

Long Hill Ledger

Mrs. Jocelyn Merritt, Ed., M., School Psychologist
Mrs. Rosa Gomez, School Psychology Intern
Mrs. Lisa Sanfilippo, MA, District Counselor
Ms. Sarah Romeo, LCSW, School Social Worker



The Age of the “Technology”



Internet, social networking, texting, blogging, tweeting, instant messaging, interactive games, chat rooms, emailing, video messaging...it seems that the list of possibilities for modern communication are endless. Every time you think you know all there is to know, a new form of cutting edge communication is introduced. Navigating through these bumpy waters can be a daunting task for even the most tech-savvy parent.

In 2010, almost 6 out of 10 children, ages 3 to 17, used the Internet at home (57%), and nearly three times as many as in 1997 (22%). 85% had access to a computer at home (The 2009, American Kids Study, found that 20% of children in the United States ages 6 to 11 and about 80% of children ages 10 to 11 own a cell phone.

2012 Statistics from the Bureau of Justice, US Department of Health and Human Services, Cyberbullying Research Center indicated the following:

- 52% of students reported being cyber bullied
- 33% of teens have experienced cyberthreats online
- 25% of teens have been bullied repeatedly through their cell phones or the internet
- 52% of teens do not tell their parents when cyber bullying occurs

What is a parent to do in order to keep their child safe?

Resources: <http://www.childtrendsdatbank.org/?q=node/298>; http://www.phonearena.com/news/No-surprise---more-children-owning-cell-phones_id8622; <http://www.statisticbrain.com/cyber-bullying-statistics/>



The Child Study Team would like to welcome Mrs. Rosa Gomez who is a Fordham Graduate Intern working with us this year.

Tips for Computer and Cell Phone Use Computer

- **Location, location, location:** Keep the family computer in a central location. This way you can easily monitor your child's use.
- **Earn it:** Technology use (especially video games) can be given to your child as a reward for completing their responsibilities.
- **Be approachable:** Keep an open communication channel with your children, so that they feel comfortable to approach you with issues that are bothering them. Talk to your children regularly about their online activities.
- **Lead by example.** Your children are watching you. Limit your online time and use the Internet and your mobile phone wisely.

Cell Phones:

- Contact your cell phone service provider to limit text messaging
- Not all children need a smart phone where they can access the internet, social networking, and much more.
- Encourage your child to talk with their friends in person rather than by text or email.



*Technology is
a part of
everyday life!
It is important
to be proactive
to increase
your
awareness!*



TECHNOLOGY AND CYBER BULLYING

Cyberbullying: What is it?

"Cyberbullying" is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.

Preventing cyberbullying – it starts at home

Parents should be their child's first line of defense. However, it seems that children often avoid communicating their concerns with their parents for fear of their reaction and potential peer embarrassment. It is important to communicate with your school. You may want to inform your school principal, guidance counselors, or teachers, about a potential issue. Empower your child to make informed decisions regarding cyberbullying. Below are some ways to discuss cyberbullying with your child. (Source: <http://www.stopcyberbullying.org>)

TEACH YOUR CHILDREN ABOUT CYBERBULLYING

- **Never give out or share personal information numbers (PIN), etc.** Personal information includes your name, the names of friends or family, your address, phone number, school name (or team name if you play sports). Personal info also includes pictures of yourself and your e-mail address.
- **Use "Netiquette"** Be polite to others online just as you would offline. If someone treats you rudely or meanly do not respond. Online bullies are just like offline ones - they WANT you to answer (don't give them the satisfaction).
- **Never send a message to others when you are angry** Wait until you have had time to calm down and think. Do your best to make sure that your messages are calmly and factually written.
- **Never open a message from someone you don't know** If in doubt about it, ask your parents, guardian or another adult.
- **If it doesn't look or "feel right", it probably isn't** Trust your instincts. While surfing the Internet, if you find something that you don't like, makes you feel uncomfortable or scares you, turn off the computer and tell an adult.
- **You don't have to be "Always on", Turn off, disconnect, unplug** Give yourself a break. Don't stay online or connected too long. Spend time with your family and friends off line. Try a little less virtual reality and a lot more actual reality!

Helpful Resources Online:

INFORMATIVE PDF DOCUMENT LINK:

http://download.zonealarm.com/bin/media/pdf/defendTheNet_howToGuide.pdf

WEBSITES:

<http://www.stopbullying.gov/kids/what-you-can-do/index.html>

<http://voices.yahoo.com/five-internet-safety-tips-help-protect-yourself-7846072.html>

<http://www.schoolfamily.com/school-family-articles/article/807-internet-safety-tips-for-parents>

<http://www.fbi.gov/stats-services/publications/parent-guide>