

HERE'S the SCOOP

Northpointe Council Inc. Volume 7



6 Internet Safety Tips Every Kid Should Know

- 1 **Keep Your Passwords Secret**
Except from Parents.
- 2 **Don't Talk to Strangers**
Only talk to people you've met in person.
- 3 **Don't Give out Your Phone #**
Unless a parent says it's okay.
- 4 **Close and Tell an Adult**
When you see something bad online.
- 5 **Ask Before you Download**
Or Your Computer Could get Sick.
- 6 **Only Say/Share Nice Things**
Always Be Kind!

PlanningPlaytime.com

A message from Northpointe



There are so many benefits to using technology and having internet access, but we have to learn to be safe while we use it. Check out these sites to find interactive videos and resources on digital safety for all ages!

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your path to a brighter tomorrow.

www.commonsense.org

www.netsmartkids.org

Coping Skill: Unplug & Do somethina else!



Young Chef's Corner: Breakfast Banana Split

Ingredients:

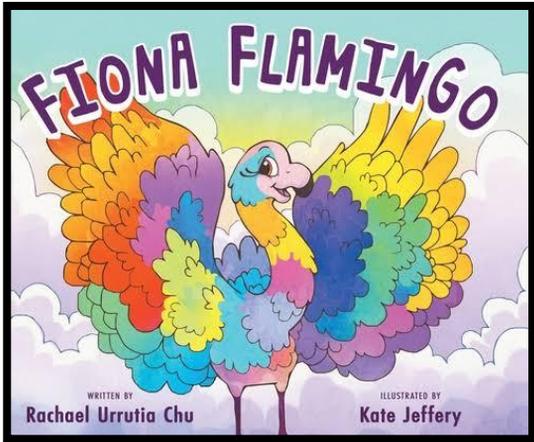
- Bananas
- Yogurt
- Granola or Cereal
- Fruit (your choice!)
- Nutella or other sauce topping



Directions:

- Cut banana in half
- Scoop some yogurt in between banana halves
- Add some granola or cereal for some crunch!
- Top with your favorite fruit!
- Drizzle Nutella over the top!

Story Time with Prevention

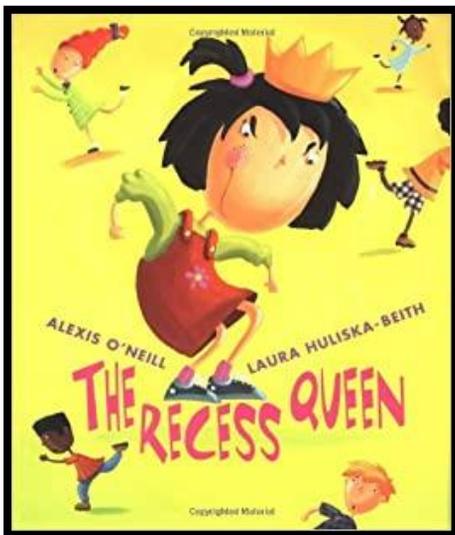


Written by Rachael Urrutia Chu
Illustrated by Kate Jeffery
Published by Puppy Dogs & Ice Cream, Inc

Read by Michelle Seider
Northpointe Council Prevention & Education

<https://youtu.be/HmsYLBVYw80>

Fiona experiences a lot of different feelings throughout this story as she realizes that she is different from her flamingo friends. In this book about feelings, Fiona learns that it is ok to be different and that is what makes her special.



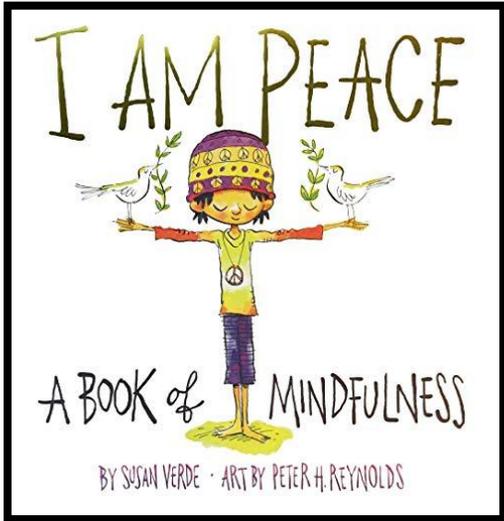
Written by Alexis O'Neill
Illustrated by Laura Huliska-Beith
Published by Scholastic Press

Read by Michelle Seider
Northpointe Council Prevention & Education

<https://youtu.be/k0zdmyx7TAg>

Mean Jean is the Queen of Recess until Katie Sue shows her that it is much more fun to be a good friend by playing together, taking turns and being kind.

Story Time with Prevention

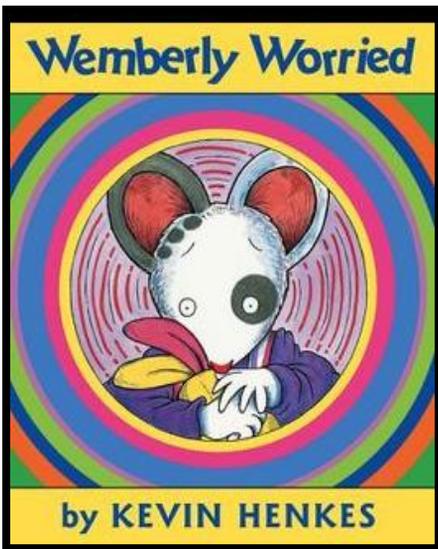


Written by Susan Verde
Illustrated by Peter H. Reynolds
Published by Abrams Books for Young Readers

Read by Amy Chaffee
Northpointe Council Prevention & Education

<https://youtu.be/I-D8mQNMT50>

A book about finding peace and mindfulness during difficult times.



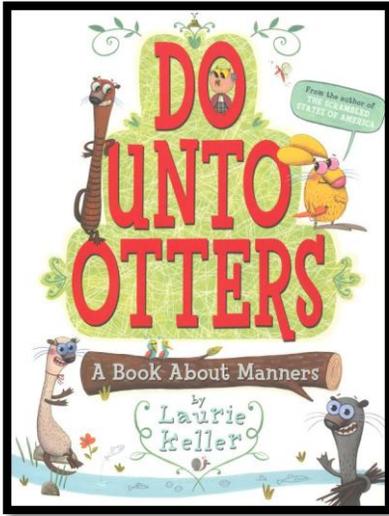
Written and Illustrated by Kevin Henkes
Published by Greenwillow Books
(An Imprint of HarperCollinsPublishers)

Read by Chelsea Crance
Northpointe Council Prevention & Education

<https://youtu.be/6nkDsOTInpE>

Wemberly worries about everything! When it's time for school to start, Wemberly worries even more. It's not until she makes a friend, that her worries start to disappear.

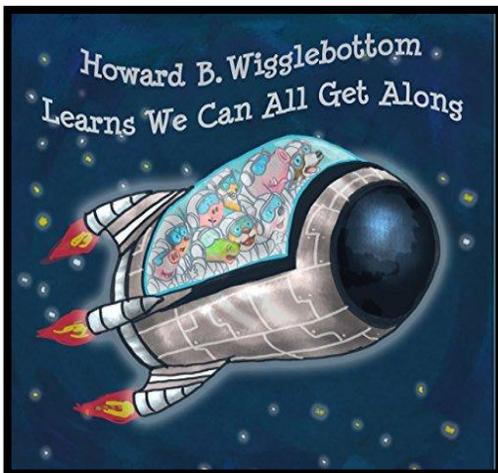
Story Time with Prevention



Written and Illustrated by Laurie Keller
Published by Square Fish (Macmillan Publishers)

Read by Leah Riley
Northpointe Council Prevention & Education
<https://www.youtube.com/watch?v=MWAWo7buMNo>

Rabbit is shocked to find that his new neighbors are Otters! He comes to realize that he should treat his new and unfamiliar neighbors exactly how he would like them to treat him! A book all about manners and getting along with others.



Written by Howard Binkow & Reverend Ana
Illustrated by David A. Cutting and Mike Ferrin
Published by Scholastic

Read by Leah Riley
Northpointe Council Prevention & Education
<https://www.youtube.com/watch?v=vzHfPVODgKQ>

When Howard doesn't get invited to a party, it makes him very sad. This leads him to start thinking about how he treats his friends each day. He learns that he needs to practice being kind to his friends and to treat them the way he wants to be treated.

RESOURCES

Niagara County

Important Links

NYS Office of Mental Health

•<https://omh.ny.gov/omhweb/guidance/>

The Hub/Erie County, NY Department of Health

•<http://www2.erie.gov/health/index.php?q=hub>

211 (search to find local services)

•<http://www.211wny.org/>

Niagara County Department of Health

•<https://www.niagaracounty.com/health/Resources>

Erie County Department of Health

•<http://www2.erie.gov/health/index.php?q=coronavirus>

Center for Disease Control

•<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Home School Sites

ABC mouse

•www.ABCmouse.com

Adventure Academy

•www.adventureacademy.com

Education.com

•www.education.com

Common Sense

•www.commonsense.org

Epic

•Reading APP for kids

Quick Math Junior

•Math App for kids

Swift Playgrounds

•Learning App for kids

Northpointe Council's mission is to provide high-quality, person-centered prevention, intervention, treatment, and recovery to those affected by substance use disorders and other addictions from the Greater Niagara Area.

P: 716.282.1228



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Little Free Pantries!

NORTHERN 716	
 OLCOTT: Imagine That 5957 E Main St. 14126	 LOCKPORT: iImagine Comm Garden Elmwood & Washburn 14094 white box near corner
 LOCKPORT: Emmanuel United Methodist 75 East Ave. 14094 Red box in back lot	 NIAGARA FALLS: Highland Helping House 2809 Highland Ave. 14305 Front yard next to gate
 NORTH TONAWANDA: Nash Rd Church 958 Nash Rd 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Greater Nia Fed Credit Union 110 Ward Rd 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: OLC Church 57 Center St 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iHope Comm Church 316 Thompson 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: NT Senior Center 110 Goundry St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: iImagine Comm Gardens 225 Sommer St 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Nia Reg Fed Credit Union 1285 Erie Ave. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Degraff Mem Hospital 445 Tremont St. 14120 The Little Free Pantry: North Tonawanda on FB
 NORTH TONAWANDA: Matt's Music 937 Oliver St. 14120 The Little Free Pantry: North Tonawanda on FB	 NORTH TONAWANDA: Hope Center 383 Vandervoort 14120 The Little Free Pantry: North Tonawanda on FB
 TONAWANDA: Decades 2855 Sheridan Dr 14150 Decades Little Free Food Pantry on FB	 ***TEMPORARY TONAWANDA: 17 Longfellow Ct. 14150 Little Free Library convert
 ***TEMPORARY KENTON (BUFFALO): 29 Harrison Ave. 14223 Little Free Library convert	 ***TEMPORARY GRAND ISLAND: 1372 Staley Rd 14072
 BUFFALO(NORTH): Park Lutheran Church 2 Wallace Ave. 14214 On Depew Ave side of bldg.	 ***TEMPORARY KENTON (BUFFALO): Kenton's LF Library 152 Irving Terr 14223 Kenton's Little Free Library- 14223's first LFL on FB

Play it **S.M.A.R.T.** online!



SAFE: Never give out personal information (full name, email address, phone number, home address, pictures, school name) to anyone you meet online.



MATERIALS: Do not access inappropriate websites or materials. Only access educational materials on school devices.



ACCEPT: Just like we don't accept candy from strangers, don't accept emails, files, or messages from people you don't know or trust.



RELIABLE: Not everything you read online is true and people might not be who they say they are. Make sure you check information before believing it.



TELL: I will tell a parent, teacher, or other trusted adult if someone or something makes me nervous, worried, or uncomfortable online. I will report cyber bullying if I see it happen.

10 INTERNET SAFETY TIPS FOR PARENTS

1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.

2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.

3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.

4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.

5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).

6 Help your child learn to **filter** information online and navigate fact from fiction.

7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.

8 **Balance** green time and screen time at home. Focus on basic developmental needs.

9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.

10 **Learn more:** Explore reliable resources for parents so you can educate yourself.



STAYING SHARP

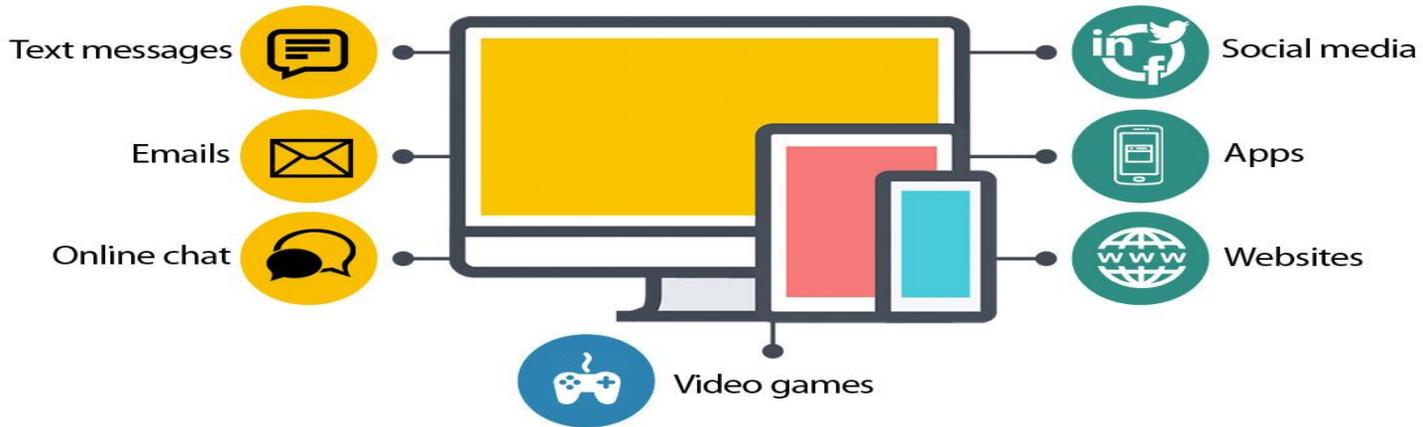
with social-distancing

TECH-FREE

- Cook a favorite family recipe.
- Make birthday card or thank you card for a friend or family member.
- Choose a character in a book, movie, or show. Make a web of their character traits.
- Create something out of cardboard or paper scraps.
- Memorize your address, phone numbers, and other important information.
- Ask a family member to help you make a family tree.
- Make your own word search and challenge your friends and family members to solve it!
- Write a script and perform a play for your family.
- Create family safety plans in case of an emergency.
- Organize your books, DVDs, or video games in ABC order.
- Design a movie poster for a book you have read.
- Clean out your closets and make a pile of things to donate to charity.
- Call a friend or family member and ask them about their day.
- Create your own treasure hunt. Make a map and hide a treasure for someone to find.
- Create a comic strip for a book or a portion of a book that you have read.
- Write a movie or TV show recommendation to a friend.
- Perform or record a news report about the events of your day.
- Help out around the house: Perform chore or household task to help your family.
- Take a nature walk in your yard. Collect samples from plants, trees, and flowers and label each.
- Play a board game or written game (tic-tac-toe, etc.) with a friend/family member.
- Plan a movie night for your family. Write out a schedule of events.
- Help make dinner for your family. Create menus for each family member.
- Read a story with a family member, then retell or act out what happened.
- Write out the lyrics to your favorite song or create your own!

WHAT IS CYBERBULLYING?

Rumors, embarrassing pictures, harassing messages and creating fake profiles sent through:



How to stop **CYBERBULLYING**



LOG OFF the site where the bullying is happening.

BLOCK

BLOCK EMAILS or messages. Don't respond to them.

REC

RECORD

SAVE THE MESSAGE or email and show an adult.

**TALK
IT OUT**

TELL SOMEONE you trust.

5 things to do if your child is cyberbullied



1. PREPARE TO TALK

- Listen to what your child have to say
- Take them seriously
- Remain positive

2.) TALK ABOUT THE ISSUE

- Don't jump to conclusions
- Speak calmly and don't be judgemental
- Don't blame your child for being a target
- Reassure them the issue will be solved



3.) SHOW EMPATHY

If you have been bullied, talk to your child about your experience

This encourages them to talk to you about what happened to them



4.) PREPARE AN ACTION PLAN

- Ask your child how you can help them
- Take a screen shot of the messages
- Report it to the school or local authority



EFFECTS OF CYBER-BULLYING

Bullying affect everyone those who are bullied, those who bully, and those who are watching. It has many negative outcomes like impacts on mental health, substance use, and suicide and many more.



KIDS WHO ARE BULLIED

Kids who are bullied can experience psychological and physical issues.

KIDS WHO ARE BULLIED MORE LIKELY TO EXPERIENCE:

- Depression and anxiety, sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities.
- Health issues
- Decreased academic achievement and school participation.

KIDS WHO BULLY OTHERS

Kids who bully others can also involve in violent and other severe behaviors into adulthood. Kids who bully are more likely to experience:

- Use of alcohol and other drugs at very short age
- Get into unnecessary fights.
- Involve in early sexual activity
- Be abusive toward their families and friends



SUICIDE RATE INCREASES

Cyberbullying increases the risk factor of suicide. Kids who are continuously feeling intimidated by peers often start to feel hopeless and feel like the only way to escape is through suicide.



FOR PARENTS

If your child is being cyberbullied, do not neglect their feelings. Amke sure to communicate daily, take right steps to help end the stress and keep close watch on changes in their mood and behavior.



6 Dangerous Apps

Facts for Parents



Omegle

Anonymous Chat Room
where strangers meet and
often ask for and share
personal information.



Kik Messenger

Often used instead of texting
Easy to connect with
strangers
Features videos, bots &
sketch



House Party

Video Focused
Live video & Texts
Possible inappropriate content
Pictures & screenshots being
shared around



Yolo

An add on to Snapchat used
to ask for anonymous
feedback
Keeps a record of the
questions and answers



Whisper

Social App where users post
'whatever is on their mind'
along with images.
Contains a high level of sexual
images and language



Calculator Apps

The app that is designed to
look like an innocent
calculator, secretly stores
images and videos that can
only be accessed with a code.

PARENT/GUARDIAN TIPS FOR SOCIAL MEDIA SAFETY

Minimum age requirement: 13 years old

INSTAGRAM

Instagram is a free photo and video sharing app. People can upload photos or videos and share them with their followers or with a select group of friends.



Tip #1: Enable 'private' mode: Instagram's private account mode locks the account so only people your child approves as followers can follow them.

Tip #2: Think about location-sharing:
In most cases, your child should avoid posting their exact location when they upload a photo or video. Advise them not to add locations to their posts or use hashtags that reveal their location.

Minimum age requirement: 13 years old

TWITTER

Twitter is a service for individuals to communicate and stay connected through the exchange of quick, frequent messages. People post Tweets, which may contain photos, videos, links, and text.



Tip #1: Enable 'protect my tweets':

Twitter has a built-in search engine that allows the user to comb the network for tweets. Anything your child posts can pop up in one of these searches. By enabling the "Protect My Tweets" option, users can make sure these posts stay off-limits to search queries and are only seen by approved users.

Tip #2: Tweet wisely:

A seemingly harmless tweet can inflict a lot of damage when it insults someone or puts someone in danger. This is often the case even when the message is later deleted. Parents can help their children understand the power of their words and the importance of thinking before tweeting.

Minimum age requirement: 13 years old

TIKTOK

TikTok is a video-sharing app. Users can shoot, edit, and share 15 or 60-second videos jazzed up with filters, music, animation, special effects, and more.



Tip #1: Turn on 'family safety mode':
Its features includes screen-time management controls, limits on direct messages and a restricted mode that limits the appearance of inappropriate content.

Tip #2: Monitor your child:
Users do not have to create a TikTok account to see content that is posted. If your child has the app, don't forget to monitor what they are watching.

Minimum age requirement: 13 years old

SNAPCHAT

Snapchat is a popular messaging app that lets users exchange pictures and videos (called snaps) that are meant to disappear after they're viewed (screenshots are still possible).



Tip #1: Limit who can contact your child: Go to the Settings menu and look for Who Can - Contact Me and select My Friends. This means only people your child has added can send them a snap.

Tip #2: Turn off location services:
Your child can share their location with friends. Keeping location services on could allow your child to connect with total strangers who happen to be in the vicinity.

**Be
Internet
Brave** 

When in Doubt, Talk it Out

Speak to trusted adults about anything suspicious,
inappropriate or that makes one feel uncomfortable online.



**Be
Internet
Awesome.**
Google



NOW ON DIGITAL & BLU-RAY™

Learn how to **Be Internet Awesome** at g.co/BeInternetAwesome

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**Be
Internet
Kind** 

It's Cool to Be Kind

Use of the Internet to spread positivity and kindness and block mean-spirited or inappropriate behavior online.



**Be
Internet
Awesome.**
Google

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