

Total Defence Programme for Uniformed Groups  
Gold Badge: Facilitator's Guide

# **Total Defence Programme for UGs**

## **Gold Badge**



## **Resource Package for Facilitators**

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## **Background of the Total Defence Programme for Uniformed Groups**

The Total Defence Programme for Uniformed Groups (UGs) aims to create opportunities for Secondary school UG cadets to participate in and lead Total Defence-related activities within their UGs, schools, and/or communities.

The programme uses the Appreciation, Application, and Advocacy model, with lessons designed to help cadets gain a deeper appreciation of Total Defence, put Total Defence into action, and be advocates for Total Defence as they earn the Bronze, Silver, and Gold badges.

The refreshed 2022 edition of the programme puts greater emphasis on Emergency Preparedness skills. It also has a more flexible curriculum and incorporates new activities such as an introduction to CPR-AED (as part of PE curriculum), Total Defence lesson via Student Learning Space (SLS), N.E.mation! Story-boarding and CPR-AED certification to create a more meaningful and immersive experience for UG cadets.

The Total Defence Programme for UGs comprises three levels: (1) Bronze; (2) Silver; and (3) Gold. After the satisfactory completion of the activities in each level, cadets will be awarded the corresponding badges

In 2020, the Total Defence Achiever Badge for Community Emergency Response Team (CERT) members was launched to increase emergency preparedness and mould advocates for Total Defence in the community. To encourage meaningful contributions for cadets in the community, beyond secondary school, the People's Association Community Emergency and Engagement Committees (PA C2Es) will recognise the Total Defence Badge for Uniformed Groups (UG). Cadets who enrol as CERT members and have completed the various tiers in the TD Badge Programme for UGs, will be eligible to receive the TD Achiever Badge equivalent in the CERT programme.

The Total Defence (Bronze) Programme will also be offered to students beyond UGs. Schools may conduct this badge programme as a cohort experience for Secondary 2 students in general, as part of their Total Defence Day

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commemoration programme. Students (including non-UG) who complete this programme based on the requisites, will receive the Total Defence Bronze Badge from MINDEF/Nexus. Schools may write in directly to [nexus@defence.gov.sg](mailto:nexus@defence.gov.sg) to request for the badges.

## **Learning Objectives of the Total Defence Programme for Uniformed Groups**

By the end of the TD Programme for UGs, cadets should gain:

1. A deeper appreciation of Total Defence and its relevance in today's context.
2. The ability to recognise simple yet concrete Total Defence actions that can help cadets and the people around them better prepare for crises.
3. The ability to advocate for Total Defence by conducting GOTC II lesson for their junior cadets, organising meaningful Total Defence-related Values in Action (VIA) projects or joining volunteer schemes that benefit the community.
4. Emergency prepared skills that enable cadets to aid of members of the community in critical medical emergencies.

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## Overview of the Total Defence Programme for Uniformed Groups

Level	Module	Content/Activity	Instructional Objective(s)
Bronze (120 mins)	TD Awareness Module	A. Complete Lesson on Total Defence via Student Learning Space (SLS) <i>*NEW</i>  (30 mins)	1. To ensure that cadets have a basic level of understanding of Total Defence and its relevance in today's context.
		B. Play "Guardians of the City II" (GOTC II) – the Total Defence card game  (60 mins)	1. To have cadets gain a deeper understanding of Total Defence and its relevance in overcoming Singapore's security threats. 2. Recognise simple, yet concrete Total Defence actions that cadets can help their family and friends be more prepared for crises.
	TD Advocacy Module	C. Design, present to peers, and submit a new <i>Action</i> card for the GOTC card game  (30 mins)	1. To have cadets reflect on how they or the community can put Total Defence into action. 2. To have cadets demonstrate their understanding of how the individual/community can put Total Defence into action.
	Staying Prepared Module	D. Complete introduction to CPR-AED (as part of Secondary 1 PE curriculum) <i>*NEW</i>	1. To ensure cadets have a basic level of understanding of Emergency Preparedness (EP) skills.
Silver (180 mins)	TD Awareness Module	A. Submit N.E.mation! storyboard <i>*NEW</i>  (90 mins)	1. To demonstrate their understanding of Total Defence narratives and encourage collaboration among fellow cadets.

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Level	Module	Content/Activity	Instructional Objective(s)
	TD Advocacy Module	<p>B. Teach at least a pair of classmates how to play the GOTC II card game (or equivalent) + Reflection</p> <p style="text-align: center;"><b>Or</b></p> <p>Assist in the facilitation of gameplay of at least a pair of classmates at a GOTC II gameplay session (or equivalent) + Reflection</p>	<p>2. Through instruction, internalise learning points from the GOTC II game, so that cadets can better appreciate the complexity of threats that Singapore faces, the need for trade-offs, and the impact of everyday decisions on the fight against terrorism.</p>
Gold	TD Advocacy Module	<p>A. Initiate, plan, and execute a Total Defence-related VIA project that benefits the community at large (individually or in groups) + Reflection</p> <p style="text-align: center;"><b>Or</b></p> <p>Join Volunteer Schemes approved by Nexus*<sup>NEW</sup></p>	<p>1. To demonstrate an appreciation of Total Defence by initiating, planning, and executing a meaningful project that either puts Total Defence into action or provides a platform for others to put Total Defence into action.</p> <p>2. To put Total Defence into action and contribute to the community through volunteerism.</p>
	Staying Prepared Module	<p>B. Complete and obtain CPR-AED certification*<sup>NEW</sup></p> <p><b>[Optional - Offered to cadets who volunteer with PA CERT]</b> Complete and Obtain Psychological First Aid certification*<sup>NEW</sup></p>	<p>1. Through practical experience, strengthen Emergency Preparedness skills among cadets and build their confidence in reacting to critical medical emergencies in the community.</p>

Teachers are encouraged to customise the activities to meet the needs of your cadets. The activities are meant as suggestions, and may be taken as starting points for creating your own activities.

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## Overview of the Gold Level

<b>Title</b>	Gold
<b>Profile of Cadets</b>	Cadets should have completed the Bronze and Silver levels of the TD Programme for UGs.
<b>Desired Outcomes</b>	<p>By the end of the Gold level, cadets should:</p> <ol style="list-style-type: none"><li>1. <u>Appreciate</u> the complexity of at least one challenge/threat that Singapore is facing, and how individuals, the community, and the government can play a part in TD to deal with it.</li><li>2. <u>Apply</u>. Be able to demonstrate their appreciation of TD by either (1) designing a meaningful TD lesson or VIA project that addresses a challenge/threat Singapore faces or (2) joining approved volunteer schemes and (3) learning Emergency Preparedness skills.</li><li>3. <u>Advocate</u>. Have the confidence to actively play their part in and advocate for TD among their peers and/or in the community through the Lesson, project and emergency preparedness-related certification.</li></ol>
<b>Key Understanding</b>	<ol style="list-style-type: none"><li>1. TD is a national framework for an all-round response to threats and challenges that Singapore faces on all fronts.</li><li>2. Cadets, as youth leaders, can take the lead to play a part in TD.</li></ol>



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<b>Overview of Activities</b>	<ol style="list-style-type: none"><li>1. Initiate, Plan, and Execute a Total Defence-related Values in Action project <b><u>OR</u></b> Join approved volunteer schemes.</li><li>2. Complete and obtain CPR-AED certification.</li><li>3. <b>[Optional]</b> Interested cadets who have completed the CPR-AED certification can also opt to complete and obtain Psychological First Aid certification</li></ol>
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## **Awarding the Gold Badge**

Upon the cadet's satisfactory completion of Activity A and B of the Gold level of the TD Programme for UGs, it is strongly recommended that teachers award the Gold Badge to your cadets formally.

## **Activity A (Option 1): Initiate, Plan, and Execute a Total Defence-related Values in Action Project**

For Activity A, Cadets may complete **either** the VIA project or join the approved volunteer schemes. This activity allows cadets to demonstrate their understanding of Total Defence, social responsibility, and is a platform for them to make meaningful contributions to the community in a Total Defence-related Values in Action (VIA) project. The project should target the wider community, and be initiated, planned, and executed by cadets in small groups.

Cadets who have initiated, planned, and executed Total Defence-related VIA projects with their class or Uniformed Group through other programmes/initiatives (e.g., SGSecure's "*Keep Singapore Safe*" programme) can move straight to the post-project reflections part of the activity.

### **Part I: Pre-Project Brief**

In the planning of a Total Defence-related VIA project for this activity, cadets should consider:

- I. The needs of the community, and
- II. How the project could contribute to Total Defence.

**Part II: Post-Project Reflection.** To complete this activity, after the execution of the VIA project, cadets are required to complete a Post-execution Reflection Worksheet<sup>1</sup>. Teachers are encouraged to have a classroom session where cadets are allowed to share their project and reflections.

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<sup>1</sup> See **Gold\_ActA\_Post-Project Reflections.docx**.


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## **Activity A (Option 2): Join Volunteer Schemes**



For Activity A, Cadets may complete **either** the VIA project or join the approved volunteer schemes. This activity allows cadets to demonstrate their understanding of Total Defence, social responsibility, and is a platform for them to make meaningful contributions to the community through volunteerism.

S/N	Volunteer Scheme	Background	Registration Link
1	Community Emergency Response Team (CERT) by People's Association (PA)	<ul style="list-style-type: none"><li>• CERT is an organised group of volunteers equipped with specialised training to respond to emergencies and assist the community during these crises. The main role of the CERT is to strengthen the emergency response capabilities of the local community.</li><li>• All CERT members would be trained in CPR+AED and active CERT members would undergo the certified Standard First Aid course, Psychological First Aid Training and other emergency preparedness related courses to enable them to carry out duties in times of activation.</li><li>• CERT members will be deployed for national level events such as PA Chingay</li></ul>	<ul style="list-style-type: none"><li>• Register to be a CERT volunteer through the link: <a href="https://go.gov.sg/dzdaq0">https://go.gov.sg/dzdaq0</a>.</li><li>• Alternatively, you may scan the QR code to register.</li></ul> 

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		Celebrations, National Day Parade and F1 to perform simple first aid and crowd control duties.	
2	The Community Watch Scheme (CWS) by Singapore Police Force (SPF)	<ul style="list-style-type: none"> <li>Developed in close collaboration with the National Crime Prevention Council, CWS aims to build an informed and vigilant community and encourages citizens to be actively involved in protecting themselves, their family and loved ones.</li> <li>CWS volunteers will be updated on the latest crime information, alerts and advisories, and have access to events and training to enhance their knowledge and skills.</li> </ul>	<ul style="list-style-type: none"> <li>See <b>Gold ActA The Community Watch Scheme</b> for a briefing deck on CWS. Teachers can also disseminate brochure and poster of CWS to their cadets (see <b>Gold ActA_CWS Brochure and Gold ActA_CWS Poster</b>)</li> <li>Register to be a CWS volunteer through the link: <a href="https://police.gov.sg/volunteer">police.gov.sg/volunteer</a>.</li> <li>Alternatively, you may scan the QR code to register.</li> </ul> 

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3	Volunteering Opportunities at SG Cares by Ministry of Culture, Community and Youth	<ul style="list-style-type: none"> <li>• SG Cares is a national movement dedicated to guide and support the goodwill of all who live in Singapore to better help those in need. Together we can all play a part, big and small, to make Singapore a more caring and inclusive home for all.</li> <li>• Cadets can look for suitable opportunities by filtering based on age and interests at the website and sign up for volunteering opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>• Look for volunteering opportunities through the link: <a href="https://www.volunteer.gov.sg">https://www.volunteer.gov.sg</a>.</li> </ul>
4	SGSecure Responder Network (SRN)	<ul style="list-style-type: none"> <li>• The terrorism threat to Singapore remains high, stemming from global terrorist groups, self-radicalised individuals influenced by extremist materials online, and emergent threats such as far-right extremism. As an open and diverse society, external event can also influence individuals in our society to undertake violence here or abroad.</li> <li>• The community plays a critical role in our fight against terrorism. Anyone can be a SGSecure Responder as long as they are committed to 'Stay Alert', 'Stay United' and 'Stay Strong'.</li> </ul>	<ul style="list-style-type: none"> <li>• See <b>Gold_ActA_SRN</b> for a briefing deck on SRN. Teachers can also disseminate brochure to their cadets (see brochure <b>Gold_ActA_SRN Brochure</b>)</li> <li>• You may scan the QR code to download the application and sign up.</li> </ul> <div style="text-align: center;"> <p>DOWNLOAD THE SGSECURE APP</p> <div style="display: flex; justify-content: space-around;">   </div> <div style="display: flex; justify-content: space-around;"> <p>FOR ANDROID</p> <p>FOR IOS</p> </div> </div>

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		<ul style="list-style-type: none"><li>• Cadets can sign up to be an SGSecure Responder through downloading the SGSecure App.</li></ul>	
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## **Activity B: Complete and Obtain CPR-AED Certification**

***Note: This activity will be conducted by an external vendor.***

For Activity B, in partnership with Temasek Foundation for this programme, cadets will be equipped with life-saving skills, which will allow them to apply and put Total Defence into action. Cadets will undergo a 4 hours long course to be certified. Through this activity, Cadets will be better equipped and prepared, and be able to apply these skills in the community should an emergency arise.



Cadets who have already attained their CPR-AED certification through their Uniformed Groups can also clocked it towards the attainment of the Gold badge, without requiring cadets to go through the course again.

Teachers can sign up their Cadets for the free CPR-AED Certification course through any of the approved organisations listed here:

### **Registration Template**

Please provide the following details when signing up for the CPR-AED course with any of the organisations listed below.

Subject: Registration for Total Defence Programme for Uniformed Groups CPR-AED Certification

Details required: Please state which school/uniformed group you are from, how many cadets and/or teachers that will be undergoing the course, and preferred date(s) if any.



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S/N	Organisation	Contact Person	Registration/ Contact Details
1	St John Singapore	Mr Warner Ee, CEO, St John Headquarters	<ul style="list-style-type: none"> <li>Email: <a href="mailto:warnerebw@stjohn.org.sg">warnerebw@stjohn.org.sg</a></li> <li>Telephone: +65 6298 0300 ext. 101</li> </ul>
2	Singapore Red Cross Society	Mr Ambrose Lee, Head of Department, Singapore Red Cross Academy; Head, Centre of First Aid & Life Support	<ul style="list-style-type: none"> <li>Email: <a href="mailto:ambrose.lee@redcross.sg">ambrose.lee@redcross.sg</a></li> <li>Telephone: +65 6664 0500</li> </ul>
3	Singapore Emergency Responder Academy (SERA)	Mr Chan Kah Meng, Senior Executive, SERA	<ul style="list-style-type: none"> <li>Email: <a href="mailto:kahmeng@sera.sg">kahmeng@sera.sg</a>; or <a href="mailto:support@sera.sg">support@sera.sg</a> (Ross)</li> <li>Telephone: 8751 1256</li> </ul>

## **Activity B (Optional): Complete Psychological First Aid Certification**

***Note: Cadets must complete and obtain CPR-AED Certification to participate in this required. This activity will be conducted by an external vendor.***

For Cadets who have already obtained their CPR-AED certification, in partnership with Temasek Foundation, Cadets can sign up for the Psychological First Aid (PFA) Certification as an optional additional activity. Through this activity, Cadets can learn to recognise signs of mental stress and how to support an individual in crisis.



Teachers can sign up their Cadets for the free PFA Certification course through the approved organisation listed here:

### **Registration Template**

Please provide the following details when signing up for the PFA Certification course.

Subject: Registration for Total Defence Programme for Uniformed Groups PFA Certification

Details required: Please state which school/uniformed group you are from, how many cadets and/or teachers that will be undergoing the course, and preferred date(s) if any.

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S/N	Organisation	Contact Person	Registration/ Contact Details
1	Singapore Emergency Responder Academy (SERA)	Mr Chan Kah Meng, Senior Executive, SERA	<ul style="list-style-type: none"><li>• Email: <a href="mailto:kahmeng@sera.sg">kahmeng@sera.sg</a>; or <a href="mailto:support@sera.sg">support@sera.sg</a> (Ross)</li><li>• Telephone: 8751 1256</li></ul>