

Kindness tour kicks off at Digi HQ

The goal is to reach 750 schools



Kindness rocks: Ling (second row, seventh from left), Cheang, Wong and Fakhriyyah (third row, eighth from left) and students and teachers from 31 Selangor schools posing with representatives from R.AGE, SP Setia, IMU, MOE and Digi.

By LIM MAY LEE
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SHAH ALAM: The #StandTogether Kindness Tour, an effort to bring kindness workshops to schools across Malaysia, kicked off at the Digi headquarters here.

The goal of the tour is to reach 750 schools this year and recruit 3,000 students and teachers to be kindness "ambassadors".

The first leg of the tour, organised by Digi as part of the #StandTogether National Kindness Week campaign, was attended by teachers and students from 31 Selangor schools yesterday.

"We want teachers who are passionate about this topic and will help student leaders organise and carry out activities that will help spread the message of kindness to their peers.

"We found that peer-to-peer communication is the most effective," said Digi Head of Sustainability Philip Ling.

Psychology lecturers from the International Medical University (IMU) facilitated the teachers' workshop, which focused on best practices for handling bullying cases and developing kindness programmes.

"Through the session, teachers had a chance to self-assess and challenge their own ideas of handling bullying situations, and came up with draft projects on how they plan to implement what they learned today," said IMU psychology lecturer and programme director Alexius Cheang.

The Education Ministry has also given the workshop its full support.

"This is a very timely programme," said the ministry's Educational Planning and Research Division assistant director Fakhriyyah Muhandi.

"We didn't just learn about boring theories - we learned about bullying and its effects,



and now we get to take everything we learned back to our schools," said SMK Cyberjaya student Puvannesan Sandranesan, 16.

The #StandTogether Kindness Tour is organised in conjunction with the #StandTogether 2019 National Kindness Week campaign, initiated by R.AGE, property developer SP Setia, and supported this year by Digi, Unicef Malaysia, IMU and other partners.

"Coming into the second year of #StandTogether, we really wanted to raise the bar" said SP Setia head of Group Branding and Communications Adelene Wong.

"So we're really happy to see this Kindness Tour comes to life. It shows students that school isn't just about curriculum; it's a place for them to have a voice."

Students and teachers interested in signing up for the free #StandTogether Kindness Tour workshops can contact Fakhriyyah at fakhriyyah.muhandi@moe.gov.my.

For more information about the #StandTogether campaign, go to www.standtogether.my.