

Extension Notes Technology Threats: Cyberbullying and Sexting

Children in America have access to all types of electronic devices used to communicate with classmates, family, and friends. Today three out of four teens have a cell phone. It is estimated that teens send or receive an average of 3,000 text messages per month. Although very useful, these communication devices are making headlines for generating a new type of bullying, "cyberbullying," among young people. Cyberbullying is a "willingness to repeatedly inflict harm through the medium of electronic methods."

Being cyberbullied is more than receiving mean text messages. Teens can be cyberbullied from individuals pretending to be another person online to trick them, have lies and rumors spread about them, tricked into revealing personal information. They can even have photos posted of them without their consent.

The increased use of cell phones coupled with the ability to send pictures and videos through text has also created another growing problem identified as "sexting." Sexting is sending or receiving of sexually explicit or sexually suggestive images or video via a cell phone. Sexting involves teens or adults sending sexual explicit photos, videos, or messages of themselves or another person to others. Once a person hits "send," the recipient gains control on who else sees the message/images. Even if individuals delete texts from their phone or computer, the message/images are still in cyberspace for others to find. Sexting can lead to embarrassment, imprisonment, and having prospective colleges and jobs find these messages/images in cyberspace.

With these two growing phenomenon comes a need for parents to take time to educate themselves and their children in order protect their family and community from the dangers of cyberbullying and sexting. Preventing cyberbullying and sexting is all about internet and cell phone safety.

Talk to your child about the hazards of posting phone numbers, birth dates, and other personal data. Talk about what is acceptable use of the internet and phone.

Set clear rules and consequences when these rules are broken. Talk to your child about the consequences of sending sexual images or messages. They are breaking the law. Limit the amount of time your child spends on the phone or computer.

Discuss parental expectations for respecting others through electronic communication. Keep computers in a high traffic areas or family rooms. Help your child create a screen name that does not identify his/her name or your address.

Find out where and where your child will have internet access. Check your child's internet history log regularly. Talk to your child about never agreeing to meet face to face with someone they meet online. Let your child know they can talk to you about cyberbullying, and ask your child's school for an anti-cyberbullying policy.

In case you find yourself in the situation of dealing with cyberbullying, come up with a safety plan. Stop the cycle, revenge is not the answer. Report cyberbullying to Internet Service Providers (ISP) and website moderators.

If law enforcement becomes involved, contact your phone company for text history.

Help your child keep a record of bullying incidents. Speak with school officials and call law enforcement right away if the bully is an adult.

By Janine B. Rywak, County Extension Director

How to Help a Child Overcome Fears

Children may show a variety of fears, but most of them are "visual," things they can see or not see, such as the "bogeyman," something unknown in the closet, or fear of the dark.

Here are some things that should not be done to handle these fears:

- Don't criticize or make fun of the child. Fears are a normal part of growing up.
- Don't shame, force, or pressure a child to confront the

feared thing until she is ready.

- Don't place the blame for the fear - either on yourself or the child.
- Don't feel it is bad or unnatural for children to have fears. And, here are some do's:
 - Do respect their fears. Talk to them quietly and use words that are calming and positive... "Let's see if I can help you feel better."
 - Examine the fear and try to avoid exposure for a while.
 - Do assist them to gradually become accustomed to the feared situation.
 - Do realize that the child will outgrow the fears.



Richard A. Burris Painting

Talking to Richard the other day and he told me of his "early working days" delivering the Charlotte News for Claude Porter in 1943. Sometime later he delivered the Charlotte Times for George Wright (the newspapers were only 5c). These were school days, and those "nickels" came in handy!!

Richard's uncle, Layton Prsel, did carpentry work on helping him was where Richard got interested in painting. In later years he continued on with friend Addison Moore, Sr. until about 1971, when he decided to go out on his own. This he did, despite health problems, for over 30 years - painting, some carpentry, floor finishing and selling Glidden paints.

Pictured above is a van that I lettered on May 12, 1981 - on both sides, front and rear!

Senior Citizens Christmas Luncheon to be Held on Thursday, December 6

The Annual Senior Citizen Christmas Luncheon will be held on Thursday, December 6th, beginning at 11 a.m. in the Ingram Room at the Lockhart-Taylor Center. Persons 60 years or older are invited to attend.

If you are interested in attending please call Grace Senior Center to register at 704-694-6616.

Rose Post Creative Nonfiction Competition Open for Submissions

The North Carolina Writers' Network is now accepting submissions for its annual Rose Post Creative Nonfiction Competition, administered by the creative writing program at the University of North Carolina Wilmington. And for the first time ever, this contest is accepting electronic submissions.

The final judge is award-winning author, arts journalist, and creative writing instructor Shawna Kenney. Her memoir *I Was a Teenage Dominatrix (Last Gasp)* enjoys international translation and is in development as a television series with the FX network. She also co-authored *Imposters* (Mark Batty Publisher), a coffee-table book about celebrity impersonators. Her work has appeared in *Creative Nonfiction*, *Bust*, *Juxtapoz*, *Veg News*, *AP*, *Ms.*, *Mix Mag*, *Transworld Skateboarding*, the *Baltimore Sun* and the *Florida Review*, among others.

Kenney's personal essays appear in numerous anthologies. She received a BA in Communications from American University and an MFA in Creative Writing from the University of North Carolina Wilmington. She teaches creative writing in private workshops and for the UCLA Extension Writers' Program.


The Rose Post Creative Nonfiction Competition encourages the creation of lasting nonfiction work that is outside the realm of conventional journalism and has relevance to North Carolinians. Subjects may include traditional categories such as reviews, travel articles, profiles or interviews, place/history pieces, or culture criticism. The first-, second-, and third-place winners will receive \$300, \$200, and \$100 respectively. The winning entry will be considered for publication by *Southern Cultures* magazine.

Poet, novelist, and former Davidson College professor Anthony S. Abbott won top honors in the 2012 Rose Post Creative Nonfiction Competition for his essay "The White Dress."

The 2013 guidelines are as follows: Eligibility and Guidelines - Postmark Deadline: January 17, 2013

- The competition is open to any writer who is a legal resident of North Carolina or a member of the North Carolina Writers' Network.
- The postmark deadline is January 17, 2013.
- The entry fee is \$10 for NCCWN members, \$12 for nonmembers.
- Entries can be submitted in one of two ways: 1) Send two printed copies through the U.S. Postal Service (see guidelines and address below), along with a check for the appropriate fee, made payable to the North Carolina Writers' Network. 2) Submit an electronic copy online at <http://ncwriters.submittable.com>, and pay by VISA or MasterCard.
- Each entry must be an original and previously unpublished manuscript of no more than 2,000 words, typed in a 12-point standard font (i.e., Times New Roman) and double-spaced.
- Author's name should not appear on manuscript. Instead, include a separate cover sheet with name, address, phone number, e-mail address, word count, and manuscript title. If submitting electronically, page 1 should be your cover sheet.
- An entry fee must accompany the manuscript. Multiple submissions are accepted, one manuscript per entry fee: \$10 for NCCWN members, \$12 for nonmembers.
- You may pay the member entry fee if you join the NCCWN with your submission. Checks should be made payable to the North Carolina Writers' Network.
- Entries will not be returned. Winners will be announced in March.
- Send submission to: North Carolina Writers' Network, Attn: Rose Post, PO Box 21591, Winston-Salem, NC 27120.

**1st Annual
Polkton Police Department
and
Town of Polkton
Holiday Art
Contest**



DRAW YOUR FAVORITE HOLIDAY SCENE
CONTEST RULES/ENTRY FORM

**PRIZES INCLUDE A RAZOR POCKET
MOD ELECTRIC SCOOTER WITH HELMET
& OTHER AGE-APPROPRIATE PRIZES**

***ONLY** children/youth ages 5-15 who reside in the Polkton city limits may enter the contest.

*Artwork and entry forms are due to the Polkton Town Hall (35 W. Polk St.) **no later than 5pm on Friday, December 14, 2012.** Winners will be chosen and notified the following week.

*Prizes will be awarded for each of the following age groups: Ages 5-7, 8-12, and 13-15.

*Artwork should be on letter-size, white paper. Contestants may use markers, crayons, paint, colored pencils, etc. for their artwork. The contestant's name should be written on the back of the artwork in pencil ONLY.

*Failure to comply with stated contest rules will result in elimination from the contest.

*ALL artwork received will be displayed in Polkton Town Hall until after the New Year.

*Questions? Contact Chief Matt Norris or Ashlie Jones at 704-272-7463.

Circle your age category:

Age 5-7 Age 8-12 Age 13-15

Contestant's Name: _____ Date of Birth: _____

Address: _____

Parent/Guardian Name: _____

Phone Number: _____ *We will contact you at this number if your child is the winner.

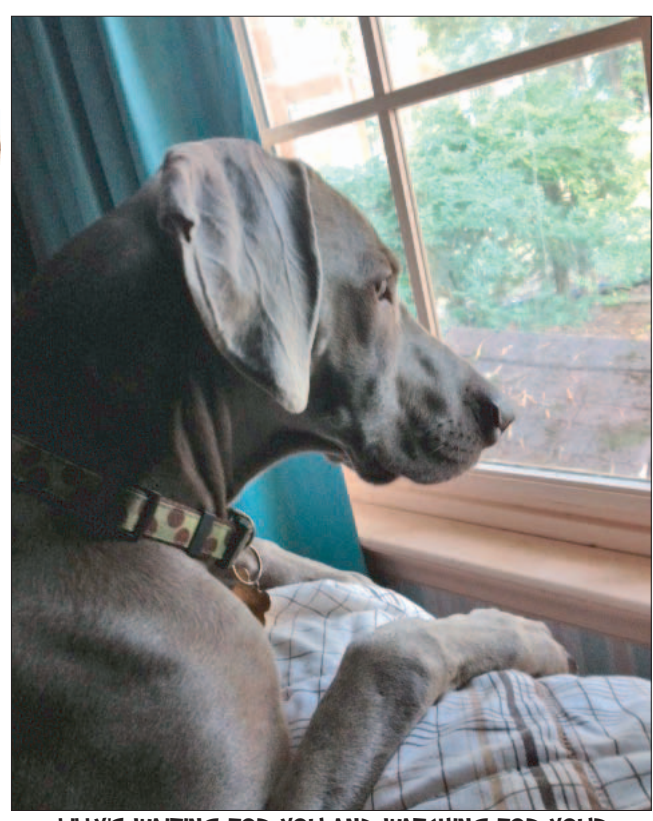
Who-Bulation in Cheraw Saturday

Who-ville meets Cheraw-ville

The Cheraw Arts Commission's Children's Playhouse Theatre presents annual "WHO-BULATION!" on Saturday, December 1. "Who-ville in Cheraw-ville" will begin 11 a.m. at the Theatre on the Green in Cheraw. Attendees will enjoy a cartoon movie featuring that "Famous Green Guy" who gets into trouble during Christmas, better known as the Grinch.

Everyone is encouraged to dress as a Who-ville character or wear PJ's! Movie attendees will enjoy cocoa and cookie at River's Edge Restaurant following the half-hour movie. Tickets are \$5 per person and include refreshments. Advance tickets are recommended and can be purchased at the Cheraw Community Center.

For additional information, contact the Cheraw Arts Commission at 843-537-8420, ext 12. The Cheraw Arts Commission is supported by the United Way of Chesterfield County and the SC Arts Commission which receives funding from the National Endowment for the Arts.



Did you know??

Funds are available for our 2013 Free Spay/Neuter Clinics

Offered to low income individuals and senior citizens of Anson County

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(Through Peachland United Methodist Church)

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• Hand Tools	• Work Gloves
• Power Tools	• Rope, chain, cable
• Smoke Alarms	• Electrical Items
• Paint & Paint Supplies	• Plumbing Items
	• Pool Chemicals
	• Home Items
	• We cut glass

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