



Resources for Children's Good Health

Formerly PICture This

Bright Futures: Family Matters

Teasing and Bullying

While everyone expects to be teased once in a while, bullying has become a problem that children of all ages may be subject to in school, at home or in the community. Only recently has this issue been recognized and taken seriously by parents and other adults. Children who experience bullying are more likely to have feelings of depression, anxiety, are more likely to engage in violent activities and have suicidal thoughts or tendencies. In 2001 the National Institute of Child Health and Human Development conducted a survey that found "16% of United States school children are bullied during the school term. Ten percent reported being bullied but not bullying others, and six percent admitted bullying and being bullied." (Pappano, L "No quick fix where bullies sit" 2003)



What is bullying???

- Repeated negative or hurtful behavior- emotional, physical or verbal. Typically there is unequal power- the child bullying has more power than the child being bullied.

Suggestions for your children if they're being bullied...

1. Stay in a safe place
2. Stick with groups
3. Be confident (or act confident)
4. Ask me, a teacher or someone else you trust for help when you need it.

What can you do to prevent bullying?

1. Talk openly with your child about bullying behavior they've seen or experienced and encourage them to tell you or others about it.
2. Take bullying seriously
3. Get involved with your child's school or start an anti bullying program

This information was adapted from the Stop Bullying Now Organization: www.stopbullyingnow.net

Band- aids and Blackboards

is a resource for children and adolescents with special needs to share personal experiences. In addition to helpful information, resources and suggestions about living with special needs, this site features a section dedicated to teasing and how to deal with bullies. There are also several helpful links to other sites about teasing and bullying. This is a very family friendly site with great information for children with special needs! Go to:

www.faculty.fairfield.edu/fleitas/contents.html

Resource for Children, Adolescents and Adults

If your child is being bullied or has been bullied in the past there is an international web site for children to share feelings and emotions. There are separate sections for children, adolescents and adults and there are varied ways to submit materials to help express feelings and frustrations and get support from others (i.e. drawings, music, poems, stories, and multimedia). Go to: www.bullying.org

Family Voices is a national grassroots network of families and friends speaking on behalf of children with special health needs. Our children are also part of the wider world of children. With a Partners in Information and Communication (PIC) Cooperative Agreement from the MCH Bureau - DHHS, Family Voices works to encourage partnerships between families and professionals for children's good health. *Bright Futures: Family Matters* is a digest of articles and news clips to share with families, family organizations, and our professional partners to offer a flavor of activities in the maternal and child health community. We hope to encourage flourishing partnerships!

Check out our Family Voices web sites at: www.brightfuturesforfamilies.org and www.familyvoices.org



everychild.one voice.®

Partners...

National PTA is a non-profit organization that aims to support and advocate for children in the community. The PTA is a valuable resource for parents and professionals seeking information about how to help children. The web site provides information about how parents can get involved in their child's education and life. The PTA covers topics such as after school programs, home work, how to help children succeed and many more. The PTA also has a wealth of information available in Spanish. Contact: 330 N. Wabash Avenue Suite 2100, Chicago, IL 60611
Phone: 312-670-6782 Toll-Free: 800-307-4PTA (4782)
Fax: 312-670-6783
Email: info@pta.org Web site: www.pta.org



What's new in research?

A recent report from Invest in Kids (a national anti-crime organization) indicates that half of all bullying can be prevented by placing anti-aggression programs in schools. Anti-aggression programs have cut the number of children experiencing depression, violent crimes and death in half. Law enforcers are encouraging policy makers to place programs in every school across the U.S. For the full report go to: www.fightcrime.org/reports/BullyingReport.pdf
Fox, Allen et al. Bullying Prevention is Crime Prevention. Washington DC: Fight Crime: Invest in Kids, 2003



Tidbits for the Month

• AAP Launches New Bright Futures Web Site!

The American Academy of Pediatrics has a beautiful new Bright Futures web site with materials for health care professionals, families and public health professionals. The site also allows you to check on the Bright Futures activities taking place in your area! For up to date information, resources, activities and much more go to: <http://brightfutures.aap.org/web/>

• November 22nd is National Adoption Day!

Every year states focus on adoption for one day in November and it has proven to be extremely successful! Courts, lawyers, adoption agencies, foster care professionals, advocates and volunteers get together on this day to finalize as many adoptions as possible. If you'd like to get involved with your state's National Adoption Day or find out more information go to: www.nationaladoptionday.org



Highlights for the next
Bright Futures: Family Matters

Partnering for Children!

Share your news with others!

We're always looking for news and activities about family organization and programs to post. Share exciting events and activities about your organization that will be interesting to others. Email Lindsey Pope at lpope@fcsn.org or fax at (617) 572-2094 with your tidbits. To subscribe to the newsletter, email or call Lindsey at (617) 236-7210 •

Editor: Lindsey Pope



Family Resource Corner

• The National Campaign to prevent teen pregnancy has just released a new resource for parents! Parent Power: What Parents

Need to Know and Do to Prevent Teen Pregnancy, provides parents with tips and information about how to talk to their children and encourage them to make good and safe decisions about sexual activity. Available in English and Spanish! Go to:

www.teenpregnancy.org/resources/reading/tips/default.asp

• The Literacy Resource Guide for Families and Educators is now available!! This guide lists a wealth of research-based literacy resources from the US Department of Education. To order a copy call the Federation for Children with Special Needs at 617-236-7210.

• The National Highway Traffic Safety Administration has created a Brochure in Spanish about the importance of car seatbelts to ensure the safety of children. The brochure explains the correct way to put on a seat belt and gives information for children about how to be safe while they are passengers. Go to:

www.nhtsa.gov/CPS/ChildSS/SaveYourBaby/index.html