



February 2007

Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

Cyber Bullying Prevention

Cyber bullying is the use of technology—email, instant messaging, text messaging, personal Web pages such as Myspace or Facebook—to bully, intimidate and harass a person or group of people. The following resources contain sections for parents and educators, and more resources can be found through a Web search. The National Youth Violence Prevention Resource Center has a list of web sites, fact sheet and articles on bullying prevention in schools.

<http://www.safeyouth.org/scripts/topics/bullying.asp>

The "Stop Bullying Now!" campaign was developed by the Health Resources and Services Administration, U.S. Department of Health and Human Services.

(There are sections in English and Spanish)

<http://www.stopbullyingnow.hrsa.gov/adult/indexAdult.asp?Area=cyberbullying>

The Microsoft site *Security at Home: Internet Safety On-line* has safety tips listed by age, topics ranging from on-line slag to internet addiction, and links to other resources.

<http://www.microsoft.com/athome/security/children/default.mspx>

Raising Teens Together: Parent to Parent Blog

Shoulder to Shoulder is a project developed by a collaboration of public health and educational agencies to share practical, evidence-based information and tools to support parents of teens and other caring adults. Through a web site, parent book clubs and educational materials, Shoulder to Shoulder helps parents and other involved adults find support and gain confidence to raise healthy teens through love, limits and respect. Shoulder to Shoulder is launching a new effort to connect parents of teens to information and each other using technology. The Shoulder to shoulder blog is now available so parents can pose questions, provide their ideas on topics of concern and learn about teen culture in our communities. To see the latest blog postings, visit <http://www.shouldertoshoulderminnesota.org/>.

Tips for Chaperoning Youth Gatherings

Being a chaperone means more than taking up space in the home where youth are gathering. Adults need to be present and visible. Kids will want their space, but chaperones need to make periodic forays into the party to monitor behavior and by your presence remind the youth of the expectations we have for them.

Here are some tips for being a present and visible chaperone:

- Be in charge of the food/beverages and be there to fill the chip bowl or replenish beverages.
- Be at the door to greet kids as they enter. You'll know who is there and under what conditions.
- Pre-arrange a closure time with your son or daughter so there is no misunderstanding when the party will stop.
- Keep the lights on and bedroom doors open.
- Be sure at least one parent is awake at all times.
- Create logical excuses to make periodic trips through the party.
- Be a good role model for the youth. No chemical usages while other young people are in your home.

Community Readiness Survey

The Northfield Mayor's Task Force on Youth Alcohol & Drug Use is partnering with the Minnesota Institute of Public Health to administer a Community Readiness Survey. This survey will assess adult community members' perceptions of youth substance use, as well as their attitudes about youth usage. In February, 600 Northfield residents selected at random will be asked to provide valuable information to help reduce youth alcohol and drug use in our community. Results of the Community Readiness Survey will be shared with the community through presentations and publications and will also guide the Task Force's work in the coming months. For more information, call the Northfield Healthy Community Initiative at 507-664-3524.