

Let's Talk About Cyberbullying and What You Can Do

Submitted by the Shiawassee Prevention Network

What is Cyberbullying?

Cyberbullying is bullying that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers and tablets as well as communication tools including social media sites, text messages, chat and websites. Examples of cyberbullying include mean text messages or emails, rumors sent by email, texts or chat that are placed on social networking sites, and embarrassing pictures, videos, websites or face profiles.

Youth who are being cyberbullied are often bullied in person as well. Additionally, youth who are cyberbullied have a harder time getting away from the behavior. Cyberbullying can happen 24 hours a day, seven days a week, and reach a young person even when he or she is alone. It can happen any time of the day or night. Cyberbullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source. Deleting inappropriate or harassing messages, texts and pictures is extremely difficult after they have been posted or sent.

Effects of Cyberbullying

Cell phones and computers themselves are not to blame for cyberbullying. Social media sites can be used for positive activities, like connecting youth with friends and family, helping students with school and for entertainment. But these tools can also be used to hurt other people. Whether done in person or through technology, the effects of bullying are similar.

Signs of Cyberbullied

Look for changes in the youths' behavior. However, be aware that not all youth who are cyberbullied exhibit

warning signs. Some signs that may point to a cyberbullying problem are:

- Using their device significantly more
- Acting overly emotional after using a device
- Deleting their social media accounts
- Becoming nervous, anxious or irritable when receiving a text
- Doesn't want to see friends as much as usual
- Doesn't want to participate in usual sports or extracurricular activities
- Avoids group gatherings
- Showing drastic changes in their mood
- Refuses to go to school; doesn't want to leave the house
- Starts getting lower grades than usual
- Having difficulty sleeping
- Talking about self-harm
- Losing interest in hobbies

Identifying the warning signs of cyberbullying can be difficult. Youth often hide their devices or avoid talking about what they are going through out of fear that the bullying will get worse.

Bullying is a Big Deal

Every seven minutes, a student is bullied in the United States. Many students report incidents of bullying as a problem in their school. According to the 2022 OK2SAY Annual Report, there were 7,415 total tips received. 1,344 Of those tips were about bullying and 465 tips specific to cyberbullying.

A recent Youth Risk Behavior Surveillance Survey finds that many high school students (grades 9-12) were electronically bullied in the past year. Research on cyberbullying is growing. However, because youths' technology use changes rapidly, it is difficult to design surveys that accurately capture trends.

Are There Ways to Stop Cyberbullying?

Yes, there are many ways that you can prevent or stop cyberbullying:

- Block or delete the person doing the cyberbullying.



Emerging Needs

There are many resources around Shiawassee County for area youth (17 and under). These resources, such as mental health, food pantries, drug and alcohol classes, counseling and many more are available from different service organizations throughout the county. Many of these concerns are not just a once and awhile occurrence, some individuals and families battle with many issues around the clock and daily. This Emerging Needs section will highlight some of the various resources. Please watch for the November 12th edition of The Independent with some follow-up stories and results from some local surveys.

- Save the evidence.
- Reach out for help. Tell a friend, family member, pastor, or some one else you trust.
- Report it to your school counselor, social workers or nurse
- Call 8-555-OK2SAY (855-565-2729)
- Text 652729 (OK2SAY)

To learn more about prevention topics, visit shiawassee-prevention.org/initiatives.

Place Your Garage Sale in our classifieds section.

THE independent

NEWSGROUP
989-723-1118 classifieds@owossoindependent.com



149 E. Corunna Ave., Corunna

Promoting Wellness,
Protecting Health
for the Entire Family



Weekly Immunization Clinic –

All required and recommended vaccinations for children and teens! Variety of insurances accepted. For children/teens without insurance, no one will be denied services. Call 989-743-2356 to schedule an appointment.

Youth Committee – This youth led and adult guided group meets once a month to discuss topics like nutrition, mental health, reproductive health and substance misuse. Members use their voice to impact community change by writing grants and planning health

related activities and events. Join SCHDYC! Learn more by visiting our webpage.

Family Planning Program – This program is available to anyone seeking birth control, sexually transmitted infection (STI) testing, pap smears, or breast exams. Call 833-220-3200 to schedule. A variety of insurances accepted. For those without insurance, cost is based on income and ability to pay. No one will be denied services.

Call 989-743-2356 to get more information

Need a little help making ends meet?



www.ccsgc.org
GiveHope@ccsgc.org
989-723-8239

We're here for you!

Visit Catholic Charities' Community Closet & Food Pantry
Mondays 12 pm - 3 pm
Wednesdays & Fridays 9 am - 12 pm
1480 N. M-52, Ste. 1,
Owosso, MI 48867

Providing Help & Creating Hope since 1941!

SafeCenter
Domestic and Sexual Violence Services
877-952-7283



24 Hour Crisis Line
Transitional Housing
Emergency Shelter
Counseling and Advocacy
Families, Teens/Youth Welcome



Emerging Needs

SafeCenter Services Available to Children, Teens and Families



SafeCenter Domestic and Sexual Violence Services of Clinton and Shiawassee Counties provides the following services to children, teens and families (victims/survivors only):

- 24-hour crisis hotline
- 24-hour emergency shelter
- 24-hour emergency on-call response to the hospital, police department, or other safe location
- Advocacy/Supportive Services (in the schools, at our office or other designated locations)
- Counseling/Therapy (in the schools, at our office or other designated locations)
- Legal Advocacy (Personal Protection Orders and Court Accompaniment)
- Transitional Supportive Housing
- Basic Needs (food, clothing, etc.)
- Information and Referrals

SafeCenter staff are available to make presentations to schools, community clubs/groups, and/or attend various community outreach and engagement events as well.

To learn more about the SafeCenter and get connected, you can visit www.thesafecenter.org or www.facebook.com/thesafecenter.org. You can also call (989) 723-9716 or toll-free at 877-952-7283.

All SafeCenter services are free and confidential.

Connecting people who care to causes that matter

49 Years



134 Funds



141 Annual Scholarships



17 Annual Grant Programs



Over \$4 million Awarded



SHIAWASSEE

— COMMUNITY FOUNDATION —

For good. For ever.®

www.shiacf.org ~ (989) 725-1093

217 N. Washington St., Suite 104, Owosso, MI 48867



Memorial Healthcare



Memorial Healthcare is committed to providing our patients with the highest quality of health care experience possible. Our physicians are among the best in their fields and deliver world class care close to home. We are recognized nationally and on a state level by industry leaders for excellence in patient care, technology, and service quality.

Memorial Healthcare is an independent, community non-profit hospital with 161 beds and, a medical staff of nearly 500 physicians and advanced practice providers and more than 1,500 employees. Memorial is the sole hospital in Shiawassee County, serving a population of approximately 67,900 with an expanded footprint in Saginaw, Bay, Ingham, and Clinton counties. Memorial Healthcare's mission rings true today, as it did in 1921 when it opened its doors, to be an industry leader in the promotion of health and wellness through quality compassionate healthcare with a commitment to service excellence, teamwork, and innovation.

For more information, please call (989) 720-CARE or visit www.MemorialHealthcare.org.

LEADING THE FUTURE

(989) 720-CARE

www.MemorialHealthcare.org



Emerging Needs

Hey Parents, Let's Talk About Drugs and Alcohol

Submitted by the Shiawassee Prevention Network

When we talk to parents about their discussions about drugs and alcohol, many of them say that they don't have those types of conversations at home. However, research shows that teens often look to their parents and guardians for information or education about drugs and alcohol.

Teens face a lot of challenges. It's never too early to discuss drugs and alcohol. About 10% of 12-year-olds say they have tried alcohol and by age 15, that percentage jumps to 50%. The sooner you talk to your children and teens about alcohol and other drugs, the greater chance you will have on influencing their decisions about drinking and substance misuse.

It's up to you to have open and honest conversations with your teen about these topics. Here are some tips and tricks to make you confident in talking with your teen about drugs and alcohol:

- Listen, really listen: Give your teen your undivided attention, put your phone away and

allow them to freely share their opinions, questions, concerns or feelings.

- Recognize and respond: Seize this opportunity but don't jump or stray away from the conversation.
- Keep it casual: Don't know when to bring up drugs or alcohol into conversation? See something on TV or hear something on the radio? Use that as your "in" to start the conversation! Remember these conversations shouldn't be a one-time thing.
- Watch your language: Use open-ended questions to help your teen think more critically. Use scenarios or ask them to share things they have seen or heard.

• Set clear and realistic expectations: Speak directly to the point. Avoid using general statements like "you know what I expect." Be clear in your expectations.

• Show support and offer help: During every conversation with your teen, let them know they can always come to you for information and advice.

You are your teens' biggest influence! Be a role model because even when you think they aren't watching, they are. Do your best to lead by example both inside and outside your home. Share your views on alcohol and drugs with your teens key adults and ask them for help in reinforcing your expectations.

Not talking about alcohol and other drugs still sends children a message. They may not have all the facts but if parents or guardians don't talk about the risks of underage drinking and substance misuse, kids may not see the harm in them.

To learn more about how to have these types of conversations with your children at any age, visit shiawasseevention.org/initiatives.



Your Trusted Source for Senior Services in Shiawassee County!

- Congregate Dining Monday-Friday at Noon
- In Home Services; Homemaking & Personal Care
- Meals on Wheels
- Social Activities
- Senior Mobile Art Program

Needing essential help to stay in your own home? Call:

Durand 989-288-4122
Owosso 989-723-8875
Morrice 517-625-4270



Shiawassee Council on Aging

WWW.SHIAWASSECOA.ORG

A Whole NEW approach to Assisted Living and Memory Care where a VIBRANT LIFE comes first!

The Lodges of Durand

A VIBRANT LIFE COMMUNITY

989-288-6561 • 8800 Monroe Rd., Durand
astrappazon@vibrantlifeseniorliving.com

- Short term stays
- Vibrant Day Programs

Offering:

- Independent Living... (one & two bedroom apts!)
- Assisted Living... (from "just a hand" to total care)
- Memory Care and Support.. (with our Vibrant Life Philosophy)



Your MENTAL health MATTERS To Us!

If you or someone you know is struggling with anxiety, depression or addiction, please contact us.

WE ARE HERE TO HELP.



Make your mental health a priority. Take the free online screening today.



SHIAWASSEE Health & Wellness

Services and Crisis Intervention 24/7, Make The Call Today!

Virtual and In-Person Appointments Available.

989-723-6791
1-800-622-4514 (TTY)

WWW.SHIABEWELL.ORG