46 · 🌐



YANA
you are not alone

Rotary



Mental Health Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER

Rotary
Club of Shah Alam



Rotary Club of Shah Alam 莎亞南扶輪社 added a new photo to the album **YANA 2.0 Stop Bullying. You Are Not Alone.**

26 October at 03:42 · 🌐

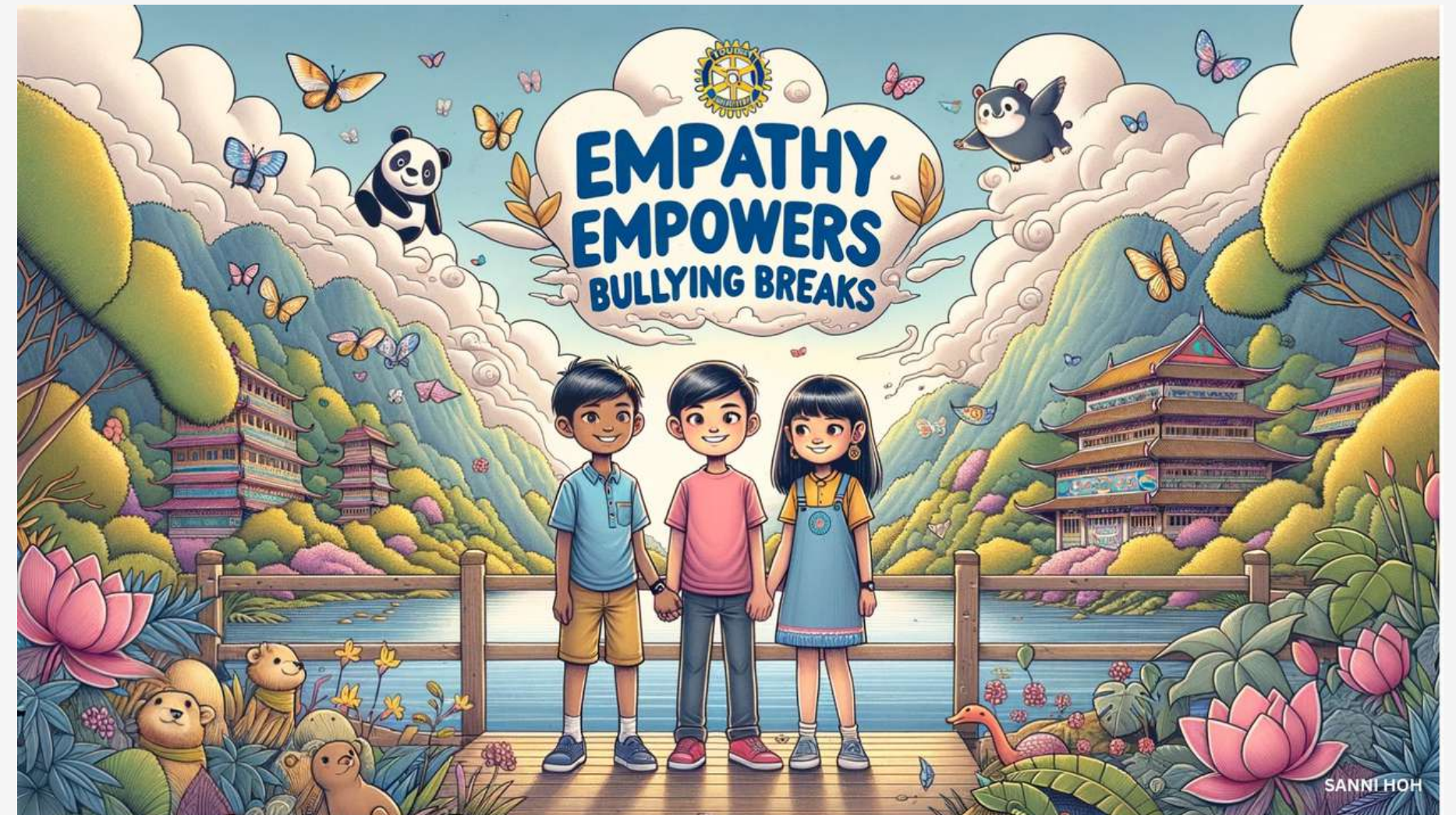
"Every act of kindness creates a ripple."

YANA 2.0 Stop Bullying, Reach Out campaign on the 1st of October 2023, a joint initiative by the National Coalition for Mental Wellbeing ([#NCMW](#)) and the Rotary Action Group for Mental Health Initiatives ([#RAGMHI](#)).

As you may know, bullying continues to be a pervasive issue in schools, workplaces, and communities worldwide. In our commitment to creating safer, more inclusive spaces, we have initiated the YANA 2.0 (You Are Not Alone) Campaign to address this critical issue in a more comprehensive and impactful way. We believe that together, we can make a significant difference in the lives of those affected by bullying.

[#rotaryinternational](#) [#rotaryclubofshahalam](#) [#rotaryd3300](#) [#yana2](#) [#stopbullying](#) [#reachout](#) [#EmbraceEmpathy](#) [#changelives](#) [#mentalhealth](#) [#NCMW](#) [#youarenotalone](#) [#mentalhealthawareness](#) [#ragmhi](#) [#mentalhealthmatters](#) [#speakout](#)

ROTARY CLUB OF SHAH ALAM



YANA
you are not alone

Rotary



Mental Health Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER

Rotary
Club of Shah Alam



Video Link:

<https://www.facebook.com/RCShahAlam?mibextid=ZbWKwL>



Y.N.A.
you are not alone

Rotary



Mental Health Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER

Rotary
Club of Shah Alam



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Mental Health Initiatives
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DISTRICT 3300 CHAPTER

Rotary
Club of Shah Alam



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you are not alone

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Mental Health Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER

Rotary
Club of Shah Alam



Y.N.A.
you are not alone

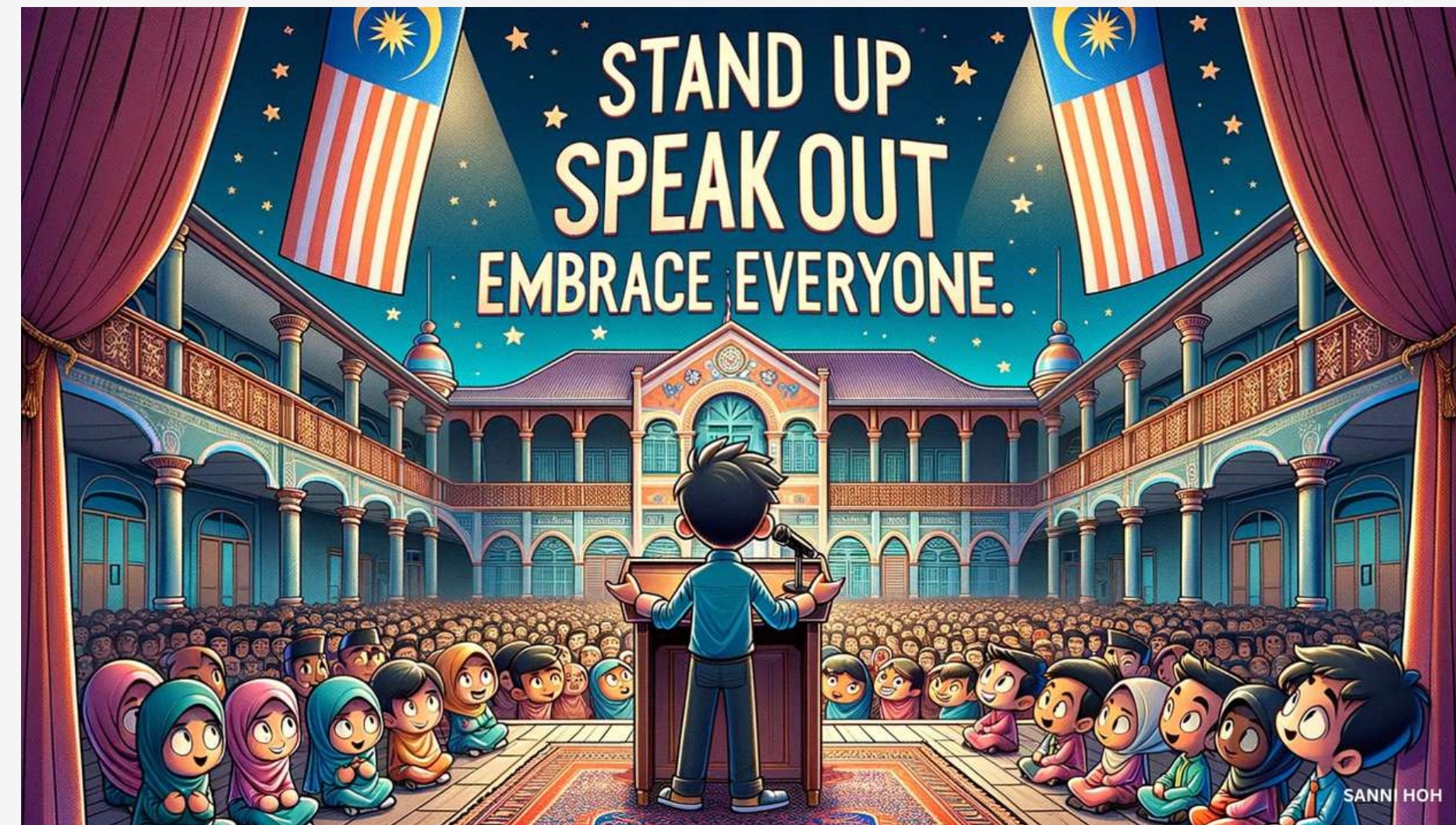
Rotary



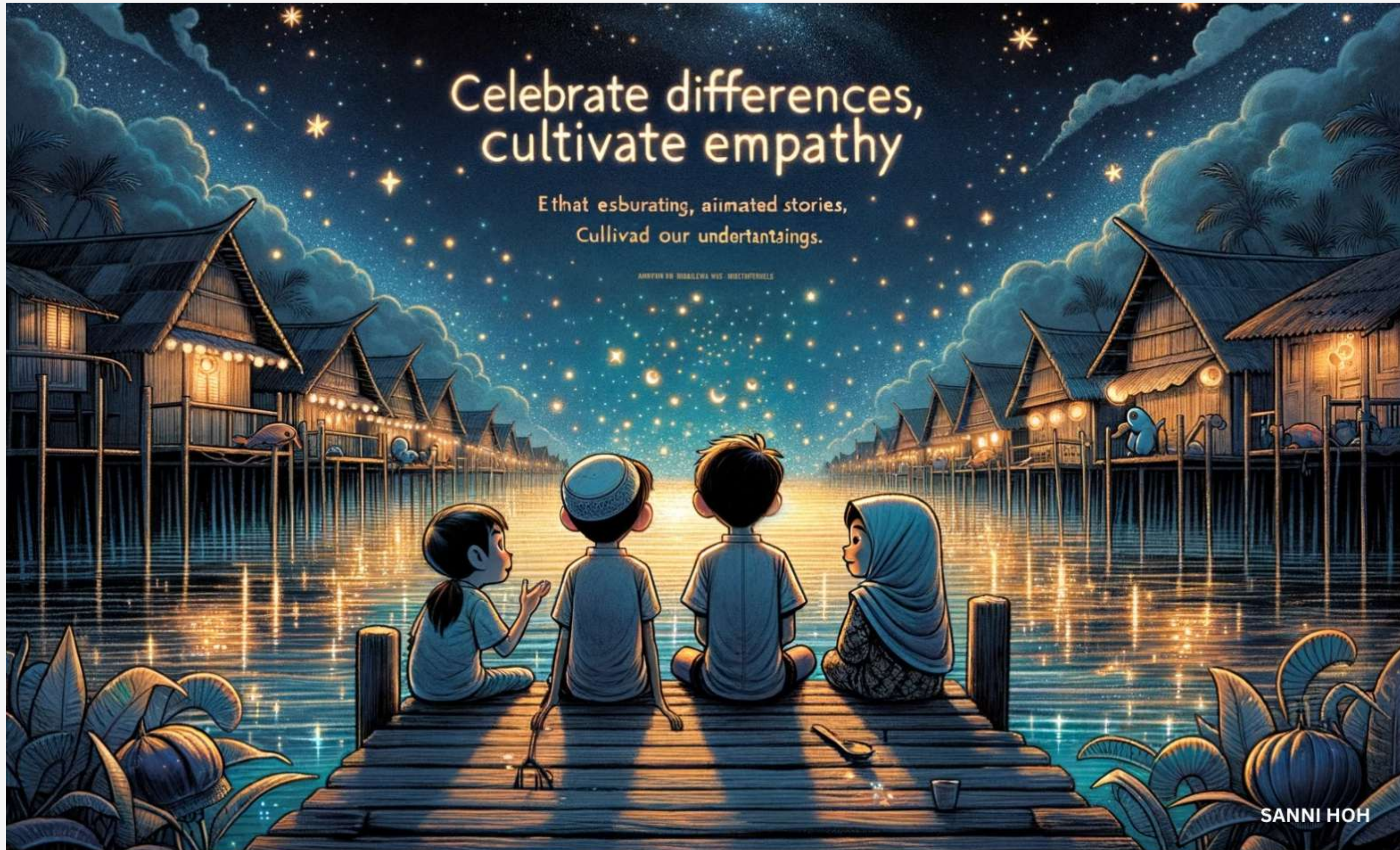
Mental Health Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER

Rotary
Club of Shah Alam





ROTARY CLUB OF SHAH ALAM







ROTARY CLUB OF SHAH ALAM





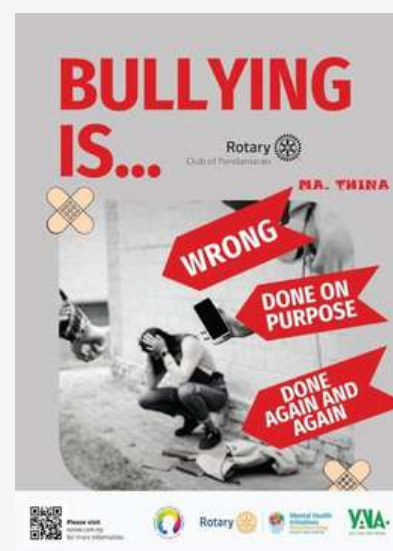
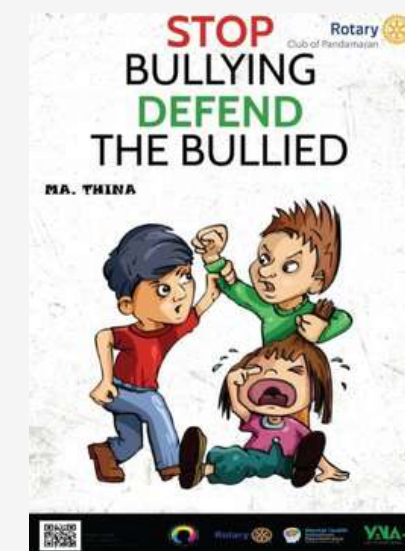
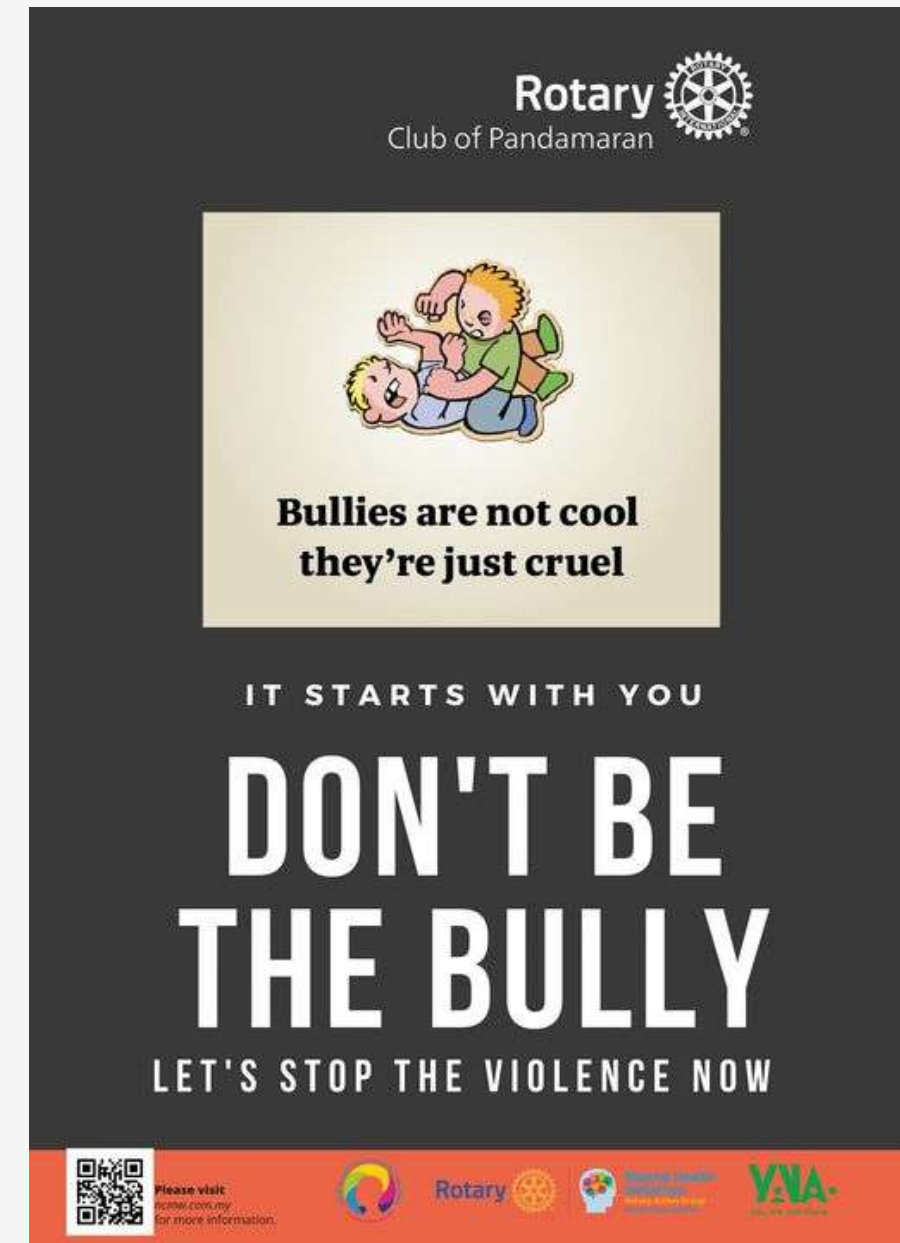
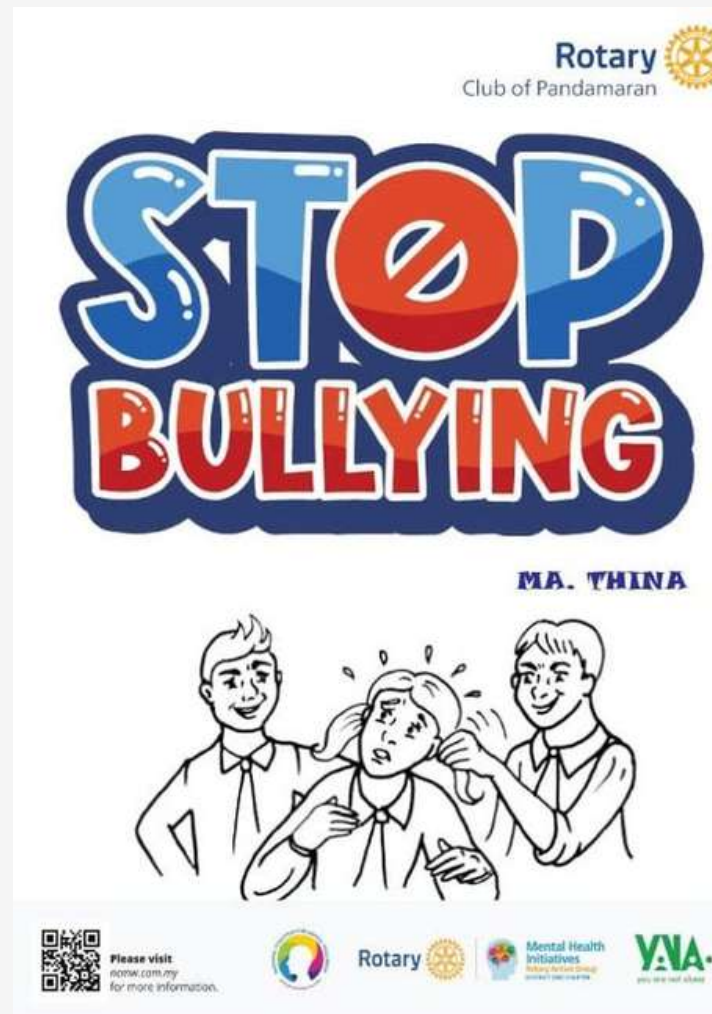








ROTARY CLUB OF PANDAMARAN



Videos Link:

1. <https://fb.watch/p19faVs11r/?mibextid=6aamW6>
2. <https://fb.watch/p19jFpMabG/?mibextid=6aamW6>
3. <https://fb.watch/p19rPeWyA4/?mibextid=6aamW6>
4. <https://fb.watch/p19szC3UDF/?mibextid=6aamW6>
5. <https://fb.watch/p19tm3wpzA/?mibextid=6aamW6>



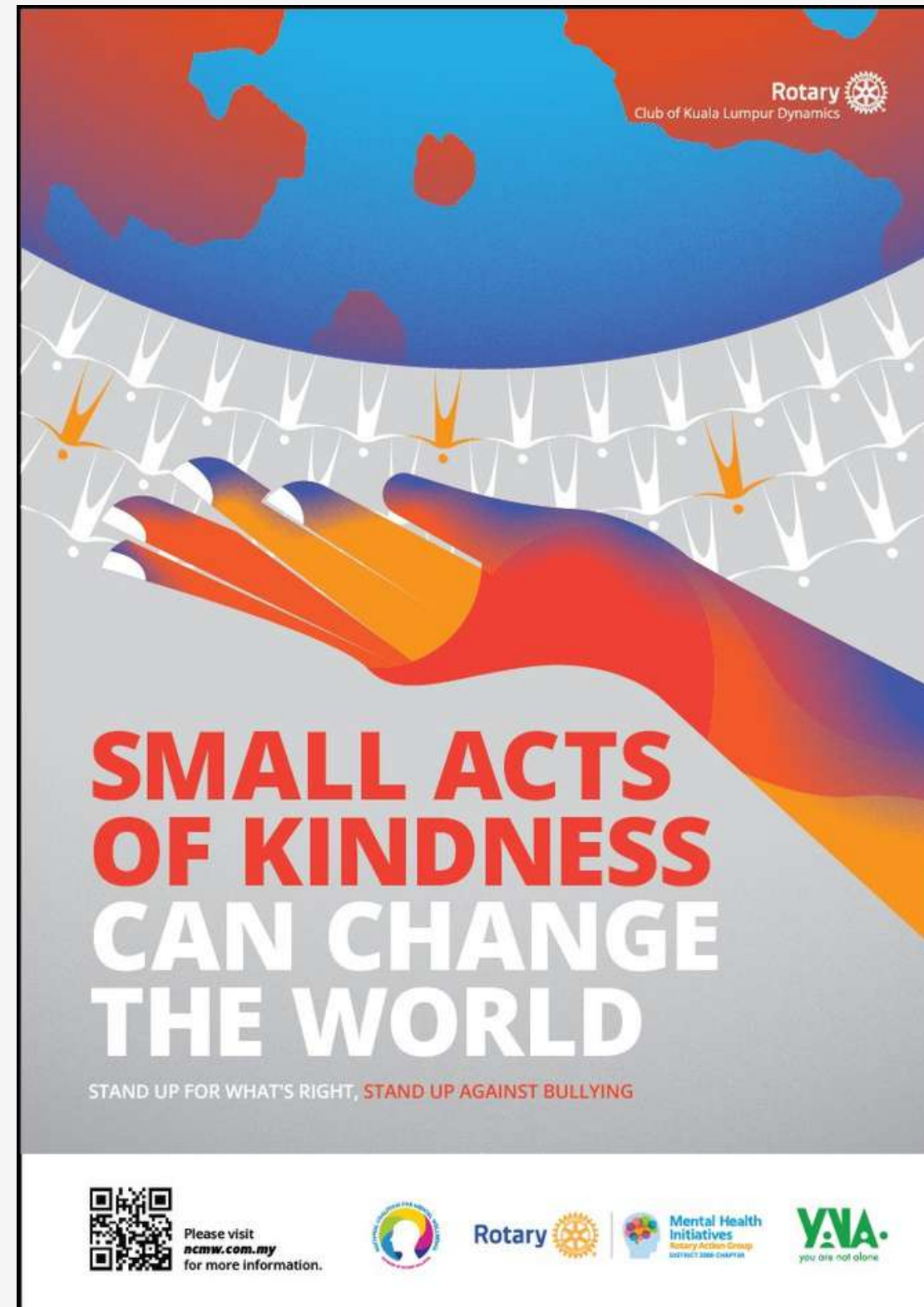
ROTARY CLUB OF KL SENTRAL



Video Link:
<https://fb.watch/p13yiAMrMb/>



ROTARY CLUB OF KUALA LUMPUR DYNAMICS



Video Link:
<https://fb.watch/p18hDe15YV/>





Please visit
ncmw.com.my
for more information.



ROTARY CLUB OF ALFA AMPANG



இன்றே செயல்படுங்கள், நல்ல
எதிர்காலத்தை நோக்கி!

வேண்டாம் பகடிவதை!



மனிதரை மதிப்போம்
பகடிவதையை எதிர்போம்!



Please visit
ncmw.com.my
for more information.



我承诺:

- 1) 对大家保持友好
- 2) 帮助被霸凌的一方
- 3) 当我看到霸凌事件发生我将向大人举报



I pledge :

- 1) to be kind to everybody
- 2) help those who are bullied
- 3) report to an adult if I witness a case of bullying



Please visit
ncmw.com.my
for more information.



**DON'T BE A
BULLY,
BE A
FRIEND**



Please visit
ncmw.com.my
for more information.



ROTARY CLUB OF ALFA AMPANG

CHILDREN ARE PROTECTED

BY THE INTERNATIONAL CONVENTION ON THE RIGHTS OF THE CHILD, AND THE MALAYSIAN CHILD ACT 2001

IF YOUR CHILD IS BEING BULLIED BY A PERSON OF AUTHORITY IN SCHOOL, AND THE SCHOOL IGNORED YOUR COMPLAINTS, THEN REPORT TO :

1. POLICE DIRAJA MALAYSIA
2. KEMENTERIAN PELAJARAN
3. KEMENTERIAN PEMBANGUNAN WANITA, KELUARGA DAN MASYARAKAT



All parents are advised to visit ncmw.com.my for more information



STAND UP * SPEAK OUT



Together, we can create a school where kindness rules and every student feels safe and valued.



**Kuasa Dalam Tangan Kamu.
Hentikan Kitaran Kekerasan**

JANGAN BULI LAGI



Rotary Club of Alfa Ampang

“மக்களின் உணர்வுகளுக்கு மதிப்பளிப்போம்.
பகிர்வதை செயலுக்கு இல்லை என்போம்”



Video Link:

<https://www.facebook.com/watch/?v=2229891923871111>

Rotary
Club of Subang



Rotaract
Club of Subang



Rotaract
Club of Monash
University Malaysia



Interact
Club of SMK Taman SEA



Interact
Club of Asia-Pacific Smart School



Interact
Club of Sekolah Sri UCSI



Together
WE

ROTARY CLUB OF SUBANG

Video Link:

https://www.facebook.com/watch/?v=983625922725429&extid=NS-UNK-UNK-UNK-IOG_GK0T-GK1C&ref=sharing&mibextid=qC1gEa



Rotary



Mental Health
Initiatives
Rotary's Hidden Talent
Project's main partner

YVA
you are not alone



WE CAN HELP!
SCAN HERE.

SAY NO TO BULLYING

PRESIDENT,
RC PETALING JAYA
RAJIV MATHEWS GEORGE

Visit ncmw.com.my
for more
information

ROTARACT CLUB OF PETALING JAYA

**EXTEND COMPASSION,
END BULLYING**

PAST DISTRICT GOVERNOR, DISTRICT 3300
ROTARIAN, RC GOMBAK
LESLIE SALEHUDDIN

Visit ncmw.com.my
for more
information

**REACHING OUT TO
ERADICATE
BULLYING**

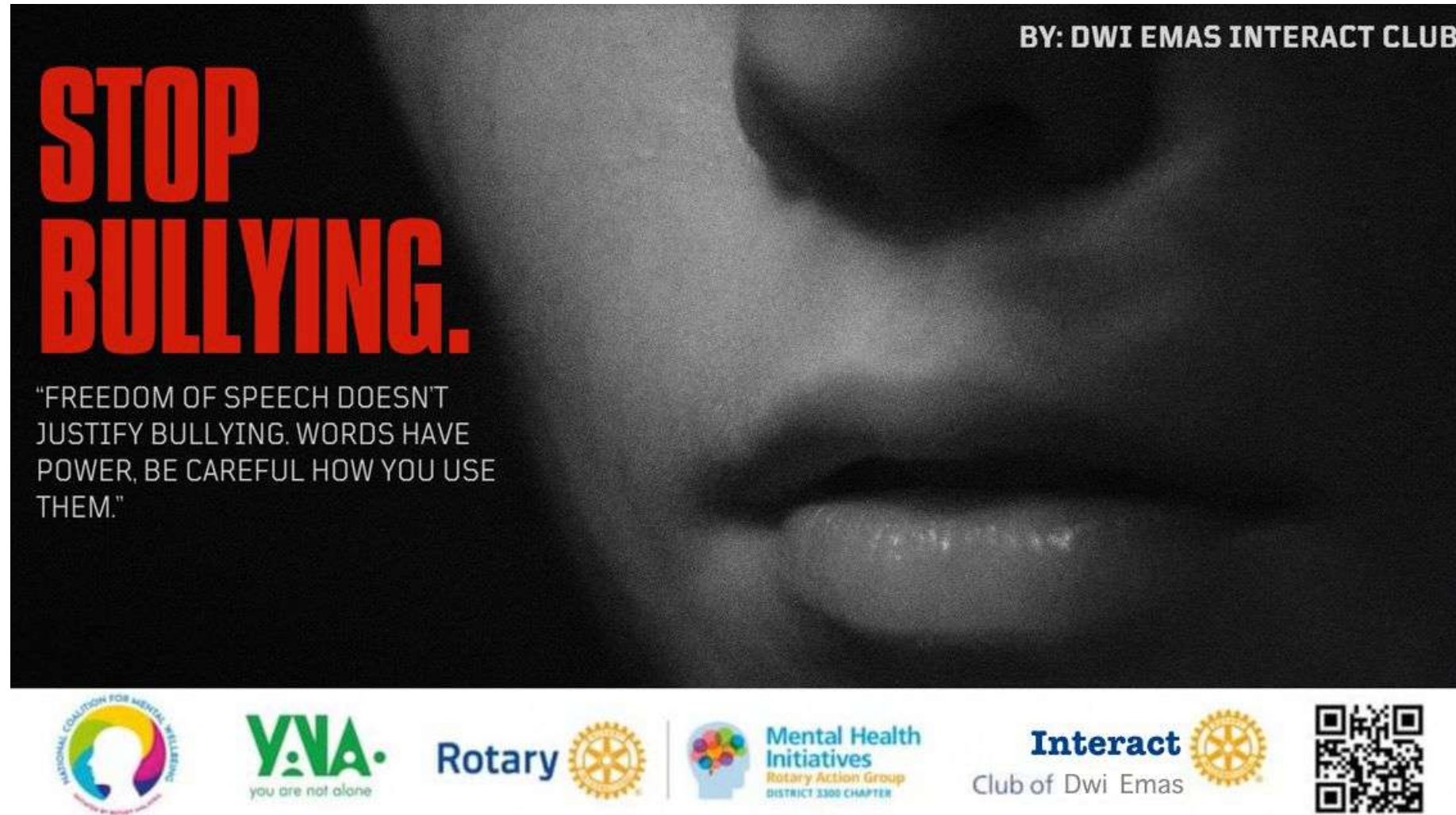
INTERNATIONAL SERVICE DIRECTOR,
RAC RAFFLES CITY, SINGAPORE
ENCEY YAO

Visit ncmw.com.my
for more
information

Video Link:

https://www.facebook.com/watch/?v=236420345816532&extid=CL-UNK-UNK-UNK-IOS_GK0T-GK1C&ref=sharing&mibextid=cr9u03

INTERACT CLUB OF DWI EMAS INTERNATIONAL



Video Link:

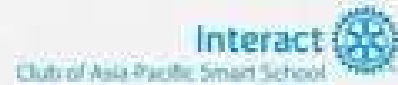
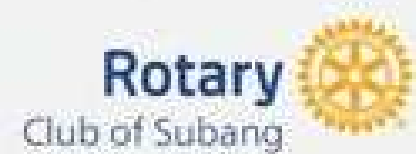
https://www.instagram.com/p/C0eNnIZB712/?utm_source=ig_web_button_share_sheet&igshid=MzRlODBiNWFiZA==



1 like

de_interactimpact 🙏... Stop bullying 🙏!!
#interactclub #stopbullying #stop #bullyingawareness
1 minute ago





Together
WE

ROTARACT CLUB OF MONASH UNIVERSITY

Video Link:

[https://www.facebook.com/watch/?](https://www.facebook.com/watch/?v=236420345816532&extid=CL-UNK-UNK-UNK-IO5_GK0T-GK1C&ref=sharing&mibextid=cr9u03)

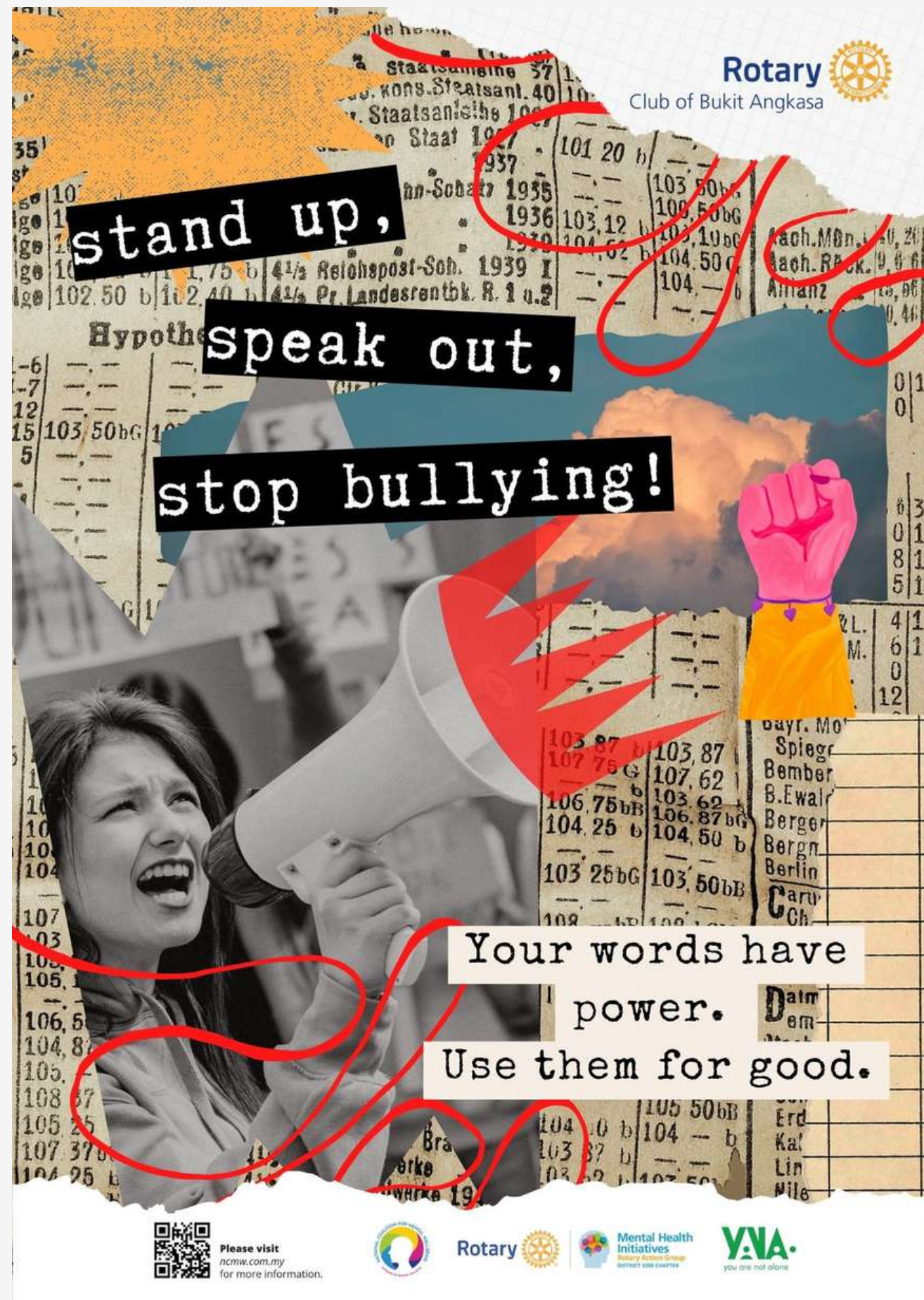
[v=236420345816532&extid=CL-UNK-UNK-UNK-IO5_GK0T-GK1C&ref=sharing&mibextid=cr9u03](https://www.facebook.com/watch/?v=236420345816532&extid=CL-UNK-UNK-UNK-IO5_GK0T-GK1C&ref=sharing&mibextid=cr9u03)



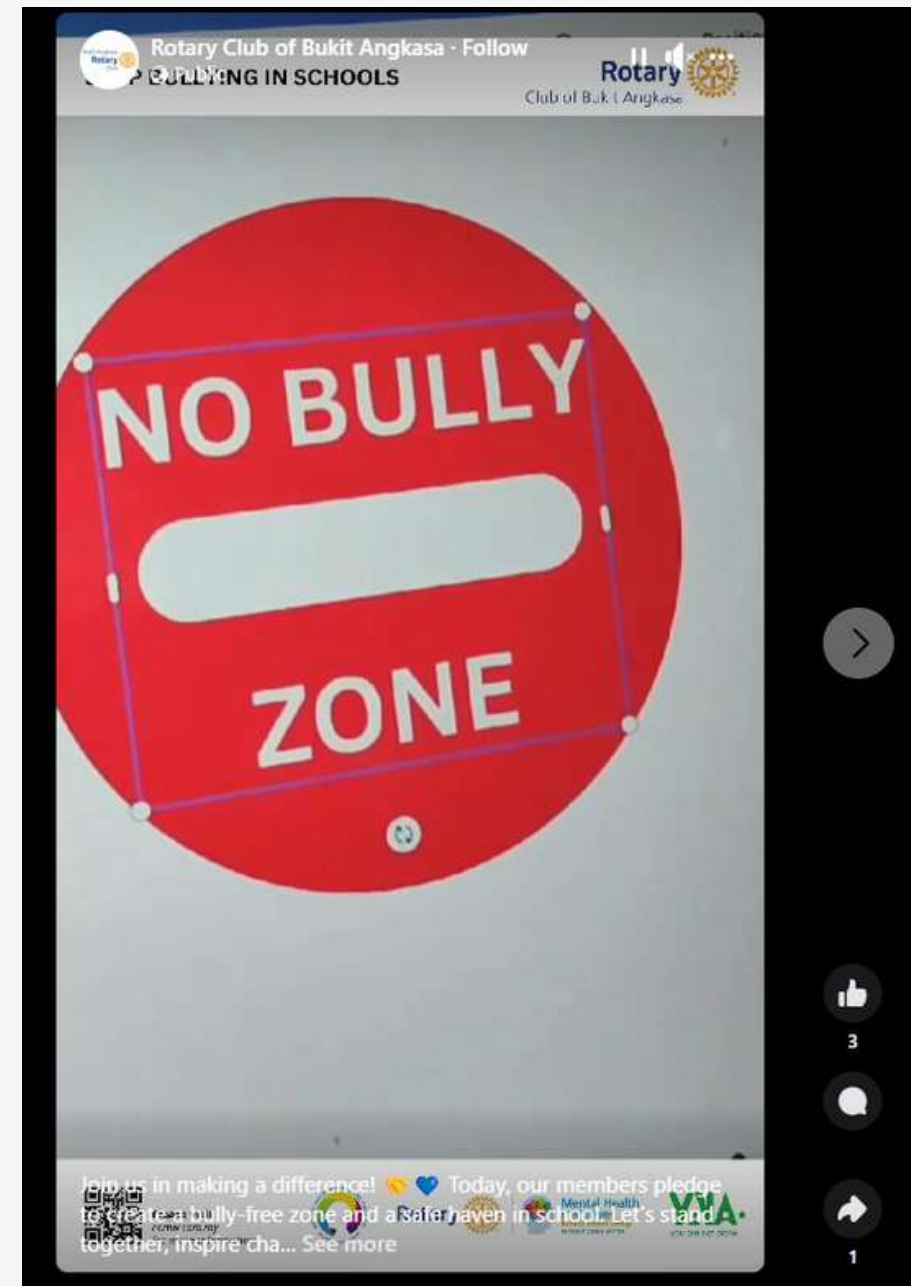
Mental Health
Initiatives
Rotary & Partners
Supporting the Community



WE CAN HELP!
SCAN HERE.






ROTARY CLUB OF BUKIT ANGKASA




Video Link:


<https://www.facebook.com/reel/1414493645801754>


STOP BULLYING

Be a Buddy NOT a Bully





Please visit ncmw.com.my for more information.



ROTARY CLUB OF METRO KL



Cyber bullying is a method of bullying widely used in our society as bullying online makes you anonymous to the victim however you never know how much these words can hurt a person so stop cyber bullying!

Definition - bullying by using social networks. (anonymously).

B - bad
U - unforgivable
L - Lifeless
L = Lazy
L = yobbish

Be a Buddy
 not a Bully




Please visit ncmw.com.my for more information.






STAND UP TO BULLYING!




BE A BUDDY, NOT A BULLY





LET'S STOP BULLYING AT SCHOOL.




Please visit ncmw.com.my for more information.





STOP BULLYING



Stick and stones may break my bones,
but words can hurt me too.



BE A BUDDY AND NOT A BULLY



Please visit ncmw.com.my for more information.

ROTARACT CLUB OF BUKIT BINTANG



Rotaract
Club of Bukit Bintang

STOP
BULLYING
STAND UP. SPEAK OUT.

I AM BULLYPROOF
A Mental Health Initiative by Rotaract Club of Bukit Bintang



Please visit
ncmw.com.my
for more information.



Rotary



Y.N.A.
you are not alone

10 CAUSES OF BULLYING



I AM BULLYPROOF
A Mental Health Initiative by Rotaract Club of Bukit Bintang



Please visit
ncmw.com.my
for more information.



Rotary



Y.N.A.
you are not alone

Video Link:

<https://www.facebook.com/reel/1414493645801754>

PROPOSAL ON RM2000 GRANT UTILISATION FROM NCMW

1. Rotaract Club of Bukit Bintang
2. Rotaract Club of Petaling Jaya
3. Rotary Club of KL Sentral
4. Interact Club of Dwi Emas International
5. Rotary Club of Shah Alam
6. Rotary Club of Kuala Lumpur Dynamics
7. Rotary Club of Pandamaran
8. Rotary Club of Subang
9. Rotary Club of Alfa Ampang
10. Rotaract Club of Monash University
11. Rotary Club of Metro KL
12. Interact Club of Asia Pacific Smart School
13. Rotary Club of Bukit Angkasa



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WHAT IDEAS TO INITIATE UPON GETTING THE GRANT?



Here's a list of some anti-bullying campaign ideas that can help stomp out school bullying.

- Playground peacemakers. ...
- Tree notes. ...
- Superheroes. Appoint a superhero anti bullying ambassador ...
- Build strength and confidence with educational workshop. ...
- Message in a locker. ...
- Lunch friends. ...
- Random notes. ...
- Buddy club.



1. ROTARY CLUB OF PANDAMARAN

NCMW Grant Project by Rotary Club of Pandamaran

Name of Project:
Mental Health Awareness Talks in Schools.

Mental Health Focus:
Anti-bullying & mental health awareness

Target Group:
100 School children per school

Proposed month of project:
March 2024

Completion by:
June 2024

Mental health awareness is an important issue for all educators, who are often the first line of defense for their students.

Education professionals have recognized the impact that a student's mental health has on learning and achievement, and they realize that there's a great deal that can be done to help students with mental health issues.

As spoken to the Headmaster and teachers as per below schools. They are welcoming the fact that mental health awareness is finally becoming an important part of a school's function and curriculum.

List of participating secondary schools

1. SMK Sekolah Tinggi Klang
2. SMK Teluk Gadong Klang
3. SMK ACS Klgang
4. SMK Abdul Samad Klang
5. SMK Raja Mahadi Klang
6. SMK Andalas Klang
7. SMK La Salle Klang
8. SMK Convert Klang
9. SMK Tengku Idris Shah Klang
10. SMK Batu Unjur Klang

Hereby Rotary Club of Pandamaran is going to conduct mental health awareness talks either with the associates of NCMW or with the nearest PDRM incharge of the respective schools.

In Rotary Service
RC Pandamaran

2. ROTARY CLUB OF ALFA AMPANG

NCMW Grant Project by Rotary Club of Alfa Ampang

Name of Project:
Promoting Safe Space For Students in
Sekolah Menengah Kebangsaan Methodist
ACS Klang

Mental Health Focus:
Promoting Education

Target Group:
200 school going children aged between
13 and 18.

Proposed month of project:
Early Feb 2024

Completion by:
End March 2024

| Tentative Date | Activities | Objective | Partnering Organisations |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Early February 2024 | Launching of Programme a. Open Forum by Stakeholders including PDRM,mental health practitioners, students b. Competition among groups of 5 students based on creativity and impact using tiktok and Instagram. Topic will be on promoting anti-bullying in schools | 1.To create awareness on bullying at schools. 2. To engage students in activities that promote safe space. | <ul style="list-style-type: none">• RC Alfa Ampang• PDRM• Mental Health Workers• SMK Methodist ACS, Klang |
| End March 2024 | 1.Results of the competition and Prize Giving 2. Setting up of Peer Helpers Unit | Peer Helpers Unit will have a component on Psychological First Aid | <ul style="list-style-type: none">• RC Alfa Ampang• SMK Methodist ACS Klang• Mental Health Practitioners |

3. ROTARY CLUB OF SUBANG

NCMW Grant Project by Rotary Club of Subang

Name of Project:

Rise Up Against Bullying

Mental Health Focus:

Anti-bullying

Target Group:

School children approx 100

Name of school:

SMK Taman SEA
Sri UCSI Secondary School

Proposed month of project:

March 2024

Completion by:

April 2024

4. ROTARY CLUB OF BUKIT ANGKASA

NCMW Grant Project by Rotary Club of Bukit Angkasa

Name of Project:

PixelPeace - Navigating Diversity, Confronting Bullying

Mental Health Focus:

Anti-bullying, peer pressure and cyber wellness

Target Group:

50-100 students, 10-20 parents and 5-10 teachers

Name of school:

SMK Seri Ampang, Kuala Lumpur.

Proposed month of project:

Between March to April 2024

Completion by:

April 2024

5. ROTARACT CLUB OF MONASH UNIVERSITY

NCMW Grant Project by Rotaract Club of Monash University

Name of Project:
Bully Free Zone

Mental Health Focus:
anti-bullying

Target Group:
100 University students

Name of school:
Monash University

Proposed month of project:
March 2024

Completion by:
April 2024

6. ROTARY CLUB OF METRO KUALA LUMPUR

NCMW Grant Project by Rotary Club of Metro Kuala Lumpur

Name of Project:
Be a Buddy Not a Bully

Mental Health Focus:
Anti-bullying

Target Group:
50-100 Secondary school children

Name of school:
GHS, Vivekananda, Havils, St John's (Tentative.
Distribution of posters, conducting speech
competition and awareness events) We will get 2-3
schools Year7-11 students out of the 4
mentioned..Thank you

Proposed month of project:
Jan- Apr 2024

Completion by:
Apr 2024

7. ROTARY CLUB OF SHAH ALAM

NCMW Grant Project by Rotary Club of Shah Alam

Name of Project:

YANA 2.0 Stop bullying reach out

Mental Health Focus:

(anti-bullying)

Target Group:

(school children – 200 pax)

Name of school:

SJK(C) KHE BENG

Proposed month of project:

March 2024

Completion by:

April 2024

8. INTERACT CLUB OF ASIA PACIFIC SMART SCHOOL

NCMW Grant Project by Interact Club of Asia Pacific Smart School

Name of Project:

We come in all Shapes and Sizes. At our school, we Welcome All.

Mental Health Focus:

anti-bullying

Target Group:

50 -100 school children

Name of school:

Asia Pacific Smart School

Proposed month of project:

March 2024

Completion by:

April 2024

9. ROTARACT CLUB OF PETALING JAYA

**NCMW Grant Project by Rotaract Club of
Petaling Jaya**

Name of Project:

Bullying is a big NO! Carnival-style antibullying campaign with booths and games + talks for the children

Mental Health Focus:

Antibullying campaign and mental health awareness

Target Group:

School children

Name of school:

UCSI International School Petaling Jaya

Proposed month of project:

February/March 2024

Completion by:

April 2024

10. INTERACT CLUB OF DWI EMAS INTERNATIONAL

**NCMW Grant Project by Interact Club of Dwi Emas
International**

Name of Project:

Stop Bullying By Understanding Diversity, Equality and Inclusivity (DEI)

Mental Health Focus:

Mental Health awareness through environment

Target Group:

300 primary and secondary school children

Name of school:

Dwi Emas International

Proposed month of project:

3rd week March 2024

Completion by:

End April 2024

11. ROTARACT CLUB OF BUKIT BINTANG

NCMW Grant Project by Rotaract Club of Bukit Bintang

Name of Project:

I am Bullyproof

Mental Health Focus:

Awareness, Preparation & Support (APS) in Mental Health

Target Group:

Looking forward to work with certified therapists, Lembaga Pencegah Jenayah, PDRM, and qualified self defense instructors and speakers.

Our proposed venue is at a MMA gym preferably in a location reachable by public transport. Further details can be provided upon confirmation.

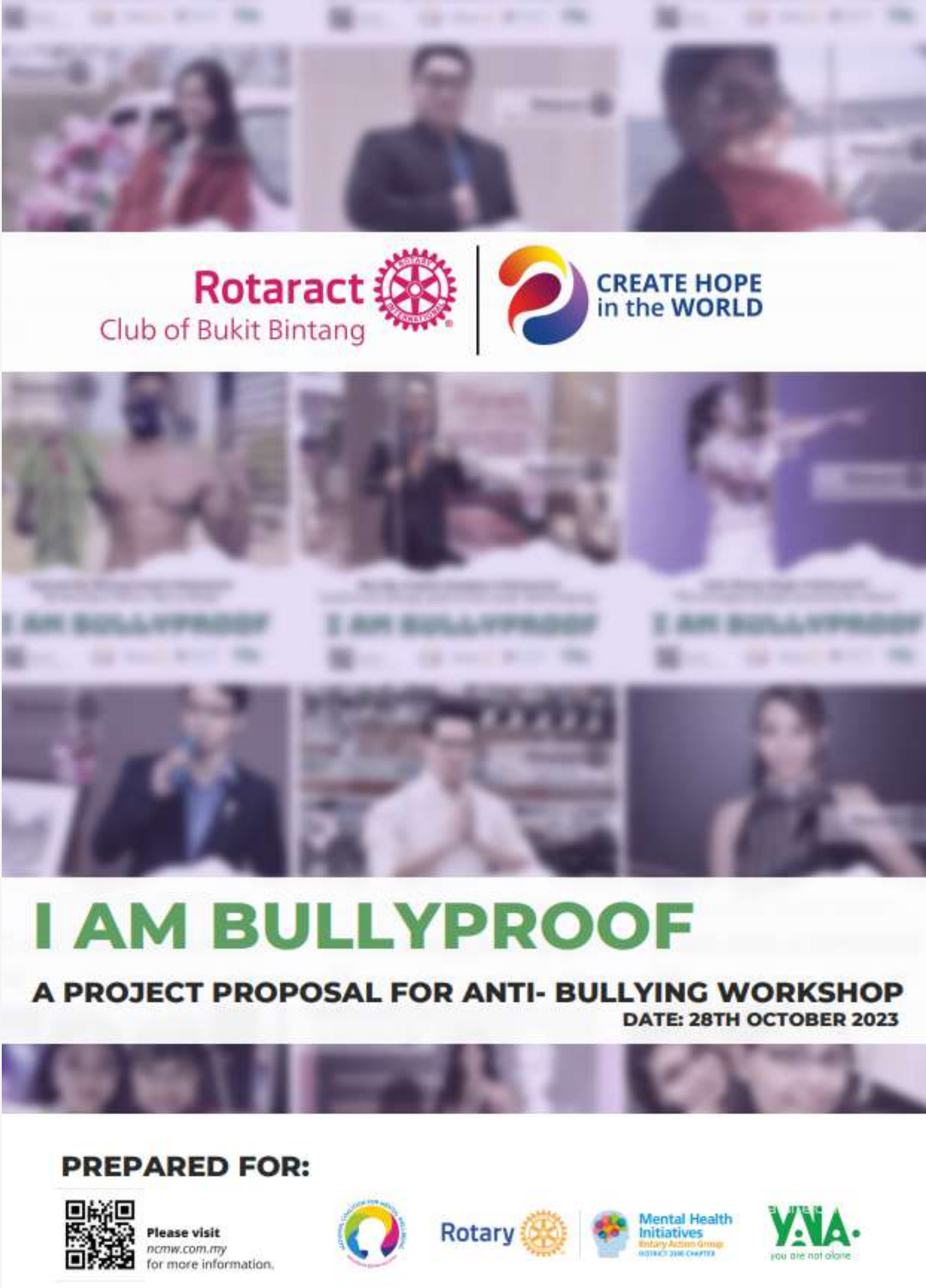
50 paxs (participants and facilitators)

Proposed month of project:

Early Feb 2024

Completion by:

End March 2024



Rotaract
Club of Bukit Bintang


CREATE HOPE
in the WORLD


I AM BULLYPROOF


A PROJECT PROPOSAL FOR ANTI-BULLYING WORKSHOP
DATE: 28TH OCTOBER 2023

PREPARED FOR:

Please visit
ncmw.com.my
for more information.

 **Mental Health Initiatives**
Rotary Action Group
DISTRICT 2090 CHAPTER

 **Rotary**

 **YVA.**
you are not alone.

INTRODUCING PROJECT I AM BULLYPROOF

AN INTRODUCTION

84% of Malaysian children has experienced some form of bullying, be it verbal, physical, cyber, or social. This project strives to enlighten the youths on three major areas of action to combat bullying: **Awareness, Preparation, Support (A.P.S.)**.

We are proposing a **6- hour hands on workshop for our Rotaractors (Age 18 to 40)** to practice and receive feedback on how to best deal with various real life scenarios in school, workplace and even on the streets. Qualified instructors will be invited to share their insights and to lead the session with fellow facilitators.

THE FOCUS AREAS



AWARENESS

Participants will be educated on the premise of bullying, the causes, the impact, and their rights.



PREPARATION

From de-escalation techniques to basic self defense, youths will undergo real life scenarios drilling and receive feedback.



SUPPORT

Participants will be given the guide on who to contact and where to seek help if they or their loved ones are suffering from bullying.

TENTATIVE PROJECT BUDGET

| No. | Items | Amount (RM) | Total (RM) |
|-------|----------------------------------------------------------|--------------------|-------------------|
| i. | Speaker/ Instructor Fee & Token of Appreciation (Note b) | RM100 x 3 paxs | RM300.00 |
| ii. | Facilitator Allowance | RM20 x 5 paxs | RM100.00 |
| iii. | Banners | RM50 x 2 pcs | RM100.00 |
| iv. | Miscellaneous Printing | - | RM50.00 |
| v. | Venue Rental (Note c) | 6 Hours | RM700.00 |
| vi. | Breakfast for attendees | RM5 x 50 paxs | RM250.00 |
| vii. | Lunch for attendees | RM12 x 50 paxs | RM600.00 |
| viii. | Certificate of participation | RM2 x 50 paxs | RM100.00 |
| | | Grand Total | RM2,200.00 |

Note:

- We are looking at an event for 50 paxs (participants and facilitators).
- We are looking forward to work with certified therapists, Lembaga Pencegah Jenayah, PDRM, and qualified self defense instructors and speakers.
- Our proposed venue is at a MMA gym preferably in a location reachable by public transport. Further details can be provided upon confirmation.



12. ROTARY CLUB OF KL SENTRAL

NCMW Grant Project by Rotary Club of KL Sentral

Name of Project:

Understanding Kindness Through Plants & Nature

Mental Health Focus:

Mental Health awareness through environment

Target Group:

240 primary and secondary school children

Name of school:

- 1) Ladang Bukit Jalil National Type (Tamil) Primary School
(target student 90)
- 2) SMK La Salle , PJ - (target students 150)

Proposed month of project:

3rd week March 2024

Completion by:

End April 2024



13. ROTARY CLUB OF KUALA LUMPUR DYNAMICS

NCMW Grant Project by Rotary Club of Kuala Lumpur Dynamics

Name of Project:
CyberKindness

Mental Health Focus:
Promote anti-bullying through the perspective and lens of the victims, the bully, friends, and society.

Target Group:
1000 secondary school children through institution and social media

Name of school:
Yayasan Saad Melaka

Proposed month of project:
3rd week March 2024

Completion by:
End April 2024



Disclaimer

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Permission to use the above is assumed upon receipt of submissions.



Rotary



Mental Health
Initiatives
Rotary Action Group
DISTRICT 3300 CHAPTER





Join us in our quest to stop bullying and promote the power of reaching out.

Together, we can make a difference, one act of kindness at a time. Let's create a world where empathy reigns supreme, and no one ever has to suffer in silence again.

Together, we can make bullying a thing of the past. Together, we can change lives.
Together, we can be the difference.

#StopBullying #ReachOut #EmbraceEmpathy #ChangeLives

email: youarenotalone.rotary@gmail.com

016-352 0909 (whatsapp only)



**Dear NCMW and all our incredible partners,
From the depths of our hearts, we want to express our profound gratitude for
standing by us in the "Stop Bullying, Reach Out" campaign. Your support has
touched lives, brought tears of joy, and created a stronger, kinder world.
Together, we shine brighter.**

