



## California State PTA's Health & Community Concerns Newsletter

February 2018

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## Cyber Safety

Cyber safety goes beyond protecting our children from strangers and blocking inappropriate content. Cyber safety is all about teaching our kids how to use mobile devices, apps and the internet productively and how to practice safe, responsible online behavior – especially when you're not there to answer their questions or check in on them.

Read our tips on cyber safety:

- When using a new device or signing up for a new website or app, set your privacy settings. Opt out of location sharing and don't allow the app to post to social media sites on your behalf
- Teach your kids to consider the information they are giving away online. Children should never give their address, phone number or birth date to anyone online
- Be thoughtful when posting pictures of your child online. Remember: once you post a picture online, you lose control over it. Use privacy settings and limit the audience by only posting to friends and family
- Teach your child never to use their real name as a screen name and to skip personal details, such as an address, jersey number or birthday



- Encourage your child to think about the language they use online, the pictures and videos they post and the consequences of altering photos posted by someone else.

Learn more about cyber safety at [www.capta.org/cyber-safety](http://www.capta.org/cyber-safety).

## Parents Guide to the Flu

It's not too late to vaccinate – there are still weeks of flu season to come! California State PTA would like to share some helpful information from the [Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov), including:

- How serious is the flu?
- How does the flu spread?
- What are the benefits of getting a flu vaccine?
- What can I do if my child gets sick?
- Can my child go to school with the flu?

[Learn more in this helpful flier from the CDC.](#)

## Acceptance of Children with Special Needs

Did you know that children with disabilities are two to three times more likely to be bullied than others? Chances are, at some point during your child's time in school, they will have a classmate with a disability. California State PTA shares these tips for teaching children about peers with special needs and how to make the family part of the school community from [Care.com](http://www.care.com):

- Even if a child doesn't talk, there are still activities the children can do together, such as play board games or arts and crafts
- Most parents of children with disabilities would prefer that other adults ask them about their child directly, rather than avoiding them. A smile or friendly "Hello!" is an easy icebreaker
- If your child wants to have a play date with a child with a disability or invite him or her to a birthday party, encourage it. Call the other parent and say simply, "How can we make this work?"
- Share any concerns with the other parent. Parents of children with disabilities will often be happy to facilitate a successful play date or outing
- Extra effort goes a long way. For instance, learning simple signs so that you can better communicate with a child who is deaf (and uses sign language) will be much appreciated.

Share [these tips](#) with your school community and visit [www.capta.org](http://www.capta.org) for more resources.

## Learn Something New at Convention Workshops

**Want hands-on training opportunities? Want to learn more about issues affecting children and families while making your PTA job easier?** Let the workshops and table talks at the 2018 Convention help!

The 2018 California State PTA Annual Convention is happening in Ontario, CA from April 27 – 29, and offers attendees more than 40 workshops and table talks to help you learn new skills, share your thoughts and network with fellow PTA members and leaders. There are many health and community concerns workshops and table talks, including:

- Bullying Prevention
- Talking with Teenagers
- Teen Drivers: Distracted and Reckless
- Special Needs Students: Parents and PTA
- Mental Health: Ending the Stigma and Helping Those Who Need It
- Suicide Prevention: What Parents Need to Know
- Creating LGBTQIA+ Inclusive PTAs and Schools
- And more!



Find out more about the 2018 convention at [www.capta.org/convention](http://www.capta.org/convention). Registration opens March 1!

[Sign up for \*The Pulse\* here.](#)

*This message is being sent to all unit, council and district PTA health and community concerns officers.*

*Please feel free to forward this message to your members and other interested parties.*

