



Stan & Fran's Health Hints



February 2008

Cyberbullying



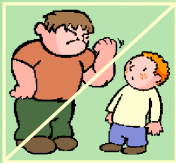
“**Cyberbullying** involves the use of information and communication technologies to support deliberate, repeated, and hostile behaviour by an individual or group, that is intended to harm others.”

BILL BELSEY, CREATOR OF THE AWARD-WINNING WEBSITE www.bullying.org

Ways young people bully others online:

- ⊗ Sending email, instant messages, or text messages containing insults or threats, directly to a person
- ⊗ Building websites that mock, torment/harass others
- ⊗ Spreading hateful comments or embarrassing photos via email, instant messaging, postings on websites, bulletin boards, on-line voting or polling booths, or blogs

Learn more about bullying at:
www.howwasyourday.ca



More about cyberbullying at:
www.cyberbullying.ca and
www.media-awareness.ca/english/index.cfm

What parents can do:

- ☺ Keep the computer in an open, commonly used place.
- ☺ Learn about the Internet and what your kids are doing on-line.
- ☺ Talk to your kids about responsible Internet use.
- ☺ Encourage your children to come to you if they feel uncomfortable or threatened on-line.
- ☺ Teach your children to never post or say anything on the Internet that they would not want the whole world, including you, to read.
- ☺ Be a role model, on and off-line.
- ☺ Create rules or have an agreement for computer and Internet use.
- ☺ Learn what you can do if your children are being bullied on-line.



More veggies, please

To celebrate *Heart Health Month* this February, make this easy guacamole recipe. Avocado forms the base and provides a healthy plant source of monounsaturated fat and many vitamins and minerals. Teamed with veggies and/or whole grain pita triangles, this makes a great after-school snack that will hold kids over until suppertime.



Easy Guacamole

- 1 ripe avocado, mashed
- 15 - 45 ml salsa
- 3 ml ground cumin (optional)
- 5 ml lime juice (optional)

**To be
Heart
Healthy:**

