

EXTENSION NEWS



UNL Extension's Guardianship Training Program Receives National Award

At the National Extension Associate of Family & Consumer Sciences (NEAFCS) annual session held in September, the Nebraska Guardianship Training Program received second place in the nation for Educational Curriculum Package. UNL Extension Educators Dianne Swanson, Maureen Burson and Eileen Krumbach accepted the award. The team also presented an educational seminar about the program at the conference.

In 2003, at the request of Nebraska judges and others, Krumbach began coordinating development of an educational training for Guardians. Several agencies and individuals collaborated in the three-year process. UNL Extension began presenting statewide Guardian trainings in January 2006. Guardianship Training includes a PowerPoint, seven newly developed NebGuides in English and Spanish, day-in-court and participants' packets.

As of September 2007, more than 1,513 participants statewide (339 in Lancaster County) have completed the training. Evaluations indicate a statistically significant change in the knowledge and behavior of the guardians tested.

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers (or grandmothers or other adult females)

Friday, Feb. 22, 5 p.m. to Saturday, Feb. 23, 5 p.m.



Give the greatest gift to your daughter — your time! This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Carol

Joy Holling Center. Fee is \$100 per pair (4 people per room) or \$135 (2 people per room) — each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling.

For more information or a registration form, go to <http://lanaster.unl.edu/familiv/GUF.shtml> or call Extension Educator Maureen Burson at 441-7180.

Talk With Kids About Internet Safety

MySpace, Zanga and Facebook are just a few of the popular Internet social networking sites that have gained tens of millions of users in the past few years. No one can deny social networking sites are the newest craze in communication. But as the number of people using social networking sites has grown, and users are sharing personal information, rare but troubling incidents have increased, too.

For example, kids and teens use the Internet to bully and harass fellow classmates and students. Reputations can be ruined overnight by posting untruths or photos on social networking sites. And worse, registered sex offenders have monitored MySpace Web sites to prey upon minors who have posted personal information about themselves.

Many parents are unaware of the dangers their children face when using online social networks. If the statistics on the right don't concern you, they should.

Adults need to educate themselves so they can discuss the Internet with their children comfortably and confidently. We encourage parents to visit social networking sites and see what their kids are exposed to online. If you aren't computer savvy, then contact the local community college and take a class so you too can be active online. Knowledge is our best defense when it comes to protecting our children.

Source: "The Consumer Advocate," Nebraska Attorney General's Office.

Internet Safety: By the Numbers

The following statistics are from a recent survey of teens who regularly use the Internet. The survey was conducted by Cox Cable in March, 2007.

INTERNET BEHAVIOR

- 71% of teens 13-17 years old have a personal profile online
- 48% of these are public and can be viewed by anyone
- 64% of teens 13-17 have posted photos of themselves
- 58% have posted information about the city in which they live
- 49% have posted the name of the school they attend
- 69% received messages from a stranger
- 31% replied to these messages
- 21% would tell a trusted adult of fears about the contact

INTERNET PERCEPTIONS

- 58% of teens feel the Internet is a safe place to share personal information
- 47% of 13-17 year olds are not concerned about someone using information they've posted online

INTERNET KNOWLEDGE

- 25% of teens reported their parents or guardians knew little or nothing about what they do on the Internet
- 39% said their parents or guardians had not discussed Internet safety with them
- 41% said their parents or guardians had talked to them "a lot" about Internet safety
 - These teens reported a greater concern about online safety
 - Shared less information/pictures via the Internet
 - Reported a lower number of incidents in which they talked to, or met with, people they only knew from online activity.

For More Information about Internet Safety for the Whole Family

The Nebraska Attorney General's Web site www.safekids.ne.gov is designed as a guide for discussions between parents and teachers and children.

To Report Internet-Related Crimes in Lincoln

The Technology Investigation Unit with the Lincoln Police Department is responsible for investigation of crimes related to the Internet. Examples would include stalking through the Internet, e-mail threats, auction frauds and child pornography. To report a crime or to receive additional information go to www.lincoln.ne.gov/city/police or call 441-6000.

Internet Survival Guide for Parents

As today's teens are growing up, they view the Internet as a place to "hang out" just as real world places are. Using the Internet to connect to friends they know in person and to make new friends is just a natural step.

Tips for Parents

- Learn what your teen is doing on the Internet. One way is to ask your teen to help you with doing something on the Web.
- Help teens know what is appropriate to put on the Web. They have the Web knowledge but you have life experience.
- Be clear about what is not safe to post on the Web: full name, address, specific places they go, phone numbers, ethnic background and anything else that would help someone identify or locate them.
- Stress that the rules of social networking sites must be followed. There are age limits on most sites.
- Establish some limits on how



It's Not All Bad

Much of what is in the news recently about social networking Web sites has been negative. There are very serious privacy and safety issues. But, there are many positive things about these Web sites when used appropriately.

Creating of a personal Web page can be a very creative outlet for a teen. Frequent entries into an online blog can give teens practice in writing and expressing their thoughts and opinions. Teens are learning how to manipulate and use large amounts of information to a higher degree than previous generations. Teens are also learning skills needed to build a Web site and use other technologies.

Excerpted from: Colleen Gengler, Family Relations Educator, University of Minnesota Extension Service, "Teens and the Internet - Teen Talk: A Survival Guide for Parents of Teenagers" on the Web at www.parenting.umn.edu

much "screen time" your teen has including time at the computer, watching TV or playing video games.

- Invite your teen to show you his Web page. Give him a day or two of warning before looking at it. Some teens may "rethink" what they have posted.
- Consider joining the same Web site your teen is on. That way you can look at her page. Knowing this, teens will be much better at self monitoring.