Child Protection Parent Inservice Material

2016-2017

Infographics from
Darkness to Light—End Child Abuse
http://www.d2l.org

These statistics seems hard to believe…. but sadly, they are real! Think about this when you picture your child's class or sports team. Some of those children might be part of these sad statistics.

Among parents' worst fears are that their children might be hurt or abused. No matter how many clearances or inservices we do, we cannot always control the way other people treat our children. And our children cannot control the way others treat them either. But, we **CAN ALWAYS** control our own behavior - and we can help our children learn to do the same.

Our Catholic beliefs teach us that every person is important and deserves to be treated with respect and love. As a parent or caregiver, you are the best person to teach your children how they should be treated by treating them with love and respect. Learning this at home, children will learn how they should treat others. Your children are watching and listening to you! And you are also the best person to teach them what to do if they are not treated as they should be.

We all play a part in creating safer families and a safer world. Be sure to do your part by being informed and vigilant!

Please see reverse side for important information about cyberbullying!

Real safety in the digital world is all about active, involved, loving parenting.
It's a team effort that builds a strong Catholic family!

Check out these resources:

United States Conference of Catholic Bishops
http://www.usccb.org/issues-and-action/marriage-and-family/parents-and-parenting

Diocese of Erie Family Life Office ~ **http://www.eriercd.org/fam.htm**

Faith and Safety: Technology Safety Through the Eyes of Faith ~ **https://faithandsafety.org**

NetSmartz Workshop ~ **www. netsmartz.org**

Diocese of Erie Office for Protection of Children and Youth
http://www.eriercd.org/protectyouth.htm

Cyberbullying Unplugged

Cyberbullying is the use of Internet technologies to tease, humiliate, and harass someone. It might be mean text messages sent at all hours of the day, or degrading comments about someone posted to a website. Cyberbullying can have devastating effects on children, so learn about the issue and how to help your child deal with it.

Spot It

A child who is being cyberbullied may

- Avoid using computers, cell phones, and other technological devices
- Appear stressed when receiving an e-mail, instant message, or text
- Withdraw from family and friends
- Act reluctant to attend school and social events
- Avoid conversations about computer use
- Exhibit signs of low self-esteem including depression and/or fear
- Have declining grades
- Stop eating or sleeping
- In serious cases, consider suicide

Deal With It

If your child is being cyberbullied, teach them to

- Not respond
- Save the evidence
- Report it to the website, and/or your Internet service provider

*Also, **you** should*

- Meet with school administrators to discuss a plan of action and their bullying/cyberbullying policy
- Talk about the situation with the bully's parent or guardian

Talk About It

Ask your child

- Has anyone ever been mean to you online? How did you respond?
- Have you ever been mean to anyone online? Why?
- Is it OK to forward a text message making fun of someone? Why or why not?
- Do you know your school's policy on bullying?
- Which teacher would you talk to if you were being bullied?

This resource brought to you by
Walmart
For more resources visit NetSmartz.org
Copyright © 2010 National Center for Missing & Exploited Children. All rights reserved.