iSAFE

i-PARENT Times

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"Children require guidance and sympathy far more than instruction."

~Annie Sullivan

Family Insider—*Successfully Achieve Your New Year's Resolutions in 2008!*

Be at war with your vices, at peace with your neighbors, and let every new year find you a better man.

– Benjamin Franklin

Every New Year brings the promise of change, adventure and questions about the future. As I review the passing year, I think about what I did well, what I failed to accomplish and what I never want to do again. Have you taken time to inventory your past year? What were your intentions for 2007 and how did you fair?

If you are like the majority of the population, you have made your share of New Year's resolutions that fell short of success. Lamenting over unaccomplished resolutions and goals is fruitless. However, taking stock, learning from mistakes and setting new goals is time well spent. So, take some time to reflect on the past and look to the future. And, set yourself up for success this coming year by using the following helpful tips.

Begin by organizing your goals and writing them down! Separate the short-term goals from the more complex long-term goals and break big goals into smaller ones. By setting short-term goals that you can easily achieve, your confidence will be boosted and the probability of long-term success will increase. Defining long-term goals should merely guide you in setting the short-term goals that, when added up, will culminate in the successful achievement of the long-term goal.

Set reasonable deadlines. Be realistic in your time estimates for achieving your goals. Make yourself a monthly calendar and post realistic goals that you can see at a glance.

Don't procrastinate! Remember the old adage, "Don't put off until tomorrow what you can do today." Start today!

Create a support team. For some people, accountability can mean the difference between success and failure. It's much easier to decide not to do something if you have no one to call you accountable to your inaction. Find a family member, co-worker, friend or group of friends who will encourage and support you. Your support team should send each other text messages, e-mails, or cards to help each other stay focused on individual goals. Post reminders and encouraging notes to yourself at home, at the office, to keep your momentum going.

Regularly reevaluate and revise your list. That's the beauty of short-term goals. You can reassess them and set new deadlines if something happens to side-track your efforts.

Take advantage of available tools and the wisdom of others. If your goal is to quit smoking, check out support groups

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NAC Tracks

Do you read the privacy policy before making an online purchase from a store?

A: Yes

B: No

C: I don't make online purchases

Vote here

See page 5 for lastmonth's results.

Successfully Achieve Your New Year's Resolutions in 2008! continued from page 1

online. If you'd like to use that new computer program in your classroom but lack the confidence to pick up the book to learn how to use it on your own, ask a colleague with experience to help you learn it.

Celebrate your successes. Reward yourself for a job well done. Celebrate the small accomplishments to spur you on to greater ones.

As the New Year approaches we encourage you to not only think about the ways you can better yourself or some aspect of your own life, but how you can make a difference in your community. With small achievable goals and willing volunteers, together we can change the world.

Become part of an i-PARENT Board and reach your community with the important message of Internet safety this year. The parents and students in your community need to know how to recognize and respond to the online dangers that face them each time they log on to the Internet. i-SAFE provides you with the training, materials and support to raise awareness and educate your community. Contact us at **parents@isafe.org** for more information on becoming part of an i-PARENT Board.

Internet Safety Legislation

In a unanimous voice vote on the floor of the U.S. House of Representative, the i-SAFE Internet safety program was given a resounding bipartisan vote of confidence and continued government funding legislation. H.R. 4134 was passed, designating $25 million over the next 5 years for i-SAFE to remain the lead provider in educating and empowering our nation's youth about the safe and responsible use of the Internet. Representative Linda Sanchez (CA) introduced the Internet Crime Prevention Education Program.

"If kids cannot take advantage of all the wonderful benefits that the Internet has to offer because of predators, bullies, and scam artists, then they are being robbed of an opportunity to learn and grow, said Rep. Sanchez. I introduced the Internet Crime Prevention Education Program Act because we cannot let the information super-highway become the information super-nightmare."

H.R. 4134 authorizes Congress to provide funds for i-SAFE to maintain the nation's current investment on a highly acclaimed nationally standardized FREE Internet safety program for schools (4 million students), communities and law enforcement that is currently being implemented in all 50 states. This legislation also provides funds for other Internet safety organizations to participate in the Internet safety education process in those instances where local schools choose not to adopt and deliver the more comprehensive and standardized i-SAFE curricula that Congress has been funding for the past 5 years. The bill is now in the U.S. Senate.

Meanwhile, the Senate has passed its own Internet safety education bill, S. 2344, the Internet Safety Education Act

of 2007. S. 2344 does not compete with H.R. 4134. However, the Senate's version is not as comprehensive as the bill unanimously passed in the House. The dual-track funding approach, provided by H.R. 4134 ensures that Internet safety education is not only more widely implemented nationwide, but that education is precluded from becoming a commercial "single focused" program. Qualified, yet competing and widely dissimilar Internet safety programs will also receive federal funding to help them raise awareness on all of the Internet safety issues and risks kids and teens encounter online.

The House and Senate versions must now be reconciled. "There is one compelling reason why H.R. 4134, the bill passed by the House, has remarkable and unique probative value," says i-SAFE CEO Teri Schroeder. "Over the past 5 years i-SAFE's support and funding has come directly from Congress via an earmark. We have been very fortunate to receive over $13 million in funding during that time. Our metrics and benchmarks have been stellar. So much so, that Departments of Education and organizations around the nation used the competitive grant process to obtain federal dollars this year so they, too, could disseminate the i-SAFE program within their states and/or communities."

Hot Toys for 2007 Holiday Season

Toys and electronic gadgets are flying off the shelves as parents rush to get their hands on the hottest toys of the season. Video games and interactive toys, as well as toys relating to trendy television and film characters, are topping wish lists this year. Take a look at some of the hottest toys for 2007.

Transformers – Just about anything related to the hit movie Transformers is sure to be a hit this season. Interactive Transformers hero and villain figures morph from battle-ready robots into different objects or other creatures.

VTech's multimedia Gadget – It's a digital camera, movie maker, MP3 player, and FM radio. Kids can also play games and download content from the Internet as well as send voice and text messages.

Eyeclops – Get up close and personal with virtually any item! Simply plug the Eyeclops handheld bionic microscope into any TV, turn it on and magnify any object up to 200 times its normal size. The image projects onto your TV.

Barbie Girls MP3 Player – Girls can connect to some of their favorite things, including music, fashion and computer fun. Each Barbie Girls MP3 Player figure comes with a port in the base to connect to your computer so you can go directly to the special Barbie Girls Web site and shop for your doll, mix and match fashions and hairstyles, and much more.

Singing "Chat Diva" Barbie and Teresa Dolls – Raise the doll's cell phone to her ear when it rings and she will answer the phone and speak. The dolls also sing into a microphone to pre-programmed song clips. Kids can also plug in their MP3 players or any other music device and the doll will "lip sync" and bop her head to the music.

Lego Mindstorms – Mindstorms NXT combines the power of the LEGO building system, an intelligent brick, and easy-to-use drag and drop programming software to create advanced robots.

Digital Cameras – Digital cameras are a hit for all ages! And the new Fisher-Price Kid-Tough Digital Camera and the Kidizoom Camera let little ones over 3 years old to easily snap photos and view them onscreen or on their PC.

Computer and Video Console Games – Computer and video games are always a hit. The Nintendo Wii is the most searched for gaming console and Guitar Hero III and Halo 3 games are high on the most-wanted list.

Hannah Montana – Hannah Montana is a 'tween obsession. The Disney TV show follows a preteen girl as she experiences life as a pop star. The hottest Hannah Montana toys include the Hannah Montana singing doll, board and CD games, fashion figures, clothes, and music CDs.

High School Musical – The summer's hottest movie spawned a number of 'tween products. The most sought-after toys include the High School Musical Dance Mat, fashion figures and clothing, plus board, handheld and CD games.

Girlz Connect Destiny – Designed for the fashionable and electronically savvy 'tween girl, this handheld item features quizzes, horoscope readings, love compatibility tests, personality quizzes, and flash drive space for future updates. Owners can plug into their computer to connect with an online community of other Girlz Connect Destiny users.

Remote control toys – Remote control toys have always been a hit and this year is no different. Two of the hottest this year are the FlyTech R/C Dragonfly and R/C Spy Video Car.

MP3 players and accessories – Kids of all ages will appreciate an MP3 player and accessories. Digital music gift cards are also great music gifts and available at local stores, or online.

Webkinz – These plush animals come with a secret code that unlocks an online world where owners name and take care of their pets, play games, and communicate with other pet owners.

FurReal Parrot – It talks, dances, and even responds to commands. The FurReal Parrot has the ability to do an amazing amount of things. Just beware; it has the ability to record and repeat things it hears.

Cyber Preying: *How to Cope*

More than a year ago, Megan Meier, a 14 year old girl from Missouri committed suicide after being cyber bullied by a woman she thought was a teenage boy. The woman, posing online as Josh, befriended the girl by sending flirtatious messages to her on the popular MySpace site, and then abruptly "turned" and began to make vicious comments. That woman was actually the mother of one of Megan's friends. She was allegedly trying to determine what Megan was saying about her own daughter. Megan's parents say the harassment ultimately lead to their daughter taking her own life.

This tragic story of a young person's suicide is compounded by the fact that the law does not provide a punishment for the adult who victimized the girl. Surprised? Don't be. Many states have not updated their laws to meet the nuances of our new cyber-connected world. Texas, New Jersey, Oregon, California, Rhode Island and New York have all enacted new laws to deal with cyber-bullying issues. In the absence of such a proactive approach, other states try to meet these new challenges by enforcing existing laws. In addition to law enforcement, i-SAFE recommends an education, awareness and empowerment approach to help ourselves and our children be safe and responsible online citizens.

For cyber-bullying, begin with the "4 Rs." RECOGNIZE that people online aren't always who they say they are and take note of the bully's screen name or e-mail address. REFUSE to open or read any message from a cyber bully. RESPOND by ignoring the bully at first and never respond to a bully out of anger. Finally, REPORT cyber bullying

to the Internet Service Provider (ISP), the school (if the bullying is school related), a trusted adult or law enforcement to stop it immediately. Also, keep a log of the bully's messages that can later be used as evidence.

There are several warning signs to pay attention to that may be an indication of bullying or that something is wrong with a loved one. Depression can be the first indicator that there is a problem. Subtle changes in behavior may indicate potential problems that should be discussed. Also, isolation indicates a more severe stage of emotional crisis. If you see any of these signs in a person in your life you should talk about what might be bothering them and how you can work together to make things easier.

Visit **www.isafe.org** for more information on cyber bullying and contact your state legislator about your state's bully laws.

Beyond the Classroom

i-SAFE is known for our dynamic K-12 curriculum and trainings. Raising awareness and educating 4 million students about what is safe and responsible online behavior in classrooms throughout America is the most visible way the i-SAFE program delivers the important message of Internet safety.

i-SAFE's community outreach programs and youth empowerment activities in the form of conferences, health fairs, town-hall meetings, and parent events also make Internet safety information available to everyone. For example, i-SAFE recently participated in a health fair sponsored by California Assemblywoman Mary Salas in Chula Vista, California where the Internet safety resources were provided in both English and Spanish. Also in San Diego, i-SAFE Director of Outreach and Professional Development, Jonathan King, manned a special Youth Safety Night information table at a San Diego Padres game. Tens of thousands of baseball fans were exposed to the i-SAFE Internet safety message near the "Park at the Park," an area of Petco Park known for its family setting and inexpensive tickets.

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Beyond the Classroom *continued from page 4*

i-SAFE also conducts student Assembly Experiences in partnership with congressional offices. Rep. Patrick Kennedy (RI), Rep. Earl Pomeroy (ND), Rep. Marsha Blackburn (TN), Rep. Paul Hodes (NH), Rep. Mary Bono (CA), have all experienced assemblies this year. Rep. Kirsten Gillibrand (NY) will host an Assembly Experience in January, 2008, at a middle school in her upstate New York congressional district.

Youth empowerment and community outreach are vital components to raising awareness about Internet safety and educating beyond the classroom. Take action! From your My Info page, click on Select Implementation Plan, and choose from the list of i-SAFE programs, trainings, and activities. i-SAFE can provide materials for you to distribute at an information table, and we have templates for a letter-writing campaign to help raise Internet safety awareness in your community. Be creative.

The i-CREATM Patent and Trademark Curriculum

Copyright protects every blogger who's posted a commentary or student whose original poem is on a social-networking site. GarageBand software makes songwriters out of a lot of us, while the music produced is also protected from theft by copyright. The Internet has opened up creative avenues for kids, teens, and adults to take advantage of, and copyright laws are in place to protect their online intellectual property.

And, just as copyright is a claim made by the artist of a painting or the author of a book, so are patents and trademarks. An inventor claims ownership of a new product and patents it so nobody else can sell it as their own. The brand name given to the product is protected by a trademark. i-SAFE has teamed with the United States Patent and Trademark Office to help students better understand these intellectual property protections through a full range of i-SAFE curriculum.

The i-CREATM curriculum is a series of age-appropriate lesson plans designed for upper elementary, middle, and high school students. At each level, students learn valuable insights about copyright, trademarks, patents, intellectual property theft (and other IP protections), and creative problem solving.

The i-CREATM curriculum is designed with flexibility in mind, so lessons can be implemented by educators as a part of any of the following academic subjects: computer/technology, social studies/history/civics, science, economics (HS level), language arts, library science. The heart of this concept is illustrated in the development of the "Curriculum Connections," activities and mini-lessons that can be selected appropriate to academic subject matter to support the main topic lesson and learning objectives, and the unit's "Invention Connections," activities that are relevant to students and the inventing process. The i-CREATM curriculum will soon be available and accessible through Implementation Plan to i-SAFE certified educators.

The curriculum lessons meet educators' needs, because they:	The curriculum lessons meet students' needs, because they:
• are aligned to educational standards	• are age-appropriate
• are easy to implement across a variety of curricular subject matter	• are thought provoking
• are interesting	• are relevant to their real-life experiences
• incorporate best practices of teaching and learning	• incorporate empowering activities to promote critical thinking and creativity

The i-CREATM curriculum is complete with a teachers guide. However, i-SAFE recommends that educators view the just-produced i-LEARN training video which will provide background information and help teach the patent and trademark lessons. That chapter can be found at **http://ilearn.isafe.org**. Choose the Intellectual Property module. Then, click to watch Chapter 7, "Patent and Trademarks."

Results from last month's NAC Tracks: Do you check your credit report once a year (or more frequently) for signs of identity theft? Yes: 67% No: 33%

Online Shopping Safety Tips

Everybody knows that Black Friday is the day after Thanksgaving that kicks off the holiday shopping season. Did you know that three days later, the Monday after Thanksgiving, was Cyber Monday which kicks off the online holiday shopping season? This year, early online shoppers took advantage of the one-day specials and sales on Cyber Monday, spending an estimated $700 million.

Shopping online has a lot to offer—24/7 store hours, price comparison Web sites, online sales, and direct shipping. Of course, there's the luxury of being able to shop in your pajamas while lounging on the couch.

Most well-known stores now have an online presence. Stores like WalMart, Target, JCPenney, and BestBuy offer most of the same products available in their physical locations, and often offer additional products as well. Before you fight the crowds and stand in lines this holiday season, check out your favorite stores online.

Although online shopping has its benefits, it also has its risks.

- Shop on familiar, reputable secure sites. Secure sites can be identified by the https:// in the address bar and the lock icon on the bottom task bar.
- Always read the Web site's privacy policy to ensure they will not sell your private information to others.
- Guard personal information when contacting customer service over e-mail or IM.
- Never update account information or provide your passwords via e-mail.
- Avoid making purchases from a shared or public (e.g., library) computer.
- Understand refund policies and be aware of the product delivery charges and dates.
- Print and save the records of your online purchases.
- Check your credit card statements to ensure that no unauthorized charges have been made to your account.
- Equip your computer with a firewall, virus protection, anti-spyware and anti-adware software to prevent hacking.

Find that Bargain

Planning to shop online this holiday season? Here are some ideas on how to save, or even make money, on your online purchases.

Some Web sites, like **Ebates.com** offer customers rebates on purchases that are made only through their Web sites. Set up like an online shopping mall, these Web sites offer consumers exclusive offers and free shipping deals from numerous major online retailers and often pay as much as 25% back to the customer as a rebate.

Online discount or promotion codes are like online coupons. And, many familiar stores have money-saving offers right on their Web site. Others send coupons or notices of specials through e-mail to customers through their store e-mail lists. Doing a Web search, using the store name and "discount," "promotion code" or "coupon" will also often yield numerous current online specials.

Before you buy, compare prices and store customer satisfaction reviews. Take a look at sites like **Epinions.com**, **PriceGrabber.com**, **Shopping.com**, and **NexTag.com** to get product reviews, price comparisons and customer feedback for the best possible values online.

Other ideas are to use cash back credit or reward cards, look for companies that offer free shipping

For this holiday season, do your homework so you can get the best deals possible.

Happy Holidays

As CEO and Program Director of i-SAFE I want to personally extend a "Happy Holiday" to each and every one of you. It has been such an honor to work with each of you over this past year. As a Foundation we have seen considerable growth during 2006-07. The numbers of students online have exceeded expectations. New technology has provided a wealth of opportunity simultaneous to risk and liability.

Parents and educators are having to look at the world with a much different eye—striving to stay a step ahead of the children you work so hard to guide and protect.

The days of trying to be acquainted with the friends your children socialize with, in the real world, have been replaced with "virtual buddy lists." The cities and towns in which we live and frequent have been replaced with avatars and virtual communities.

Our youth today are true "cyber citizens" and rely on technology for education, socialization and marketable skills.

Our core mission as a foundation is now being embraced by students, educators and parents all over the world. This has been made possible due to the overwhelming support you have given the i-SAFE Foundation.

I want to thank you for allowing us to partner with you in educating, empowering and protecting our world's most precious commodity—the lives of your children.

The entire staff of i-SAFE appreciates all that you do as parents. Together we have made a difference!

Have a wonderful and safe holiday.

Warm Regards,

Teri Schroeder

The series of i-SAFE newsletters also includes the *i-EDUCATOR Times* and *Kewl Timez* (for students). We encourage you to read the others and ask you to use the main article to initiate discussion and action with your students and your community.

About i-SAFE

Founded in 1998 and active in all 50 states, i-SAFE Inc. is the leader in Internet safety education. i-SAFE is a nonprofit foundation whose mission is to educate and empower youth to make their Internet experiences safe and responsible. The goal is to educate students on how to avoid dangerous, inappropriate, or unlawful online behavior. i-SAFE accomplishes this through dynamic K through 12 curriculum and community-outreach programs to parents, law enforcement, and community leaders. It is the only Internet safety foundation to combine these elements. **www.isafe.org**

To send comments or contributions to the newsletter staff, e-mail **news@isafe.org** or send "snail mail" to:
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