

June 2008

Keeping Kids Safe Online

Internet Safety Tips for Parents



The Internet is here to stay, and predators have learned to use it to find and target child victims. Children also can be exposed, even unintentionally, to explicit pornography, violent images or gore, malicious content and more. "Cyberbullying" is on the rise. But there is a lot parents and families can do, to keep kids safe online.

To get you started, we offer the following article from the Hillsboro School District website. Also check out other sites for lots of good information (such as NetSmartz, SafeKids.com, SafeTeens.com, CyberSmart, WiredKids, the National Crime Prevention Council, the FBI, and many more), then work with your children to develop an Internet Safety Plan that works for your family.

And check out page 3 for news about a new tool Juliette's House is developing with Stuart Miller of Miller Technologies to help parents learn how to keep their kids safe on the Internet.



Child Abuse Assessment Center

A community response to the need for compassionate assessment, treatment and support of abused children and their families



NATIONAL
CHILDREN'S
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Internet Safety

How can I protect my child from the Internet?

As a caregiver, you probably think your children are safe when they are with you. But have you thought about protecting them from the dangers of the Internet?

The Internet can be a wonderful tool. Every year more and more children of all ages go online for different reasons; to study, do homework, research (surf the 'net), email, chat with friends through instant messenger or meet strangers in chat rooms, play games, or create websites and blogs (online journals). Some even use Webcams to see each other in live time. But the Internet is also filled with inappropriate websites that can lead to risky behaviors and dangerous consequences for kids who spend so much time in front of a computer. And just as the numbers of kids online have grown with time, so have the dangers they face:

- In the past five years there has been over a 2000% increase of pedophiles on the Internet.
- 87% of U.S. teens age 12-17 (21 million) are online every day.
- 60% of teens have received online communications from strangers.
- 30% of girls say they have been sexually harassed online – but only 7% told their parents about it. Why? They were worried that online access would be taken away. (source: <http://www.webwisekids.org>)

What are some possible online dangers?

Right in your own home, your kids may come across things like tobacco, alcohol, or drug ads, graphic violence, explicit language and lyrics, information on satanic or cult groups, recipes for making bombs, pornography, sexual predators, child exploitation, cyberbullying, and become involved in other criminal activity such as sending viruses, hacking, gambling, the illegal purchase or distribution of narcotics and weapons, fraud, and the illegal copying of software or other copyrighted material.

These risks might sound overwhelming. Attempting to stay abreast is not easy for parents. The good news is that you can avoid these dangers by reading the following tips and exploring internet safety websites...

Paul Barber
1924 — 2007

Mike Brott
1937 — 2007

Safe Kids Fair

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Please direct questions, comments, suggestions, to:

Juliette's House Child Abuse Assessment Center
1075 SW Cedarwood Avenue, McMinnville, OR 97128
Phone: 503-435-1550 / Fax: 503-435-1435
Email: julietteshouse@julietteshouse.com
Website: www.julietteshouse.com

Help Us Keep Our Records Up To Date.
Let Us Know If:

- Your Name Or Address Has Changed •
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Many, Many Thanks To All Who
Volunteered to Help at This Year's
Safe Kids Fair on April 5, 2008.



Photos by Yan Ardianto



Safe Kids Program Facilitators Needed

If you want to work with children and help prevent child abuse, consider becoming a facilitator for the Juliette's House Safe Kids Program. Contact Pam Canaday at 503-435-1550 ext. 111 / safekids@julietteshouse.com for more information.

Formerly Known As
"Harvest Ball"

"Celebrate The Children"

Juliette's House 14th Annual Auction

October 18, 2008

Saturday Evening 6:00 PM

McMinnville Grand Ballroom

325 NE Third Street McMinnville, OR 97128

Catered by Fresh Palate Café

New
Location!

New
Name!

Save
The Date!

Dinner, Local Wines, Golden Valley Beers, Music & More
Tickets \$75 each / Table Reservations Available

For Information, Tickets and Table Reservations,

To Make a Donation, Become a Sponsor, Or Donate Items for Auction

Contact Francine at Juliette's House 503-435-1550 / francine@julietteshouse.com

Thank You for Supporting Juliette's House

GRANTS

INTERNET SAFETY

Juliette's House has received grants from **First Federal Savings & Loan** and the **Beverly A. Treneman Fund of The Oregon Community Foundation** for a new project it will undertake with Stuart Miller of Miller Technologies to produce an audio/visual DVD for parents explaining various web-based services and technologies which their children are using and which predators rely on to find and target their victims -- Internet sites and uses which parents may not know about and which child predators take advantage of to find and lure children into dangerous situations. These DVDs will be distributed by Juliette's House to parents, service clubs, church groups and other concerned adults in the community to help them learn how to protect their kids and monitor their children's' online communications.

Juliette's House is excited about partnering with Miller Technologies on this new project and producing another valuable abuse prevention tool for Yamhill County.



Juliette's House has received a \$66,000 general support grant from the **Juliette D. and Paul A. Barber Fund of The Oregon Community Foundation**. OCF's generous support keeps Paul and Juliette's legacy and memory alive, and will help Juliette's House continue to provide its assessment, treatment and support services to abused and neglected children and their families throughout Yamhill County.

What can I do?

You are the greatest tool at your child's disposal for staying safe online. Become aware of what your kids are up to in Cyberspace! Here are some safety tips:

- Keep the computer in the family room or another open area of your home to make it easier to monitor your child's online behavior and keep track of your child's favorite forms of Internet communication. Ask your children to show you what sites they go to.
- Internet accounts should be in the parent's name. Parents should create the primary names and passwords, and use filtering software that can block inappropriate messages and websites as well as track online activity.
- Limit amount of time children spend online. Set clear, reasonable limits for online use. Post them by the computer and stick to them!
- Realize that there are other places your child can access the Internet when you are not around, such as a friend's house, school, or the library-thus the importance of increasing their awareness.
- Learn about and teach kids to recognize dangers on the Internet.
- Kids may be chatting under your nose, in secret code! Kids often use shared codes or acronyms to alert others in their Internet chat rooms that you've walked into the room? "POS" is a common warning meaning "Parent Over Shoulder." See the [NetLingo Top 20 Internet Acronyms Every Parent Needs to Know](#) to catch up on these codes and how they're used.
- Make sure your children understand how important it is to keep their personal information private. Review with them what personal information is (name, age, address, phone number, name of school, photographs).
- Help kids understand that people they first "meet" on the Internet should never be considered their friend. Children and teens should never set up a meeting with a cyber friend no matter what they tell you online.
- Be open and willing to communicate with your children about their online behavior and safety. When your children have questions or concerns about something that they find on the Internet, listen and help to find an answer.
- Don't rush to judge; one of the main reasons that children do not report the inappropriate content they find online, is fear of being punished. Let them know that it is not their fault if they come across an inappropriate site. A lot of kids don't tell parents because that's a double penalty; parents will take away the phone or computer privileges.
- Teach how important it is to report victimization to a trusted adult.
- If your children show you a site containing any illegal behavior, contact your Internet Service Provider and the Cyber-Tipline (www.cybertipline.com). [or local law enforcement]



Don't forget about your child's cell phone. Kids can use it to access the Internet, send instant messages, post photos to the Web, and more. Most anything a child can do from a computer can now be done with a cell phone, too.



From time to time, search for your children's names online to see what sort of information you find about them. If you can find it, predators and cyberbullies can find it, too.

Make sure your children know that you don't monitor their online activities because you don't trust them, but because you love them and want them to be safe.



Wish List



- ✓ Hand Truck
- ✓ Hand Soap Dispenser Refills, Gallon Size
- ✓ White Multipurpose 2" x 4" labels for the Safe Kids Program
- ✓ 3" Three-Ring Binders (used in good condition is fine)
- ✓ Grocery Store Gift Cards for our Summer Group Therapy & Mentoring Sessions
- ✓ Videotape or DVD Movies / Handheld Video Games for Older Kids and Teens
- ✓ Toilet Paper and Other Household Paper Products
- ✓ Postage Stamps / Reams of 20 lb paper (white or pastels)
- ✓ Someone to Translate Documents into Spanish

Arnold Shapiro Productions has offered Juliette's House the very low price of \$19.95 each for Emmy Award Winning DVDs on a variety of abuse-related topics that we would love to have for our group therapy sessions, staff training, and community presentations. You can help us add these valuable tools to our library by earmarking your \$19.95 donation for "Shapiro DVD." Thanks.

**Many Thanks, Contributors. Your generosity truly makes a difference for abused children.
February 26, 2008—May 23, 2008**

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Memorials and Honoraria

Patsy Buswell in Memory of Mavis Anderson
Jane Howerton in Memory of Juel Fadness
Oregon School Employees Association
in Honor of the McMinnville School Board
West Valley Gleaners
in Memory of Mavis Anderson

Commemorative Bricks

Norma Brott in Honor of Daren Brott
Norma Brott in Honor of Kevin Brott
Norma Brott in Honor of Leslie Brott
Norma Brott in Honor of Susan Brott
Norma Brott in Honor of Robyn Moore
Norma Brott in Honor of Catherine Rooth
Norma Brott in Honor of Michael Verbitsky
Pam Canaday in Honor of Francine Fiore
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Hands & Words Are Not For Hurting
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Deborah Weiner in Memory of
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Special Gifts, Goods and Services

Girl Scouts
Dorothy Grossnicklaus
PEO Chapter L
Betty Sherman
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Nathan Waldal
Webeloes Pack 270

Grants

First Federal Savings & Loan — \$3,650
Beverly A. Treneman Fund of
The Oregon Community Foundation—\$3,250
Juliette D. and Paul A. Barber Fund of
The Oregon Community Foundation—\$66,000

On-Going and In-Kind Services

Cascadia Landscaping — Travis Easterday
Miller Technologies— Stuart & Shannon Miller



Our Dedicated Volunteers

Dan Bernards, Lighting Maintenance
Roger Hall, Landscape Maintenance
Jo Jarvis, Housekeeping
Carole Joa, Laundry
Larry Kurtz, Transcription
Nancy Larsen, Transcription
McMinnville Covenant Church— Mailings
Ray Steece, General Maintenance

Family Support Team Interns 2007-2008

Anna Breckenridge — Linfield College
Jennifer Mendez— Chemeketa Comm College
Sarah Wendt— Linfield College
Andrea Zenn—Linfield College

Thank you, **Nathan Waldal**, for your special 6th birthday gift to Juliette's House - lots of stuffed animals for us to give to the children we serve.



Thank you, **Grandhaven Elementary School Kindergarten, First and Second Grade Students**, for the 26,671 pennies you collected in this year's annual Penny Drive for Juliette's House.



Thanks, **Girl Scouts and Webeloes**, for helping the children who come through Juliette's House. We applaud your kindness and generosity to other children.

Our thanks to all the **First Federal Customers** who chose Juliette's House to receive funding through First Federal's Customer Ballot Program.

VOLUNTEER APPRECIATION NIGHT

On April 15, 2008 our staff, board and volunteers got together for a dinner celebration to honor our wonderful volunteers. Our volunteers do so much for us, and we chose several to receive special recognition this year:

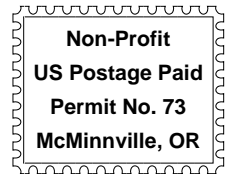
Don Benton, Counselor at Memorial Elementary School (shown here receiving his award), received the **Michael Brott Memorial Educator of the Year Award** for his many years of dedication to children. We also honored three outstanding Volunteers of the Year: **Nancy Larsen** (seated, far left), **Phil Campbell and Ernie Drew** (shown assembling the toy train they donated to Juliette's House last Christmas). Nancy has helped with our medical transcription for several years (and brings us See's Candy on holidays...), and Ernie and Phil come out and help with our Safe Kids Fair every year and are always willing to help in any way they can.

All of our volunteers honor us with their service and give so much of themselves. Our annual Volunteer Appreciation is one small way for us to say thank you to each and all of them.





Juliette's House
Child Abuse Assessment Center
1075 SW Cedarwood Avenue
McMinnville, Oregon 97128



RETURN SERVICES REQUESTED

June 2008 — *In This Issue...*

"Celebrate The Children" 14th Annual Auction Fundraiser October 18, 2008
Keeping Kids Safe Online — Internet Safety Tips for Parents

*My heart has been broken!
My heart is special in every way.
When you break my heart
there is nothing I can do.
When you hurt me all I can do is cry.
All day long.
Every step I take,
Every move I make,
You always break my heart.*

Poem submitted by a child victim
New Haven, CT