

SOS

Safety MAGAZINE



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TARGETS OF WORKPLACE
BULLYING EXPERIENCE

ONLINE SAFETY TIPS FOR
FAMILIES

SOS

MESSAGE TO THE PARENTS



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“We Care About the Kids in Our Community”

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...AND STUFF FOR S'MORES, OBVIOUSLY. OH, AND FLASHLIGHTS... AND...UMMM, WHAT ELSE...GUYS?

HEY IDIOTS, STOP DEFACING THE TABLE AND HELP US FIGURE OUT WHAT ELSE WE NEED TO BRING THIS WEEKEND...

DRIVING HIGH



WE'RE ESTABLISHING OWNERSHIP OVER OUR TABLE. IT'S IMPORTANT BUSINESS!

S'MORES, CHECK! FLASHLIGHTS, CHECK! MY AMAZING COMPANY, CHECK, CHECK!!



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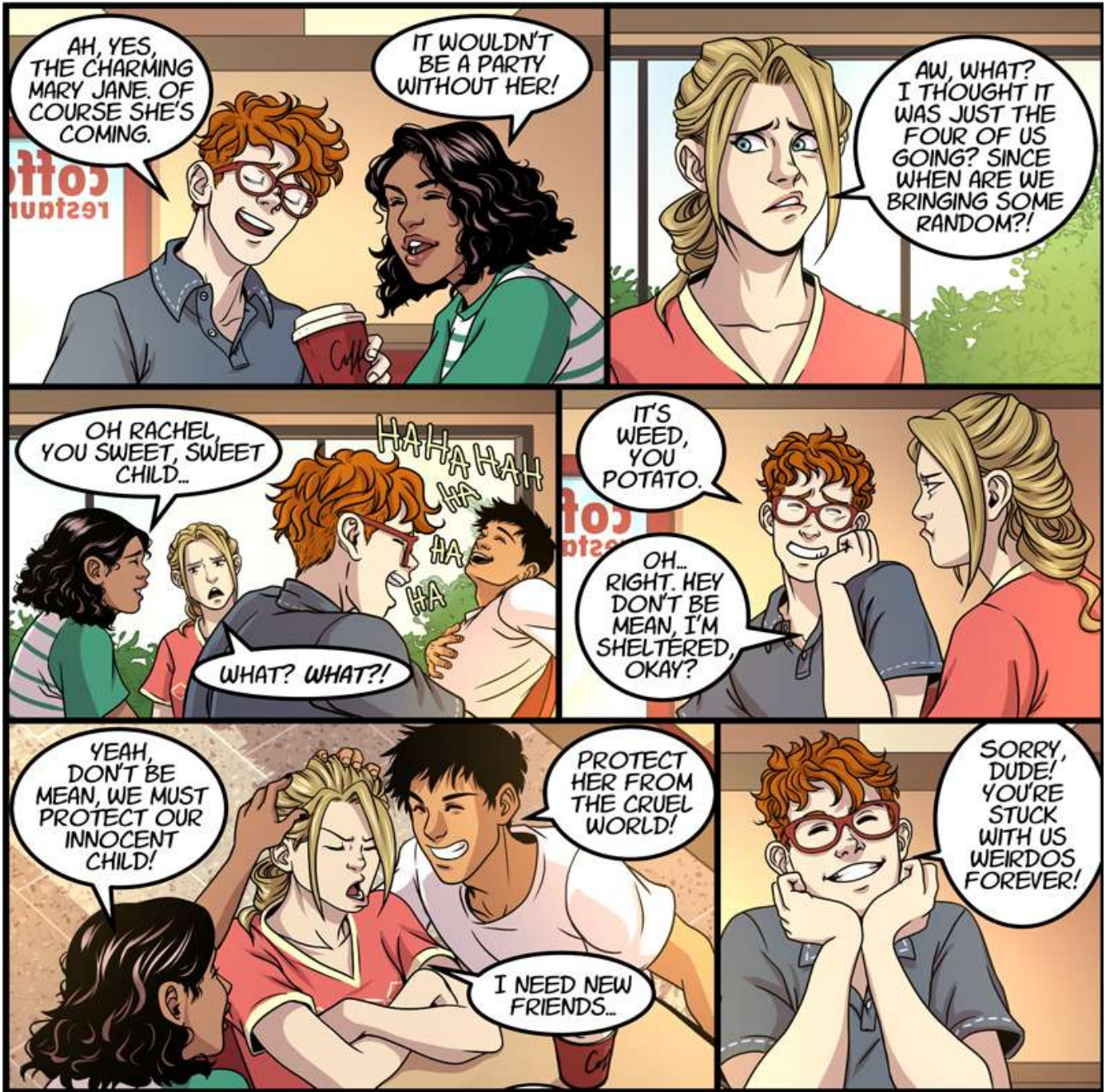
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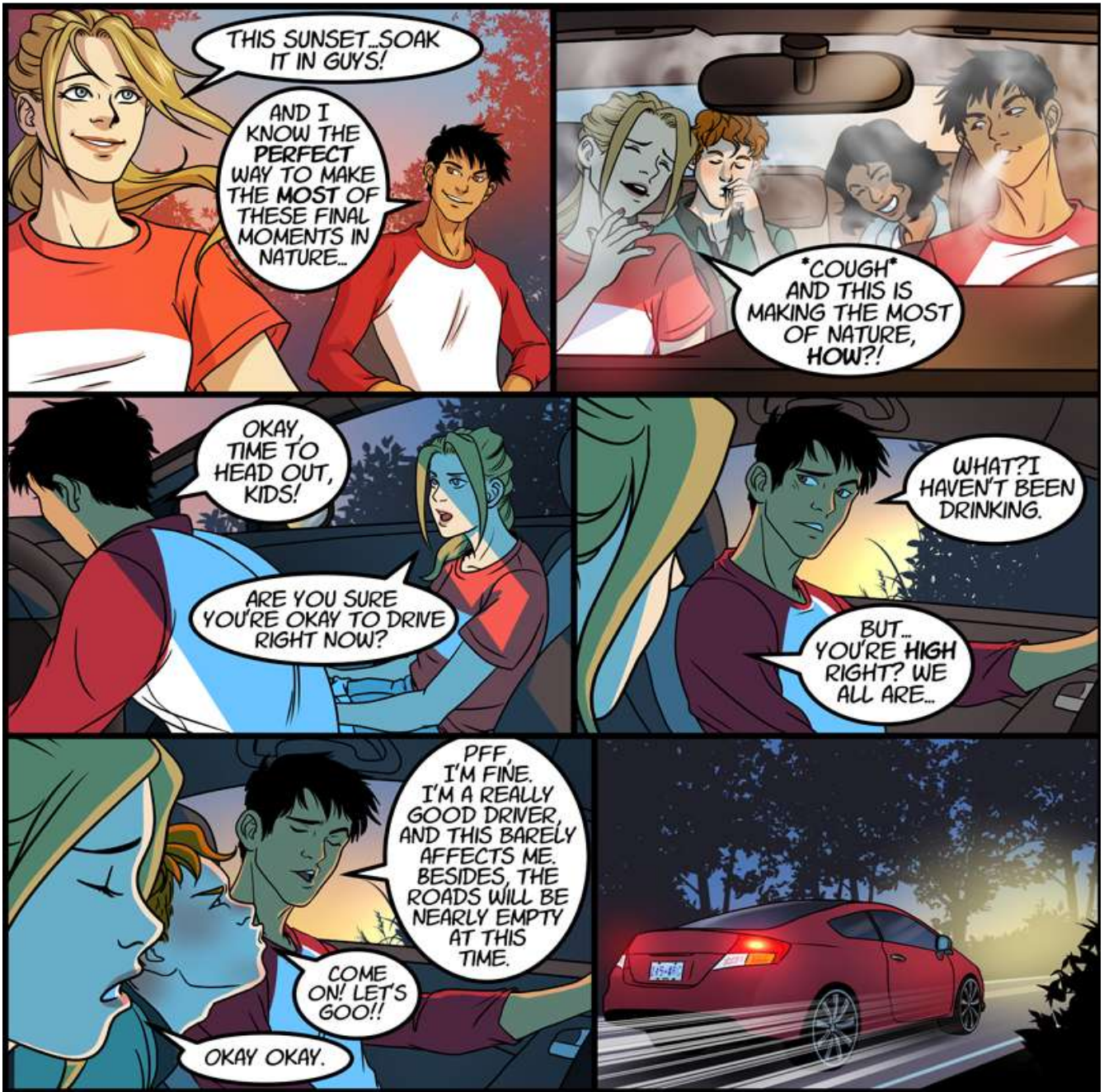
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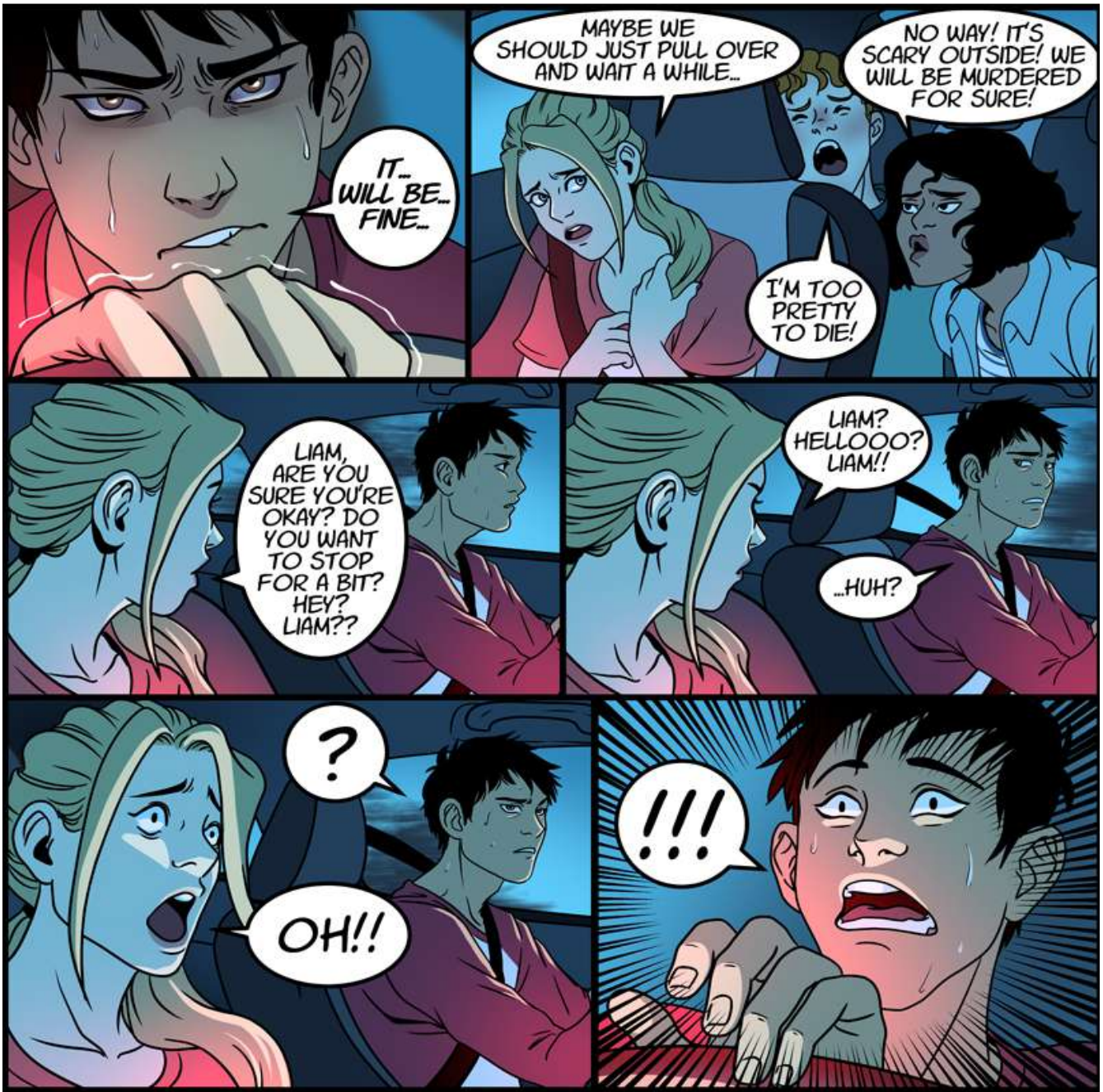
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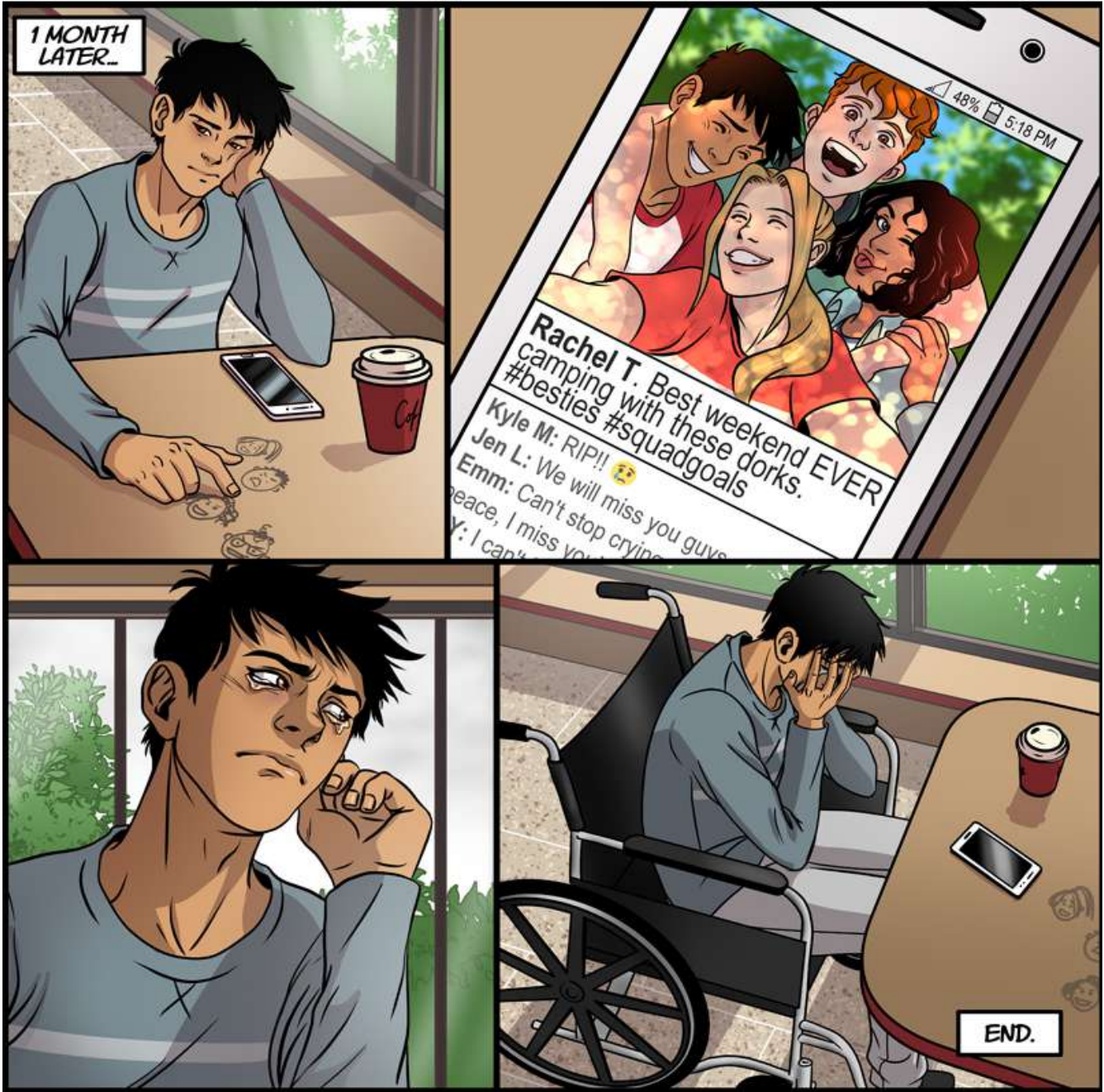
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AVOID SEXUAL PREDATORS

Online sexual exploitation is different from cyberbullying and peer pressure. Online sexual exploitation is when one person manipulates another person to get them to be sexual – it is an ongoing cycle of emotional and psychological abuse. This can include lots of things, like getting a young person to send sexual images or videos of themselves or perform sexual acts over webcam. Online sexual exploitation can come from peers or from adults.

It is never ok for someone to make you uncomfortable. If someone is doing stuff that creeps you out or scares you, this is a sign that something is wrong. If you are communicating with an adult online, a teen who is much older than you, or even someone your own age, these are some signs that they may be sexually abusive:

- They send you nude photos or photos of their genitals, or flash you on webcam
- They ask you sexual questions about yourself or make inappropriate sexual comments
- They expose you to pornography
- They encourage you to watch them do sexual things (on webcam or they send photos/videos)
- They encourage you to do sexual things that make you uncomfortable

If you are being sexually exploited or abused online, it is important to remember that **you are not alone**. Even if you feel trapped or alone, there are people and resources out there that can support you through this. People who exploit and abuse others gain power from isolating the people they target. Speak with a trusted adult, get support, and take action to make sure you are safe.

- **Never respond to threats:** No matter how persistent or scary the threat is, do not give in (e.g. do not do what the exploiter has asked of you).

- **Stop all forms of communication with this individual:** Do not reply to this person's texts, e-mails, or social media posts, and block them from all of your accounts.

- **Deactivate all accounts that you used to communicate with this individual:** Deactivate all social media, chat forum, e-mail and other accounts that you used to chat with this person.

- **Speak to a trusted adult about what is happening:** This could be a counsellor, teacher, parent or other family member. If you aren't sure who you can talk to, remember that you can contact Kids Help Phone anytime by calling us at 1-800-668-6868.

Contact Cybertip.ca, Canada's tip line for reporting concerns about online sexual exploitation. Information that is reported to Cybertip.ca may be shared with police and/or Child Protective Services.

Do you have a friend who's being sexually exploited or abused online? Here's how you can help:

Your friend is going through a lot right now. Online sexual abuse and exploitation stirs up a bunch of emotions that can include fear, anger, confusion, hurt and sadness. Your friend might start saying negative things about themselves. You might also see your friend trying to cope in ways that might damage their health, such as by isolating themselves or using alcohol or drugs.

It's a good idea to let your friend know that you're worried. Say: "I care about you, and I want to help you." Don't get upset if your friend isn't ready to talk about it. Knowing that you care might be enough for now. Your friend might be ready to speak to a trusted adult, but too nervous to reach out. Offer to help. Go with your friend to speak to someone at school, such as a teacher, principal, guidance counsellor or coach. Or you could ask them if they would like for you both to call Kids Help Phone together.

If you or a friend are in immediate danger

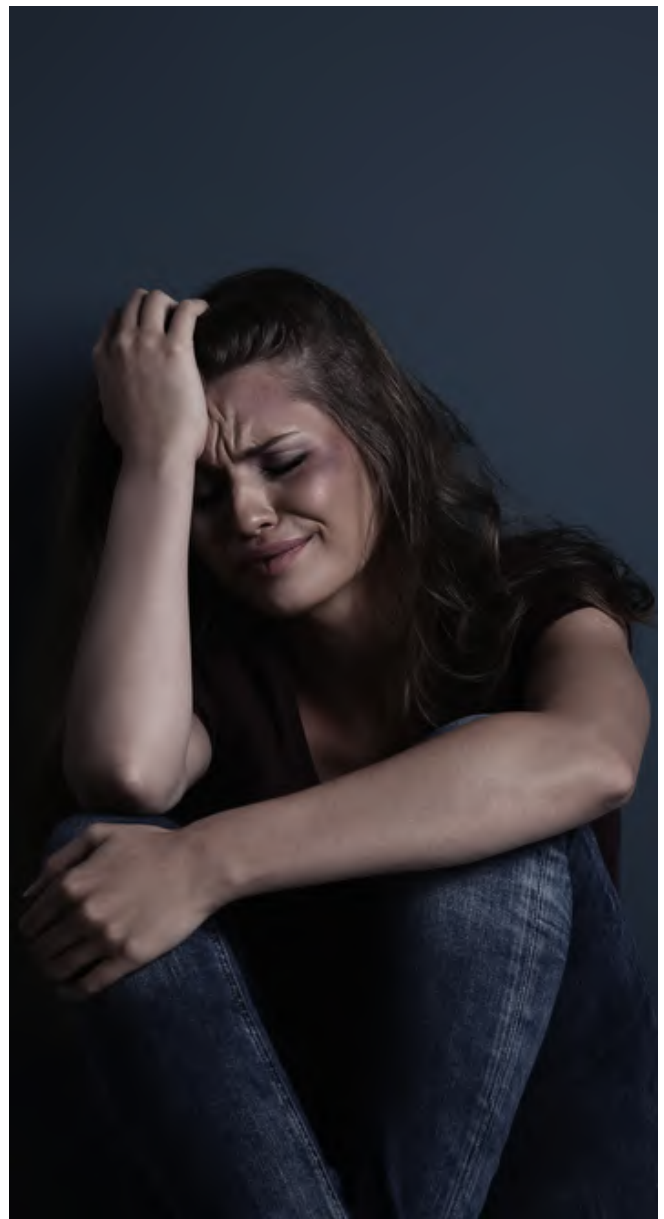
If you feel like you or a friend's physical safety is at risk, or if you are in immediate danger, it might be best to call the police. Like Cybertip.ca, the police may share your personal information with Child Protective Services and others. But the police are able to act immediately to make sure you are safe if you are in imminent danger. Follow the below steps to make a call to the police:

1. The easiest way to reach the police is to **dial 9-1-1**.
2. When the operator picks up, you'll be asked if you want the police, fire, or ambulance services. **Say that you want the police.**

3. You will be prompted to say your **name, address, and phone number**.

4. You might also be asked **your age**. It's okay to give this information right now.

5. You will also be asked to explain a little bit about what's happening. For example, if you think that someone you met online knows where you live, and you feel unsafe, say so. **Do not hang up.**



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CONNECTEEN COORDINATOR AT DISTRESS CENTRE - CALGARY

BY: MIKE VELTHUIS KROEZE RSW

Our generation can be can probably be called the first fully digital generation in the history of the world. From the moment we were born we have been surrounded by touchscreens, digital encryption, and access to instant information. It's incredible. We can listen to the new Beyonce album without ever having to go to a music store or we can FaceTime a friend halfway across the world; we can even control our thermostats or lights with our phones. The internet lets us do some amazing things but...

It also allows us to do some horrible things. Like cyberbully.

There are a lot of factors that play a part in the problem of cyberbullying. These include:

1. The ability to be anonymous – the internet lets people hide who they are which makes it nearly impossible to ever tell who is bullying you. It could be your best friend or a stranger halfway across the world.
2. It can last forever – There's a saying that "the internet never forgets." Once something gets posted on the internet it can be very difficult to remove it. Even if you take down a post that you made about someone, there's a good chance that someone else has already taken a screenshot that you have no control over.
3. It gets big FAST. With so much of our social media profiles being available to large groups of people, bullying rarely stays between two people, instead, other people pick up on it and join in the bullying.
4. It's everywhere – Remember how we are the first real digital generation? That also means that we are connected to the internet almost all the time in one way or another. Home doesn't give the same escape from bullying that it once did. The internet is no longer an option. It's a necessity to function in today's world.

There are a lot of different reasons that people cyberbully. Some do it because they have been bullied themselves and are

getting back at others or looking to regain some of the power that they lost. It's really sad but some people just want to make others hurt. Some people do it because they're bored and are looking for some type of entertainment. Whatever the reason, often times people don't realize the devastating toll that their bullying is taking on their victim.

The effects of cyberbullying on the victims can be devastating. People who are bullied are more likely to skip or drop out of school, get poor grades, use and abuse alcohol or drugs, have mental health issues like depression or anxiety and have low self-esteem. Being bullied is also one of many factors that increases the risk of suicide.

If you are being cyberbullied it's important to remember that you are NOT ALONE. There are people that want to help you, even when it doesn't feel like it. The first step is tell someone, a parent, teacher, or counsellor are all great first options. You can also keep track of the bullying by writing down or taking a screenshot of what is being said. You can also report the person who is bullying you to the administrator of the social media platform you are using. Being bullied can be incredibly isolating, if you are not sure where to turn you can contact ConnecTeen to speak to someone your own age about what's going on.

They can be reached 24/7 by phone at 403.264.8336 or by text 587.333.2724 or online chat from our website www.calgaryconnecteen.com from 5pm-10pm 7 days per week.

References

<http://www.stopcyberbullying.org/parents/howdoyou-handlecyberbully.html>

<http://www.deletcyberbullying.org/what-makes-cyberbullying-dange/>

<http://www.rcmp-grc.gc.ca/cycp-cpcj/bull-inti/index-eng.htm>



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HOW TO IDENTIFY A “CATFISH”

BY LINDSEY LOCKE, COLUMNIST

The definition of “Catfish” is when a fake online persona lures someone into a relationship. The person lured in has a false perception of the Catfish’s true identity. There are several signs as to if you are being Catfished. They can vary from said Catfish avoiding in-person confrontation to your own gut feelings.

Here are some ways you may be able to identify a Catfish:

1. If the person seems too good to be true, they probably are. Fake lives can be easily made up on the internet, so people can create whatever lifestyle they want to portray. There is no definitive way to validate this information, so be careful.
2. Be wary if the relationship gets serious over a short period of time. If someone tells you that they care about you and other sentiments that signify a serious relationship, don’t give in.
3. If you’ve been chatting online, but they have issues getting video chat software such as Skype to work, take it as a red flag. These excuses may be a Catfish’s technique of avoiding revealing their true identity.
4. If they say that they are always travelling for work and avoiding meeting you in-person, they could be a Catfish.
5. If you are contacted by a stranger all of a sudden and they try to romance you, there is a chance that the person may be a Catfish.
6. Watch out for pictures that may resemble celebrities. A Catfish will often try to make themselves look attractive, so they take pictures from the internet and make them appear as their own.
7. Follow your gut. If something just doesn’t seem right, it probably isn’t.

Take the above points into consideration when starting an online relationship. It is very easy to be fooled over the internet as people can portray themselves as whoever they want to be. Always exercise extra caution - your safety always comes first.





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A Peaceful Reminder

- Tommy D.



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How may I help the hurt
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Using the Creator's wisdom
Say his words, find his love
Every day is just one at a time

Make the right choice
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Don't reject the lost
I'll find a way, you must say
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STAYING SAFE

There are a lot of dangers to being online, from cyberbullying and flaming, to online gaming and gambling addictions, identity theft, and sexual exploitation. But the internet can also be a fun and informative place if you know ways to protect yourself when you go online. Here are some tips:

Keep your passwords private, even from your friends. If something unsafe happens, or if you think your password might be in someone else's hands, change it.

Make sure your username has no identifying info If you like to game, or are on Snapchat, Instagram or Twitter, never use your full name or include your date of birth as your username. Sharing too much personal information in your username can help people either find you in real life or steal your identity.

When you're asked for personal information, like a credit card number, look at the bottom right corner of the screen for a little padlock symbol. This means the connection is secure and no one else can see what you're doing. If you aren't on a secure site, don't share it! And never give it to someone in a chat room or fill out a Facebook game or quiz that asks you for information like your SIN or date of birth.

Don't make it easy for strangers to track you down. Keep your personal information to yourself. Personal information includes your name, the names of friends or family, your address, phone numbers, and the name of your school.

Don't forward cruel messages to others, or participate in online polls for rating people's appearance.

Trust your gut. If you don't recognize the name of a sender, don't open or answer the message. It could be spam, contain a virus, or sexual content.

Don't accept friend invites from strangers or second accounts that claim to belong to a friend. A lot of people use fake accounts (or will pretend to be someone you know) to try to steal money, identities, or lure you into sexual encounters.

Make sure that only friends can see your profile info. You can make changes to who can access your account under "personal settings" or "settings." Change your posts to 'friends only' 'private' or 'custom'.

Think about how you can be safe if you meet someone online in-person. Be sure to meet in a public place, bring a friend, and make sure you have a cell phone with you.

Are you having problems staying safe online? Want more tips, information, or need to talk to someone about cyberbullying, flaming, or online sexual abuse? **Kids Help Phone** counsellors can be reached online through Live Chat or by phoning 1-800-668-6868.

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WHAT IS INTIMATE PARTNER VIOLENCE AND ABUSE



Intimate partner violence can include physical, psychological, emotional, verbal, financial, sexual, and spiritual abuse; excessive jealousy and control; harassment after separation; and murder. Anyone can be a victim of abuse, regardless of ethnic background, age, gender, sexual orientation, disabilities, religion, marital, financial or employment status.

Am I being abused?

No one has the right to hurt you. You have the right to be free from abuse. You are not at fault and do not cause the abuse.

The following are some of the signs of intimate partner violence and abuse:

- Ignoring or minimizing your feelings
- Criticizing, insulting, and calling you names
- Humiliating you in public or private
- Refusing to help you when you are sick or injured
- Controlling all the money
- Locking you out of your home
- Isolating you from your family, friends, work, and community support
- Controlling where you go and what you do
- Checking up on you constantly
- Blaming you for the abuse that occurs
- Playing mind games
- Threatening to: hurt you, take your children, or harm your family
- Pushing, shoving, throwing objects at you
- Hitting, choking, punching, biting, slapping, kicking you

If any of these are happening to you, consider talking to someone who can help.

When someone you care about is being abused, it hurts you too. It is hard to know what to do and say.

You may suspect that abuse is happening in a friend or family member's relationship, but don't know what to look for. You may be hesitant to get involved if you don't know what to do or say if the person discloses abuse in their relationship. If someone is being abused by their partner, they may feel embarrassed, ashamed, and feel that they are all alone. By asking questions, you help break the silence. Start by opening the door for support. Ask questions like "I've noticed you have been a little down lately, are you OK?" or "I heard the way your partner spoke to you yesterday. Would you like to talk about it?" If they disclose abuse, helpful thing you can say include "I believe you," "It's not your fault," and "I will support you no matter what you decide to do." Don't tell the person what they must do, such as insisting that they leave their partner. Do offer to help them find the supports they need.

Services are available for individuals experiencing abuse.

Shelters and Transition Houses provide temporary housing, food, and support for women fleeing violence and their children. How long you can stay varies from shelter to shelter, but typically the maximum stay is set between 4 and 6 weeks. While staying at the shelter, the staff can assist you as you plan for your future by offering safety, a supportive ear, information and support, and referrals to counselling, financial services, legal support and housing. There is no cost to stay and no referrals are needed. 2nd Stage Shelters are designed for women and their children who are looking for secure, affordable housing on a longer-term basis. Counselling and Support Centres provide crisis counselling services for victims of violence. As well, programs for children exposed to violence are available at many centres.

You can find services in Saskatchewan here: pathssk.org

PATHS is the member association for 24 agencies that provide supports to survivors of intimate partner violence in Saskatchewan. We support our members through research, training, and providing opportunities for peer support. We work to create saf-

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PRACTICAL EFFECTIVE WAYS TO BUILD HEALTH AND IMMUNITY



In a world where it seems that everyone has their own opinion on health, it can become rather confusing for the average person to understand just what the best way is to obtain and build better health. It is not about a specific diet that may be popular or about taking all the latest supplements that get heavily advertised. To build and strengthen our bodies and improve our health is about doing some basic things that we can all do.

First thing we need to look at is our diet. We must first deal with the foundations, our diet/lifestyle habits. We, as a society, need to get better at this. A healthy diet includes consuming more whole Non GMO healthful foods instead of processed foods, such as eating more organic vegetables, some fruits, greens, whole grains such as rice, quinoa etc..., and eliminating as many of the processed versions as possible, such as white sugar, white salt, most flour products, as well as staying away from the fast food restaurants as much as

possible. Forks Over Knives is a great organization to check out, to see what a healthful and plant based diet looks like. You can then add a small portion of meat, eggs, fish to those recipes if you so desire.

This will help build and strengthen the body as a whole and as a result help improve the function of the immune system. Then to further assist during times of distress, sickness and the like, nature gives us many options such as herbs like Elderberry, Echinacea, Oregano oil etc... There are also medicinal mushrooms such as Reishi, Chaga, Shiitake. Colloidal Silver is always a good choice as it helps with such a wide range of pathogens and germs. Along the vitamin/mineral end of things, it is good to go with an ACES+zinc combination. As far as natural supplements go, it is best to buy products that are in a formula or combination, as they give us the benefit of several things in one product. It is less expensive and easier to take. Talk to your local Natural Health Professional to see what the best fit would be for you and your family.

There is more to it than this, but these are a few suggestions that are safe and effective to help us through the good times and the bad times, and they do not have to break the bank.

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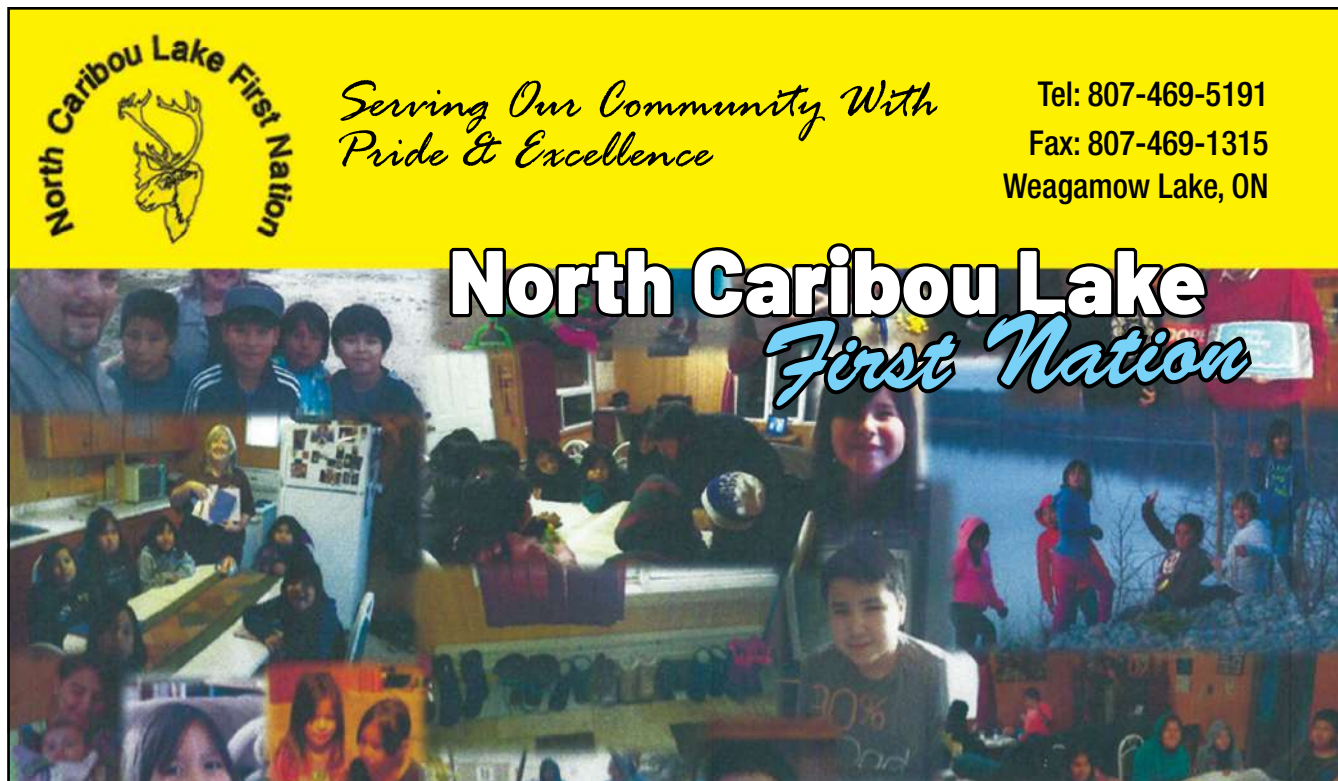


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Tłicho Community Services Agency



The Purpose of the TCSA: The purpose of the Tłicho Community Services Agency (TCSA) is to improve the health, wellness and education of the people in Tłicho communities by providing a range of easily accessible, integrated programs and services. The Agency manages the delivery of education, health, wellness and social programs and services for the NWT communities of Behchoko (Rae-Edzo), Gameti (Rae Lakes), Wekweeti (Snare Lake) and Whatı (Lac La Martre).

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867.392.3005

Elizabeth Mackenzie Elementary School

867.392.6078

Chief Jimmy Bruneau Regional High School

867.371.4511

Jimmy Erasmus Seniors Home

867.392.6708

Wekweeti

Wekweeti Health Centre

867.713.2904

Alexis Arrowmaker School

867.713.2100

Whatı

Whatı Health Centre

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TARGETS OF WORKPLACE BULLYING EXPERIENCE

Targets of Workplace Bullying Experience; Ostracism, Shame, Hopelessness, and Loss. This abuse increases risks of suicidal ideation, and many devastating losses.

The following article will offer you definitions, research, examples, statistics, information how to address risks, what to do if someone is at risk, and help you find appropriate resources.

Workplace Bullying (WPB) versus Childhood Bullying: childhood bullying and adult bullying are two very different forms of abuse. One example of the many differences: workplace bullying is primarily a form of psychological abuse (can lead to physical), where childhood bullying is primarily physical.

Three main characteristics of workplace bullying:

(1) an employee becomes the target of systematic negative and unwanted social behavior in the workplace; (2) the exposure occurs over a prolonged period, often with even more escalating intensity and frequency in the attacks; and (3) targets feel they cannot easily escape the situation or stop the unwanted treatment. This third characteristic, the feeling of being victimized by the harassment, distinguishes bullying from other forms of mistreatment in the workplace.

Tactics of Workplace Bullying: spreading rumors, lies, or sabotaging another employee's work or relationships by giving wrong instruction/deadlines. Ostracizing, excluding from work events or meetings they would normally attend. The refusal to give credit or positives about an employee's work, and/or take credit for their work. Removing work from a target which they have previously been successful with, and enjoyed, and replacing their work with menial duties. Other tactics might be false accusations and threats of 'ruining them'. These tactics are usually done in private making it difficult to offer evidence. Hiding the abuse is strategic and deliberate. Similar to domestic violence and sexual assault, many do not believe the target/victim.

Prolonged Period: research states if this abusive behavior exists over 6 months it is most likely WPB. We do have cases of WPB that have had devastating results just after three months.

Cannot escape: those who do not understand the complexity of this abuse will ask "why don't they just leave their jobs?" or, "why can't you just ignore it like other people?", or they will hear, "you are being too sensitive about this". Some are told they are the trouble makers and advised to keep their heads down, or stay under the radar. Sound familiar? Reality for adults: mortgages, bills, car payments, families to provide for. In some cases, a family member is ill and in need of the medical benefits. Perhaps the target genuinely enjoys the work they

do and cannot face changing jobs. Over many years, people develop meaningful relationships with colleagues or clients, or they have invested years and have long term plans in place. For responsible adults, changing jobs is complicated and extremely difficult.

At ABRC, we are frequently asked: If my leaders are the bullies, how will I get a positive reference? Many state: "I feel trapped". "I feel stuck". "I feel hopeless". (see resource section below).

Research Based – Risk Factors:

- Severely bullied workers were 6 times more likely than nonbullied workers to report suicidal ideations, (Nielsen et. al., 2015, p.e23).

- Bullying was more strongly associated with suicidal ideation than were gender, neuroticism, anxiety, somatic complaints, depersonalization, and job dissatisfaction.

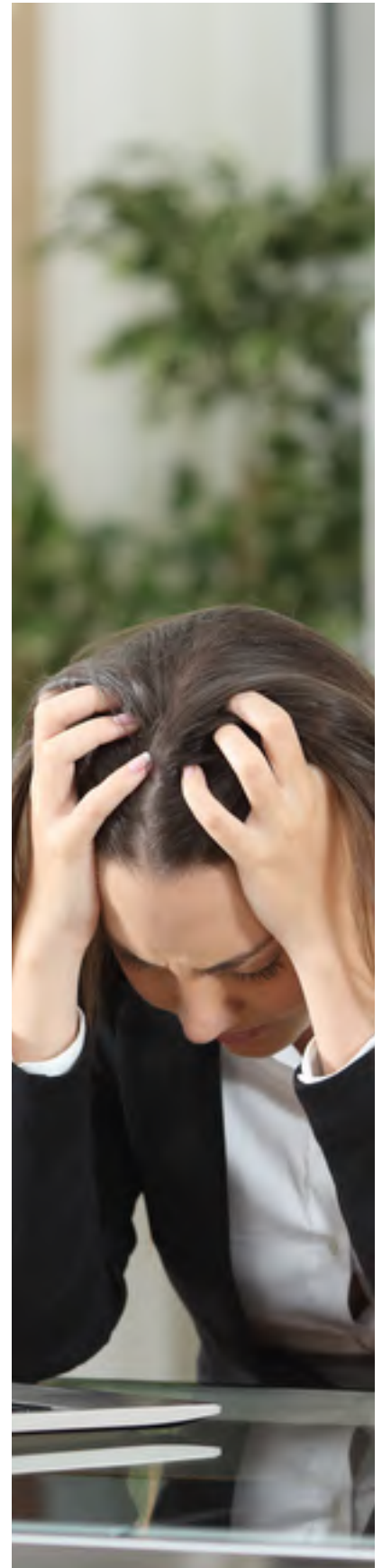
- Repeated and long-term exposure to negative treatment and social exclusion from one's peers or supervisors at work constitutes a risk factor for suicidal ideation and behavior

- Bullying is a form of social exclusion from work – research shows social isolation as a predictor of suicidal ideation.

The above list is a sample, there are many more. It is important to identify WPB risk factors early to prevent the effects of this abuse progressing to suicidal ideation, or perhaps their loss of a life. ABRC offers training for leadership and for staff.

Suicidal ideation - the thought of committing suicide versus suicidal behavior (suicide attempts)

Ostracism: "Impairs four basic human needs: belonging, control, self-esteem, and meaningful existence. It dramatically raises anxiety levels and causes depression and despondency. Physical pain often accompanies severe ostracism, since the part of the brain handling pain management is activated. When prolonged, ostracism causes many people to withdraw from social connection and activities that they previously enjoyed. Ostracized people feel isolated and lonely. They often become less active physically and emotionally. Meanwhile, the depth and the gravity of ostracism symptoms are usually not understood. There is a tendency to minimize and invalidate the pain of people experiencing ostracism. Occasionally, some ostracized people will act out in inappropriate ways to try to get those ostracizing them to notice them in any way they can, since even negative attention feels better than no attention. In the most extreme cases ostracism can lead to violence or suicide". Author:



Shame defined: “Shame is the intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging. Shame leaves people feeling trapped, powerless and isolated”. Author Brene Brown: taken from <http://brenebrown.com/>

Hopelessness: a loss of meaning or direction, feeling stuck or trapped. As an educator and therapist who works with people who have been targeted by this abuse, the look of hopelessness on a targets face is a one of panic, desperation, confusion, fear, and despair. Hopelessness is a dangerous place for anyone.

Research - association between WPB and suicidal ideation

- Research shows that there is a link between WPB (besides other workplace factors that cause poor mental health) and poor mental health (Leach, et. al., p. 72, 78)
- There is a strong link between poor mental health and suicide (Leach, et. al., p.78)
- Thus, it is not surprising that eight research publications have found a significant positive association between WPB and suicidal ideation (Leach, et. al., 2016)
- The effects of WPB with respect to suicidal ideation can have lasting effects, i.e., suicidal ideation may persist for a life time, within 6 months, currently or within the last 6 months and 2 or 5 years later (Leach, et. al., 2016)

Prevention: the employers number one goal needs to be education and training for leadership and staff. All employees need to be on the same page with definitions, understanding tactics, developing strategies to address case by case situations, and the language being used to identify all the above. From review of company policies, legislation, legalities, through to identifying what is not bullying, and addressing all false claims.

Research findings pinpoint the importance of effective preventive measures against bullying because employees who are exposed to bullying may have an increased probability of considering ending their lives.

Intervention: education and training of employees to intervene appropriately with complex and multi-layered cases of WPB is essential. Well intended, inexperienced interventions, can cause secondary harm to the target(s). WPB cases cannot be resolved with one method. A trained specialist is required to ensure all staff needs are met.

Recovery: is a unique process for everyone. A variety of services are required. Depending on duration of exposure to bullying a person may require only 1 – 2 sessions of counseling, or more if exposure is over 6 months. A WPB therapist will meet each client exactly where they are at offering validation, support, assessment of needs, provide education, and therapeutic treatment for symptoms i.e.: anxiety, insomnia, stress, fears and complicated decision making etc.

Resources: for support to address WPB and/or suicidal ideation, please contact abrc.ca.

We can offer you a brief consult, direction, or resources.

Never hesitate to discuss concerns with your family physician, or attend an emergency center.

Call 211 for resources in your area.

Call 911 if you believe someone is at risk, and it is an emergency.

Conclusion

As suggested by the research reviewed by Leach, a reduction in workplace bullying could lead to a reduction in suicidal ideation (Romeo, as cited in Leach, p.76); thus, reducing workplace bullying should improve mental health and thereby reduce suicidal ideation due to bullying in the workplace.

Reference:

Leach, Poyser & Butterworth, (2016), WPB and the association with suicidal ideation/thoughts and behaviour: a systematic review, Occupational & Environmental Medicine, p.72-79.

Nielsen, M., Nielsen, G., Notelaers, G. and Einarsen, S., (2015), WPB and suicidal ideation: A 3-wave longitudinal Norwegian study, American Journal of Public Health, 105 (11), p. e23 - e28.

Web sites with Resources:

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The T.A. Health will strive to provide and assist in the development of the "health" services to toward the education and promotion of living a healthy lifestyle by involving community members and combining resources in the program.



The Tootinaowaziibeeng Treaty Reserve (formerly known as the Valley River Treaty Band #292) is a signatory to Treaty #4, which was signed in 1874. The Reserve, whose Anishinabe people originally spoke Ojibway, has a Land Base of 11,535 acres. It is located seventy-seven (77) kilometers west of Dauphin, Manitoba; twenty-four (24) kilometers west of Grandview, Manitoba; thirty-eight (38) kilometers east of Roblin, Manitoba; and three hundred ninety nine (399) kilometers northwest of Winnipeg, Manitoba.

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Tootinaowaziibeeng, MB | R0L-2L0
Email: reception@tahealth.ca
Phone: 204-546-3267
Fax: 204-546-3295

The Internet offers something for everybody. People are able to explore their interests to a richer depth and become a part of social communities. For kids, it offers a place to chat with friends, expand their knowledge, and seek out creative avenues! However, the Internet also has a darker side where your child's best interests are not always in mind. Use these helpful tips to keep your children and teenagers safe from disturbing content, malware, online predators, and other malicious activities.



Limit usage and block harmful sites

The most important element to any person's online protection is good security software such as Xplornet Internet Security Suite, Norton, or McAfee. Xplornet Security Suite offers parental controls to limit the type of content that can be viewed online. It can also prevent specific actions such as downloads of potentially dangerous malware, viruses, or other harmful material.

With an Xplornet router, you can also take advantage of web-blocking and time restriction features to keep your family safe. We make it easy to set up and administer and are available 24/7 in case you require assistance.

Teach proper online etiquette

The saying, "Don't talk to strangers" also applies to the online world. It's best practice for your child to keep their personal information private, even if they think they know who they are talking to. That means their name, photos, home address, the school they go to, and their phone number should never be revealed to anyone online.

Create strong passwords

Having more complex passwords will help protect your information but it can make them tricky to remember, especially when many sites also require a new password every 90 days. A password manager like LastPass or 1Password are applications that securely store all your web-based passwords so all you have to remember is one main password. LastPass can also generate complex passwords for you and keep record of them so your security is maximized while online.

Check up on what your child is doing online

See if you can keep the computer or tablet in a common area of the home to help you monitor your child's browsing activity and make sure they are staying safe. Some experts say it's best and safest to not allow a child to take any connected devices to bed with them.

Get educated

Parents who understand the biggest risks and engage in discussions with their children are much more likely to shut down cybercriminals before they can ever have a chance to attack. Here are some Canadian resources about

cybersecurity, specifically when dealing with kids and teenagers:

Get Cyber Safe (www.getcybersafe.gc.ca/en) – A national public awareness campaign created to educate Canadians about Internet security and the simple steps they can take to protect themselves online

Public Safety Canada (www.canada.ca/en/public-safety-canada/campaigns/cyberbullying.html) – This national agency coordinates security and safety measures across all federal departments and has come up with some great resources about cyberbullying

Media Smarts (www.mediasmarts.ca/cybersecurity/cyber-security-special-issues-teens) – A Canadian not-for-profit charitable organization for digital and media literacy has put together some resources specifically for cybersecurity

Government of Canada Cybersecurity (www.canada.ca/en/services/defence/cybersecurity.html) – Learn about the potential risks of your online activities and how you can stay safe when you are connected.

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HEALTHY HABITS IN THE WORKPLACE

If you could give yourself one piece of advice before your first job...what would it be?

Your knees are weak, palms are sweaty, you wish you didn't pack mom's spaghetti for lunch. Wow, did Eminem get it right, or what? Walking into your first job ever, everything is new. You have a boss and coworkers for the first time. You take in your new space, your new tasks, your new routine. And on top of it all, you have new safety procedures to learn and an entirely new set of responsibilities to balance with the rest of your life. It's a lot to take in. Hard not to lose yourself.

As we settle into our careers, we notice habits that form over time. Some are productive, some negative, like over-working yourself, perfectionism, not setting boundaries or complacency. We think the best way to approach these is to adapt as many healthy habits as you can early on and to check yourself and your current work habits.

OK, so what even is a healthy habit? Healthy habits are tactics we can use at home, work or school to better our physical and mental health.

"Healthy habits keep you mentally and physically fit, and reduce the risk of injury, and physical and psychological illness in the workplace. It not only keeps you safe, but also protects your coworkers and those around you." – Karleigh Stevenson, SafeGen

Here's some examples from SafeGen and Canadian Mental Health-Alberta:

- Get enough sleep to feel more physically and mentally energized throughout the day.
- Let your supervisor or teacher know if you are not feeling 100% and if you will need any accommodations throughout the day (e.g., help with tasks, changing up tasks more frequently, etc.).
- Take mental breaks to allow you to maintain your concentration.
- Eat throughout the day even if you're busy.
- Ask for help when you need to and help others when needed.
- Clean up any messes immediately, even if they are not yours to reduce the risk of injury.
- Try to avoid negative situations at work.
- Incorporate self-care into your free time to recharge.
- Move your body when you can. Stretch, take a walk, stand up and shake it out—movement helps your mind and body reset.

But hindsight is 20/20—and whether you're a young worker, experienced worker, employer, parent or teacher we all have experiences in the workplace that could benefit somebody else.

We so we asked our social media audience for some advice: If you could turn back the clock, what would you tell yourself before

your first job?

And they had a lot of great things to say...

"Be more confident in myself and trust that there is a reason I was chosen to be there. The interview process is no easy feat and if you were able to conquer that then you will be able to crush it at work as long as you are open to continually learning and improving." - Mackenzie

Confidence is key. Everyone starts somewhere. Carry the confidence you had in your interview over to your first day.

"It can feel overwhelming to be new to something, but that's where other people help you out! It's perfectly fine to ask for help from others and one day you will give back by offering help to someone just starting" – Salma

Ask for help. People like helping people! And chances are most people at your job know how to help. Ask anyway—you'll start building relationships along the way.

"I remember I was super nervous and worried about messing up, but mistakes are part of the process. I'd tell myself to learn from my mistakes instead of rushing through to fix them and move on." – Sofia

Learn from your mistakes and move forward. It's impossible not to make mistakes at work, at school or just in life. Own them, learn from them and use them to better your approach next time.

It comes down to this: workplace accidents happen. No matter how young or old, you need healthy habits to maintain good physical and mental wellness to help prevent these accidents as much as we can. We know all workers should feel supported and safe at work. Knowing how to work smart and stay safe starts with taking care of your mental and physical wellness. We want all teens and young adults entering the workforce to keep top of mind.

So, start with yourself. The best way to encourage healthy habits is to check your own and lead by example. Now go forth and work smart, and work safe

- The HeadsUp team



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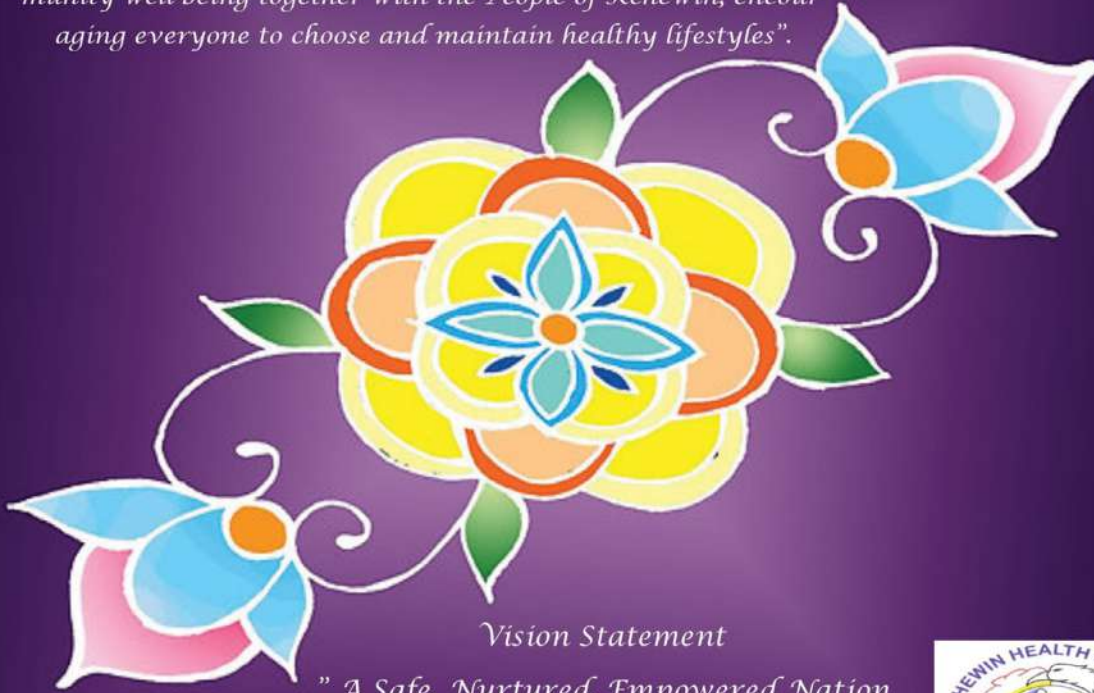
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AUTHOR: MIKE VELTHUIS KROEZE RSW

Our generation can be called the first fully digital generation in the history of the world. From the moment we were born we have been surrounded by touchscreens, digital encryption, and access to instant information. It's incredible. We can listen to the new Beyonce album without ever having to go to a music store or we can FaceTime a friend halfway across the world; we can even control our thermostats or lights with our phones. The internet lets us do some amazing things but...

It also allows us to do some horrible things. Like cyberbully.

There are a lot of factors that play a part in the problem of cyberbullying. These include:

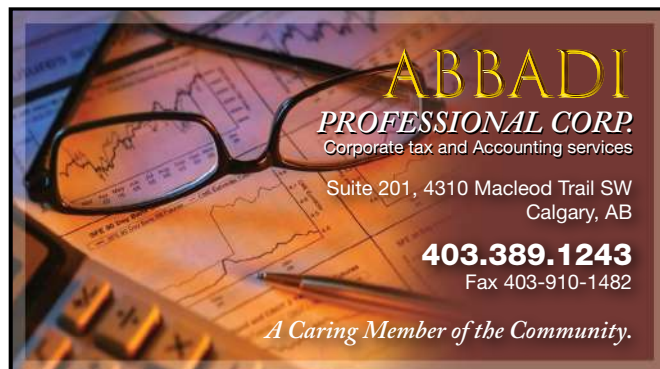
1. The ability to be anonymous – the internet lets people hide who they are which makes it nearly impossible to ever tell who is bullying you. It could be your best friend or a stranger halfway across the world.
2. It can last forever – There's a saying that "the internet never forgets." Once something gets posted on the internet it can be very difficult to remove it. Even if you take down a post that you made about someone, there's a good chance that someone else has already taken a screenshot that you have no control over.
3. It gets big FAST. With so much of our social media profiles being available to large groups of people, bullying rarely stays between two people, instead, other people pick up on it and join in the bullying.
4. It's everywhere – Remember how we are the first real digital generation? That also means that we are connected to the internet almost all the time in one way or another. Home doesn't give the same escape from bullying that it once did. The internet is no longer an option. It's a necessity to function in today's world.

There are a lot of different reasons that people cyberbully. Some do it because they have been bullied themselves and are getting back at others or looking to regain some of the power that they lost. It's really sad but some people just want to make others hurt. Some people do it because they're bored and are looking for some type of entertainment. Whatever the reason, often times people don't realize the devastating toll that their bullying is taking on their victim.

The effects of cyberbullying on the victims can be devastating. People who are bullied are more likely to skip or drop out of school, get poor grades, use and abuse alcohol or drugs, have mental health issues like depression or anxiety and have low self-esteem. Being bullied is also one of many factors that increases the risk of suicide.

If you are being cyberbullied it's important to remember that you are NOT ALONE. There are people that want to help you, even when it doesn't feel like it. The first step is tell someone, a parent, teacher, or counsellor are all great first options. You can also keep track of the bullying by writing down or taking a screenshot of what is being said. You can also report the person who is bullying you to the administrator of the social media platform you are using. Being bullied can be incredibly isolating, if you are not sure where to turn you can contact ConnectTeen to speak to someone your own age about what's going on.

They can be reached 24/7 by phone at 403.264.8336 or by text 587.333.2724 or online chat from our website www.calgaryconnectteen.com from 5pm-10pm 7days per week.

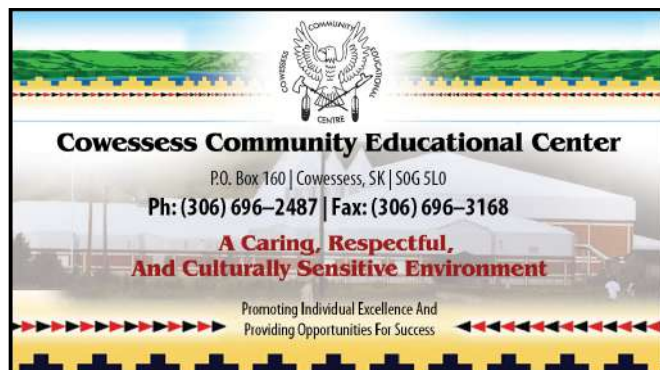


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WHAT IS INTIMATE PARTNER VIOLENCE AND ABUSE?

Intimate partner violence can include physical, psychological, emotional, verbal, financial, sexual, and spiritual abuse; excessive jealousy and control; harassment after separation; and murder. Anyone can be a victim of abuse, regardless of ethnic background, age, gender, sexual orientation, disabilities, religion, marital, financial or employment status.

Am I being abused?

No one has the right to hurt you. You have the right to be free from abuse. You are not at fault and do not cause the abuse.

The following are some of the signs of intimate partner violence and abuse:

- Ignoring or minimizing your feelings
- Criticizing, insulting, and calling you names
- Humiliating you in public or private
- Refusing to help you when you are sick or injured
- Controlling all the money
- Locking you out of your home
- Isolating you from your family, friends, work, and community support
- Controlling where you go and what you do
- Checking up on you constantly
- Blaming you for the abuse that occurs
- Playing mind games
- Threatening to: hurt you, take your children, or harm your family
- Pushing, shoving, throwing objects at you
- Hitting, choking, punching, biting, slapping, kicking you

If any of these are happening to you, consider talking to someone who can help.

When someone you care about is being abused, it hurts you too. It is hard to know what to do and say.

You may suspect that abuse is happening in a friend or family member's relationship, but don't know what to look for. You may be hesitant to get involved if you don't know what to do or say if the person discloses abuse in their relationship. If someone is being abused by their partner, they may feel embarrassed, ashamed, and feel that they are all alone. By asking questions, you help break the silence.

Start by opening the door for support. Ask questions like "I've noticed you have been a little down lately, are you OK?" or "I heard

the way your partner spoke to you yesterday. Would you like to talk about it?"

If they disclose abuse, helpful things you can say include "I believe you," "It's not your fault," and "I will support you no matter what you decide to do." Don't tell the person what they must do, such as insisting that they leave their partner. Do offer to help them find the supports they need.

Services are available for individuals experiencing abuse.

Shelters and Transition Houses provide temporary housing, food, and support for women fleeing violence and their children. How long you can stay varies from shelter to shelter, but typically the maximum stay is set between 4 and 6 weeks. While staying at the shelter, the staff can assist you as you plan for your future by offering safety, a supportive ear, information and support, and referrals to counselling, financial services, legal support and housing. There is no cost to stay and no referrals are needed. 2nd Stage Shelters are designed for women and their children who are looking for secure, affordable housing on a longer-term basis. Counselling and Support Centres provide crisis counselling services for victims of violence. As well, programs for children exposed to violence are available at many centres.

You can find services in Saskatchewan here: pathssk.org

PATHS is the member association for 24 agencies that provide supports to survivors of intimate partner violence in Saskatchewan. We support our members through research, training, and providing opportunities for peer support. We work to create safer communities by working with community agencies and government, and providing public education on the issue of violence against women.



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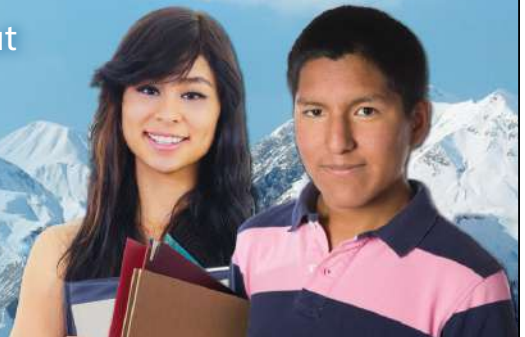


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STANDING ALONE IS BETTER THAN STANDING WITH PEOPLE WHO DO NOT VALUE YOU

Today, right now, is it better to like yourself than being with people who may not like, respect, or appreciate you?

That may be a tough question to ask at a time when kids and parents alike are seeking connection in a world where masks limit smiles, connection, and distance. Fear and anxiety create havoc. It may also be a tough question to ask at a time when kids and their parents are dealing with issues like bullying, drugs, addiction, mental health/mental wellness issues, and much more. What does it take to build that connection inside of you; to like you, to be you, to learn to just be you, leading you right now, and right here?

Imagine, just imagine walking along an outdoor trail during the middle of a pitch-black night. The night is still, the silence is eerie. You are a few hundred feet from your campground. You have only a small flashlight to illuminate the path in front of you. Provided you know which way to go, it would be foolish to sit down and wait for the sun to rise—allowing you to see all the way to your campground—before continuing on your way. So long as you are moving in the right direction, it does not matter that you can only see a few feet in front of you. To get where you want to go, you only have to take one-step at a time. Only you get to take each step. You get to stand for you.

Whether you are 10, 20, 30 years, or more, do not expect to understand everything that is required for you to see your path clearly in front of you. Just take the next step at whatever age you are. I recently heard a story about a 90-year old man who decided to take French language lessons. When asked why he would do that at 90 years of age, he responded, “90 is the youngest age that I choose to do this”. He chose to stand alone to make his decision because this was the time to learn the French language.

Kids get excited to begin new things. Parents sometimes hesitate to be supportive of their children’s journey because they see the entire journey from their perspective only. Parents remember their own challenges as a kid and want to shield or block their child from experiencing what they did back then. Sometimes, parents are not certain what lane they need to walk in to like who they are, how to support their kids, or better still to create a dream alongside their kids in challenging times. Sometimes they are bogged down in fear and anxiety, which really can take the fun out of liking yourself.

Do you have a dream? Have you noticed how people love to talk about their dreams; they come alive when they share their hopes for the future. However, a dream remains fanciful until you

pursue it, in small ways, every day, in a routine you have set for yourself. The daily things you do determine whether your dreams come true.

Have the attitude that there is simply no space in your life to be around people that attempt to darken your light. You matter. Kids matter. Parents matter. The person you are is too precious, fragile, and important to allow anything otherwise. We are treated how we allow others to treat us. Do not tolerate anything less than being loved. You are worth it.

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Act 4:12 (KJV)



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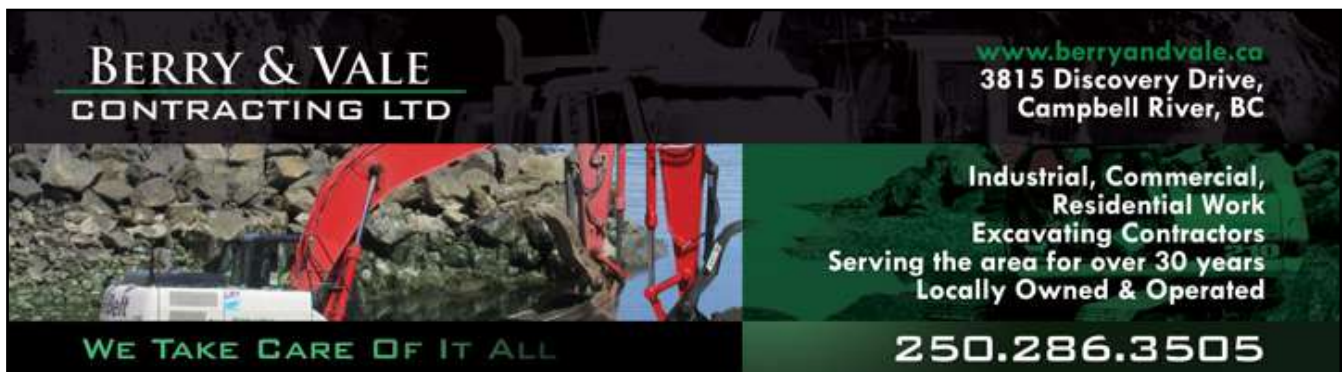
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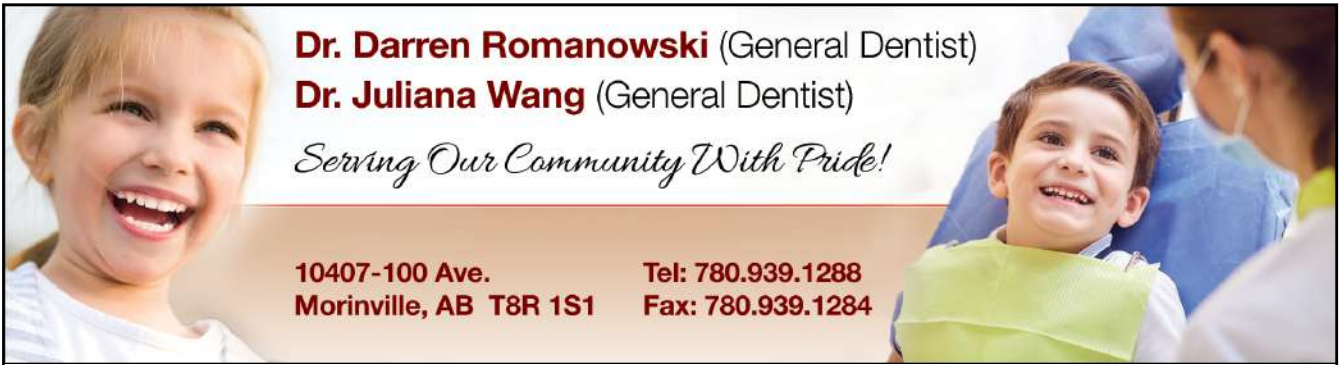
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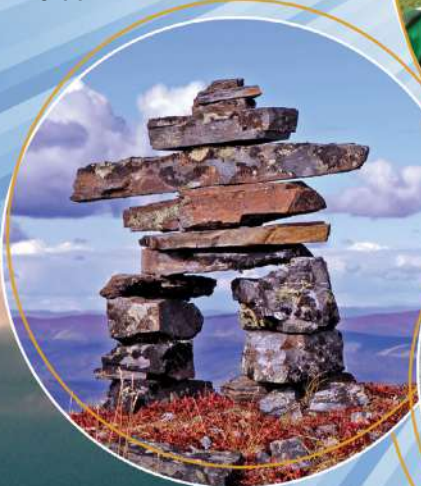
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