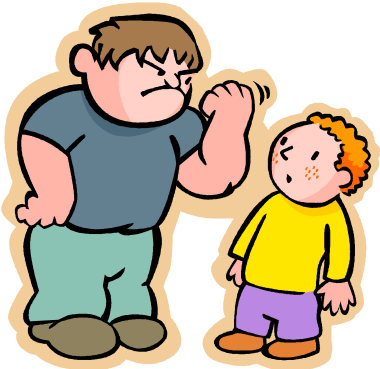


What are the warning signs if your child is bullying others?

- Acts violently towards others, either verbally or physically
- Gets sent to the Principal's Office frequently or receives detention for misbehavior
- Has extra money or belongings that cannot be explained
- Does not take responsibility for their actions
- Has friends who are bullies
- Has difficulty feeling empathy or compassion for others
- Blames others for their actions or behaviors



What can parents do about bullying?

If you suspect your child is a victim of bullying be aware of the sign and symptoms of bullying. Inquire about their day at school. Ask who they eat with at lunch time or play with at recess. Inquire if there are any bullies at school. Be a good listener and let them know it is not their fault. **Don't** encourage them to ignore the bully or fight back, that may increase their risk of victimization. **Do** meet with your child's school teacher and advocate for your child. Look for ways to avoid opportunities for the bullying to occur. Children have the right to feel safe wherever they are.

Diocese of Fresno

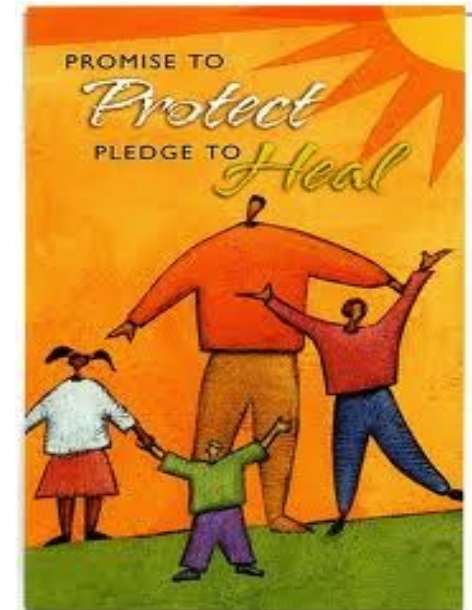
Safe Environment Office
Victim Assistance Coordinator
1550 N. Fresno
TEL/FAX: (559) 515-6677
E-Mail Address:
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Help stop bullying. Report It!
REPORT IT!

BULLYING

IDENTIFICATION, PREVENTION AND INTERVENTION



To create a safe environment for children is of paramount importance for the Church and everyone in the Church is responsible for ensuring that this exists. No one can say, 'It's not my job.'

**Teresa M. Kettlekamp, Former Director
Secretariat of Child and Youth Protection**

What is Bullying? *Bullying refers to repeated aggressive behavior committed by an individual to intentionally cause harm to another; often characterized by behavior in order to gain power over another person.*



Bullying can include: physical violence, threats and intimidation, name calling and belittling, spreading rumors, malicious gossip, public humiliation, or social exclusions (leaving someone out of an activity intentionally).

Shockingly—It is estimated that 15-25% of students are involved in bullying—as either the victim, or the one doing the bullying, or both!

Victims of bullying are: At higher risk of depression and anxiety which may continue well into adulthood. Can have changes in their sleep and food habits, lose interest in activities, have decreased academic performance and are more likely to skip or miss school or even become a dropout! Victims are also more likely to retaliate to bullying.

Those who bully others: have a higher risk of alcohol and drug use; are more likely to engage in violent behavior; engage in early sexual activities; get involved in criminal behavior or have a conviction in early adulthood, and more likely to have abusive behavior tendencies.



Those who witness bullying behavior: have an increased risk of using alcohol, drugs or tobacco; increased risk of having mental health problems, including anxiety and depression. If your child is a witness to bullying, encourage them to report it to their teacher or school principal. Not reporting bullying is to be part of the problem!

What are the warning signs if your child is being bullied?

- Afraid to go to school or be involved in activities with their peers
- Is sad, moody, anxious or depressed when they come home from school or after an activity with their peers
- Expresses feeling of helplessness
- Loses interest in being with friends
- Avoids certain places
- Change in behavior, out of the usual
- Change in school performance for the worse
- Expresses feelings of not being good enough
- Change in eating habits
- Unexplained injuries or hurts themselves
- Change in sleeping habits, nightmares, trouble sleeping
- Comes home from school with clothes or belongings missing or damaged
- Comes home from school very hungry, due to not eating their lunch; a sudden change in friendships or suddenly has less friends

Sexual Abuse: Child may have difficulty walking or sitting; suddenly refuses to participate in gym or some other physical activity; states having nightmares or bed-wetting; has a sudden change in appetite; demonstrates unusual or sophisticated knowledge or behaviors of a sexual nature; may report sexual abuse.

Examples of “red flags” that are indicative of an abuser, or has the potential to abuse:

- Was a victim of childhood abuse
- Breaks or throws things when angry
- Physically violent with others
- When uses alcohol or drugs becomes violent, cruel, or negative
- Verbally abusive
- Blames others for anything that goes wrong
- Controlling of others, possessive or jealous
- Shows paranoid behavior
- Quickly changes moods without a reasonable explanation
- Has unrealistic expectations of others
- Disregards personal boundaries of others
- Is demeaning of others, often puts them down

Emotional Abuse: Child exhibits extremes in behavior such as being overly compliant, passive, or aggressive; has inappropriate adult or infantile-like behavior; delays in emotional or physical development; has attempted suicide; or reports a lack of attachment to the parent.



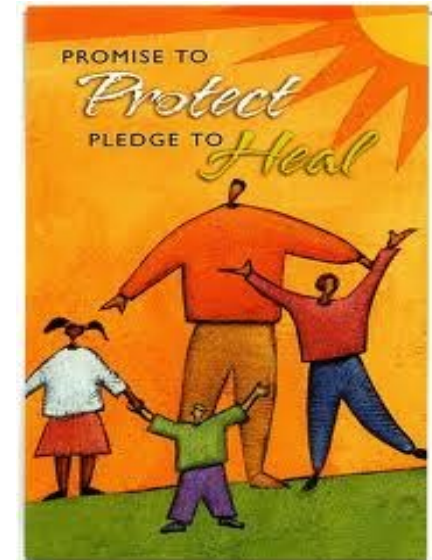
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Please report any suspicion of child abuse, past or present, to law enforcement!



**Do you have questions?
Call Us! We can help!**

Child Abuse Signs and Symptoms



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**Teresa M. Kettelkamp, Former Director
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What is Child Abuse?

The Child Abuse and Treatment Act defines child abuse and neglect as, at a minimum: any recent act or failure to act on the part of a parent, caretaker or any adult which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act, which presents an imminent risk of serious harm to a minor child.

According to the 2009 National Child Abuse and Neglect Data System report, 12 out of 1,000 children were found to be victims of maltreatment. The greatest numbers of children were victims of neglect (78.3%), followed by physical abuse (17.8%), sexual abuse (9.5%), and emotional abuse (7.6%).

Over 61% of these referrals were made by professionals that are required by law to be a mandated reporter; most of the remaining referrals were made by persons like yourself who were concerned for the welfare of a child or youth who may have been victims of abuse. Unfortunately, child abuse is common and often goes unreported.



The Four Kinds of Child abuse are:

Physical Abuse: A non-accidental physical injury, ranging from minor bruises to broken bones or death that is inflicted by a parent, caregiver or other person who has responsibility for the child. It does not include spanking by a parent or legal guardian that is reasonable and age appropriate and does not cause bodily injury to the child.

Neglect: Failure of a parent, guardian or other caregiver to provide for a child's basic needs, such as adequate food, clothing, shelter, medical treatment, supervision, educational needs, inattentive to emotional and psychological needs causing failure to thrive, or allowing a child to use drugs and/or alcohol.

Sexual Abuse: Is any sexual behavior with a child including physical acts such as touching the child's private areas of the body and/or having the child touch the adult or a third party in a sexual manner, intercourse, indecent exposure, production of or viewing of pornography, and any form of sexual exploitation by word or deed.

Emotional Abuse: Seriously affects a child's emotional development or sense of self-worth. This can include constant belittling, criticism, threats, rejection, and name-calling, using derogatory terms to describe the child, isolating the child from normal social encounters with their peers, withholding love and affection, and teaching or encouraging the child to learn inappropriate behaviors or activities.



What factors Contribute to Abuse?



Risk factors for abuse include: parental or caregiver depression or a mental illness that is poorly treated or managed; parental history of childhood abuse; domestic violence in the home; alcohol and/or drug abuse by the parent or caregiver; poverty; parental immaturity and poor parenting skills.

Child abuse can occur outside of the home, however, most often children are abused by someone they know, not a stranger!

Signs to look for in Abuse:

Physical: Unexplained bruises, burns, broken bones or black eyes, fading bruises or marks noticeable after an absence from school, frightened of their parent or caregiver and may not want to go home, shrinks at the approach of an adult, reports injury at hands of the parent or caregiver.

Neglect: Frequently absent from school, begs or steals food or money, lacks medical or dental care when necessary, consistently dirty or has severe body odor, inappropriate clothing for the weather, states that no one is home to care for them.

Online Safety Tips for Parents



1. Keep your child's computer in an open area of the house. It is easier to monitor what your child is viewing.
2. Install filtering software on the computer your child uses or use child-friendly search engines. Many Internet Service Providers offer filtering software.
3. Read a website's privacy policy before giving out any private or personal identifying information.
4. Never give out personal information online to someone you do not know. Explain to your children that people are not always who they say they are. Even small amounts of information like hobbies or a child's favorite hang out provide too much detail to be shared on the Internet.
5. Never meet in person with someone you first met online. Tell your child that no matter how long they have been communicating online, it is virtually impossible to know if a new "friend" is who they say they are.
6. Do not respond to offensive or dangerous E-mails. Encourage your child to follow three simple steps: **Stop, Block, and Tell.** Stop the correspondence immediately; responding can make the situation worse. Block the user from sending additional E-mails. Tell a parent or trusted adult about the situation.
7. Tell your child not to open attachments from unknown sources, or respond to pop-ups on your computer. If something seems too good to be true, it usually is. Many of these attachments or enticements to win a free prize come with the high price of computer viruses or spyware.
8. Visit the Web sites your child visits. Spend some time familiarizing yourself with your

child's online world. Many children know more about the Internet than their parents do. Ask them to show you what they like to do online.

9. Teach your child to be a responsible cyber citizen. Just as being a citizen of your local community carries responsibilities, so does being a citizen of the cyber community. Use good manners, be respectful of others, be safe, and respect the laws. Finally, if you see something online that makes you uncomfortable, report it immediately to a parent, your Internet Service Provider or to law enforcement.

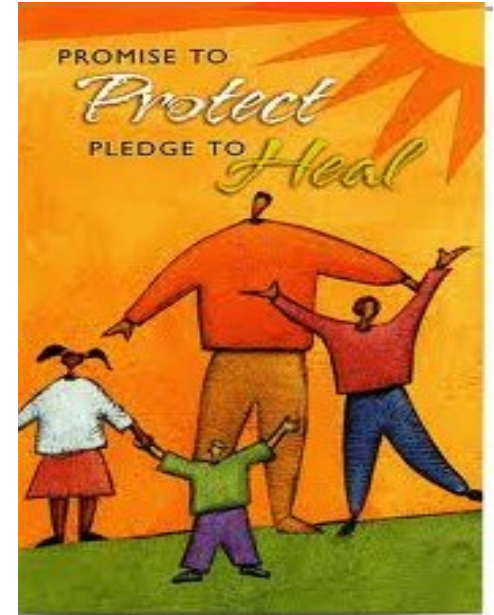
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Report any suspicion of illegal activity involving technology to law enforcement!



Call Us—We Can Help!

Internet Safety, Cyberbullying and Sexting



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**Teresa M. Kettlekamp, Former Director
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Internet Safety

The Internet is a wonderful resource for adults and children alike. It has changed the way we experience and interact with each other and with the world. Used as an instant communication tool, it beats regular mail delivery and when doing research on any subject or topic the internet is a time saver and can beat time spent in a library with limited reference materials. Online shopping saves gas and playing interactive games is lots of fun!



shopping saves gas and playing interactive games is lots of fun!

In spite of the many benefits the Internet offers, it also has numerous hazards that can affect a child's innocence as well as pose dangers to the emotional, spiritual and psychological wellbeing of youth and adult alike.

For example, a child might do an online search for "Lego," and with one missed stroke, the word "legs" is entered instead and the child is directed to several websites that may contain pornographic material. Other risks associated with the internet besides exposure to inappropriate material, has been the means to obtain personal information for identity theft. The internet has been used as a means to prey and /or exploit the innocent and vulnerable, as well as a tool to bully.

Internet Safety Laws

The Children's Online Privacy Protection Act, a federal law passed in 2000 was created to protect children online. This law prevents anyone from obtaining personal information from a child under the age of 13 without a parent knowing about it and agreeing to it first.

Even with this law, a child's best defense is a parent or guardian who monitors the use of computer by a child and educating them about the dangers and risks that are online.

Cyberbullying and Texting

This bullying behavior occurs not face-to-face, but through the use of technology such as computers, cell phones and other electronic devices. Cyberbullying is more likely to occur in the middle school years through high school. 93% of teens from 12-17 years are online at any given time within a 24 hour period.

Cyberbullying can include sending rude, mean or hurtful electronic messages; spreading rumors or lies via social networks, email or by texting. Using social networks to create websites, videos or a social media profile to embarrass, humiliate or make fun of another is bullying behavior.

Bullying online is unique from face-to-face bullying because it can be done 24-7, sent anonymously and sent to a very wide audience and easily shared.

Victims of Cyberbullying are more likely to be unwilling to attend school, have poor grades, lower self-esteem, and have more health problems.



Young people who have been cyberbullied are significantly more likely to use alcohol and drugs, skip school and be victims of bullying in-person.

Sexting

Sexting is sending sexually implicit texts or photographs via cell phones. Sexting can have serious legal implications and consequences based on a variety of state and federal laws. Four different California legislations are currently pending to enact penalties for sexting between minors. Individuals 18 years of age and older convicted with possession of sexting materials or images are in violation of state and federal child pornography and exploitation laws that may be punishable with fines, time in prison and the individual may have to face registering as a sex offender.

Suggestions on how to keep safe:

- Never post or send sexually explicit pictures.
- Mutual respect is the basis of healthy relationships.
- Refuse to send explicit pictures. If threatened to do so talk to a trusted adult.
- Never open or forward an explicit picture received from someone you do not know. Remember an online friend that you have not met or don't know is really a "stranger."
- Use caution when using a webcam. Be aware of what you are doing and wearing when on online.
- If someone sends you explicit pictures repeatedly, talk to a trusted adult. Law enforcement may have to get involved.
- Be a good friend and discourage friends from sexting behavior. Keep each other safe!