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YOUTH HEALTH BULLETIN

NOVEMBER 2009



Hello Wild Cubs and Wild Cats,

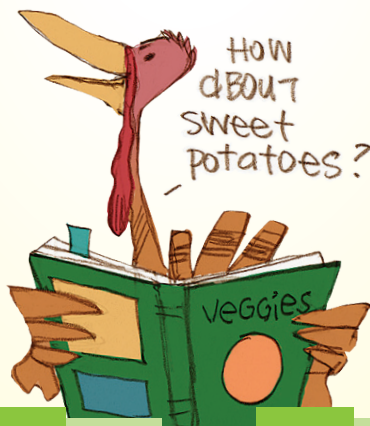
As always, I would like to thank all of my wild cat and wild cub friends who keep sending me emails. I love hearing from each and every one of you.

I hope that all of my wild cat and wild cub friends have a wonderful Thanksgiving. If you get the chance, help out in the kitchen. Ask what you can do to help with Thanksgiving dinner.

You can help out in many different ways, not just cooking. You can help decorate the dinner table or help with the dishes after dinner. Wild cats and wild cubs help out whenever and wherever they can!

Email me at wally.cat@uky.edu and tell me what you are thankful for this year.

Wally Cat 



*Never agree to meet **someone you don't know.***

THIS MONTH'S TOPIC: INTERNET SAFETY

When was the last time you wrote a friend a letter? If you're like most teens, you prefer to simply email or text them. For many kids, communicating online or via texting has become the norm. Teens communicate online to share the latest news, send pictures, do homework, or chat with friends.

As always, Wally Cat wants you to always be safe. Remember that online, people can be anyone. They may not be who they say they are. Not everyone who says they are a "friend" is actually a friend. Anyone can create a MySpace account, Facebook page, or send an instant message. People may not be who they say they are. Below are some tips to help you avoid online dangers.

Tips to Help You Safely Surf the Web

- **Never** give out any personal information online — this includes your first and last name, phone numbers, address, passwords, birth date, year of birth, a physical description, or your school name.
- **Never** post party announcements or tell anyone your schedule or where you usually hang out.
- **Never** fill out questionnaires that are forwarded to you, even if they are from your friends. In cyberspace there is no way to tell where your information will end up.
- **Never** send an instant message to a stranger.
- **Make sure** you personally know everyone on your buddy list.
- **Never** answer an email or instant message sent from someone you don't know. A "kid" you meet in a chat room could be an adult.
- **Always** be careful about posting pictures online.
- **Never** post pictures online with identifying information like a school sweat shirt, t-shirt or uniform.



- **Never** post pictures that you would not want your mother, father, grandparents, teachers, boss, or potential college recruiter to see.
 - **Never** download any content without your parent's permission. Many sites may have spyware that could damage your computer.
 - **Never** bully or harass another person through email, cell phones, text messaging, or social networking sites. The use of any communication technology to deliberately cause harm to others is considered bullying. Many states have passed laws to prosecute those convicted of cyberbullying.
 - **Never** share your password with anyone other than your parents.
 - **Never** agree to meet someone you don't know!
- Remember, people are not always who they say they are online. Not everyone is your friend or can be trusted. If someone tries to get you to meet them somewhere, tell your parents or an adult immediately!**

SOURCES:

- <http://www.commonsense.com/download/InternetSafetyTipCard.pdf>

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