

ADVOCATE

A Publication of the Support, Advocacy, & Resource Center

Winter 2012

Survivor Point of View

The following story is from a mother who had a terrifying experience with her 14-year old daughter online. This particular mother is very aware and savvy regarding internet safety and online danger. She wanted to share the experience she had with her daughter to hopefully help other parents and kids be aware about the dangers online.

My daughter thought I was just awful because I limited her time on the internet and secured it with parental controls. As well, I monitored all the places she visited and she thought I was just horrible. According to her, "I was the ONLY parent that did this". I strongly believe in monitoring our children on the internet in order to protect them from predators at all costs. Here is why. This is a true and very scary story. You just never know who is really behind a keyboard and what their intentions are. The internet is a predator's playground with access to so many vulnerable children. They know children are trusting...that's the saddest part of it all.

I have a very beautiful daughter. At the time she was 14-years old and boy crazy! Her name is "Kristy". She went home with a friend of hers after school one day. I knew her parents and the friend and all of them were very good people. We all wanted to see our kids protected. On this particular day, the parents weren't due home until about 30-minutes after the girls got there. They decided to hop on the internet and talk with their latest "cute boy". He was very handsome and 14-years old. He told the girls how pretty they were and over a few days, got them to send him pictures, and personal information, including the town they lived in and the school they attended. They were smart enough not to give out their home address

or phone numbers. They thought...they really did think they were being "careful". About 25 minutes into them chatting with this cute 14-year old boy, there was a knock on the door. Being the trusting girls they were, they opened the door, only to find a 30-year old man standing there. I will call him "Clark". "Clark" proceeded to invite himself in, past the girls, even though they told him "no". He had told them he was the one that had been chatting with them online for the last 25 minutes. They thought he was behind the PC at his house. He was behind the wheel of his car, and not at all behind his desk at home. He was not 14-years old, and he was not a handsome boy. He was a predator that had set out to harm these two girls. He had taken what personal information they thought was just harmless chatting and tracked them down to the address where they were. This still makes my hair stand on end...

As he pushed his way past the girls into the house, they started screaming. Thankfully, it took 5 minutes of flustering, before the man began to come after the girls, fully intending to do harm. Kristy's friend's parents were THANKFULLY just pulling into the driveway and heard the girls screaming and ran into the house. Also, thankfully, they rescued the girls and had the man apprehended by the police after he fled the scene.

It turned out, that this man was a convicted child molester, and the girls were his next 2 victims. There is no telling what may have happened to them, if Kristy's friend's parents were more than 15 minutes late getting home that night from work. Thankfully, he was put behind bars and the girls were INCREDIBLY lucky. He had all the cool talk and teenage lingo down pat. He knew how to lure the girls in and make it seem like harmless chatting.

He was a professional at doing this and he did it well.

I thank God often that the two of them were unharmed physically. It did leave emotional scars on them both that they are still overcoming. Today, my daughter has a daughter. And, I can tell you, she has her internet fully locked down and highly monitored. It took this very close call for my daughter to understand why I did what I did. I am thankful it was a close call and not an event that could have scarred her for life, or worse, taken her from me.

If you have children, please continue protecting them. YOU are the ONLY thing between them and the thousands of sick predators out there. No matter how mean she may think you are, YOU are doing the right thing Mom. Keep on doing it! Share this with other parents and encourage them to also monitor their child's internet time. The world is just way too full of sick adults that prey on our children and the internet is a prime playground for it. Did you know this? If you type in your phone number onto Google the chances are that it will give the address straight to your house, which can then be traced on MapQuest for directions. Way too scary! The internet makes it too easy for our children to become unsuspecting victims.

**Names have been changed*

*This survivor story, written anonymously, was derived from the following website:
www.tuecca.wordpress.com*

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Technology Safety

Internet Safety Tips For Parents

The internet can be a wonderful resource for kids. They can use it to research school reports, communicate with teachers and other kids, and play interactive games. Kids who are old enough to punch a few letters on the keyboard can literally access the world. But that access can also pose hazards. For example, an 8-year old might do an online search for "Lego." But with just one missed keystroke, the word "legs" entered instead, and the child may be directed to a slew of websites with a focus on legs – some which may contain pornographic material. That's why it's important to be aware what your kids see and hear on the Internet, who they meet, and what they share about themselves online.

Just like any safety issue, it's wise to talk with your kids about your concerns, take advantage of resources to protect them, and keep a close eye on their activities.

Get involved in Kid's Online Activities. It's wise to take an active role in protecting your kids from Internet predators and sexually explicit materials online.

The following are tips to help:

- Become computer literate and learn how to block objectionable material.
- Keep the computer in a common area where you can watch and monitor it's use.
- Share an email account with your child so you can monitor messages.
- Spend time online together to teach your kids appropriate online behavior.
- Forbid your child from entering private chat rooms; block them with safety features provided by your internet service provider or with special filtering software. Be aware that posting messages to chat rooms reveals a user's email address to others.
- Find out what, if any, online protection is offered by your child's school, after-school center, friends' homes or anyplace where kids could use a computer without your supervision.
- Take your child seriously if he or she reports an uncomfortable online exchange.
- Forward copies of obscene or threatening messages you or your kids get to your Internet service provider.
- Call the National Center for Missing and Exploited Children at (800)843-5678 if you're aware of the transmission, use, or viewing of child pornography online. Contact your local law enforcement agency or the FBI if your child has received child pornography via the Internet.



Information provided by: www.kidshealth.org

Mobile Safety Tips

Access to the internet has increased through a variety of mobile devices. Kids can get online via smartphones, MP3 players, handheld gaming systems, tablets, etc. With this increased access to the internet there are increased risks in many of the activities kids are participating in. In order to keep families safe from the online risks associated with technology here are some simple tips to promote safety.

Educate Yourself

Homework isn't just for kids. There are dozens of new services, apps, games and online destinations. It is up to you to educate yourself about what your kids have access to. If something is unclear, ask your kids for help. This type of interaction will create topics that will interest for you and your child. This can also open the lines of communication with your child about their online life.

Take Advantage of Existing Tools

Many operating systems offer controls for parents to utilize with their children's devices. Some will offer password protected ability to access certain information, some programs come with warnings, and some content you can filter or disable all together. To increase control of children's access, parents can change the WiFi password on a regular basis. That way children have to ask you to use WiFi and you are aware of when they are online and what they are looking at.

Set and Enforce Limits

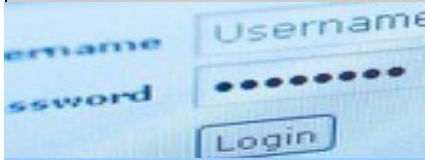
It is a good idea to set rules for children's access to any computer within your home. In addition to any rules set for your desktop computer, those rules should also apply to any other means of technology your child has access to. You and your children should set rules regarding appropriate content to be viewed online. Set rules as to who children should be able to interact with online. There should be absolutely no interacting with people who the child first meets online. Set rules regarding pictures and videos. Many devices have the capability to take pictures and video and then post those online. Kids should not be taking pictures or videos of inappropriate content or allowing other kids to the same.

Keep the Virtual World and Real World Separate

It's easy to become paranoid of children's activity online; however, to limit it completely would be a taking away the opportunity for your children to grow and learn in our modern society. Talk to your children about being cautious online. Remember these talking points; never give out personal information, don't download pictures or email attachments, and take everything with a grain of salt. Promote communication with your children about their online activities. Handheld devices are a lot more private and can create more secrecy so it can be even more important to have conversations about kid's online activities. Encourage your children to limit the time they spend with technology in an effort to connect with the people in their lives.

Information adapted from: <http://www.cnn.com/2011/11/11/tech/gaming-gadgets/kids-online-safety-steinberg/index.html>

Tips for Strong, Secure Passwords



How Secure is my password?

A strong password is your first line of defense against intruders and imposters.

Never give out your password to anyone (except your parents). Never give it to friends, even if they're really good friends. A friend can accidentally, we hope - pass your password along to others or even become an ex-friend and abuse it.

Don't just use one password. It's possible that someone working at a site where you use that password could pass it on or use it to break into your accounts at other sites.

Create passwords that are easy to remember but hard for others to guess. When possible, use a phrase such as "I started 7th grade at Lincoln Middle School in 2004" and use the initial of each word like this: "Is7gLMSi2004."

Make the password at least 8 characters long. The longer the better. Longer passwords are harder for thieves to crack.

Include numbers, capital letters and symbols. Consider using a \$ instead of an S or a 1 instead of an L, or including an & or % - but not that \$1ngle is not a good password. Password thieves are into this. But Mf\$1avng (short for "My friend Sam is a very nice guy") is an excellent password.

Don't use dictionary words. If it's in the dictionary, there is a chance someone will guess it.

Don't post it in plain site. This might seem obvious but studies have found that a lot of people post their passwords on their monitor with a sticky note. Bad idea. If you must write it down, hide the note somewhere where no one can find it.

Consider using a password manager. Programs or Web services like RoboForm (Windows only) or Lastpass (Windows and Mac) let you create a different very strong password or provide strong password for each of your sites. But you only have to remember the one password to access the program or secure site stores your passwords for you.

Don't fall for "phishing" attacks. Be very careful before clicking on a link (even if it appears to be from a legitimate site) asking you to log in, change your password or provide any other personal information. It might be legit or it might be a "phishing" scam where the information you enter goes to a hacker. When in doubt, log on manually by typing what you know to be the site's URL into your browser window.

Make sure your computer is secure. The best password in the world might not do you any good if someone is looking over your shoulder while you type or if you forget to log out on a cybercafé computer. Malicious software, including "keyboard loggers" that record all of your keystrokes, has been used to steal passwords and other information. To increase security, make sure you're using up-to-date anti-malware software and that your operating system is up-to-date.

Consider a "password" for your phone too. Many phones can be locked so that the only way to use them is to type in a code, typically a string of numbers. Sometimes when people with bad intentions find unlocked phones, they use them to steal the owner's information, make a lot of calls, or send text that look like they're coming from the owner. Someone posing as you could send texts that make it look like you're bullying or harassing someone in your address book with inappropriate images or words.

www.connectsafely.org/Safety-Tips/tips-to-create-and-manage-strong-passwords.html

Social Media Tips for Teens



Think about what you post. Sharing provocative photos or intimate details online, even in private emails, can cause you problems later on. Even people you consider friends can use this info against you, especially if they become ex-friends.

Read between the "lines." It may be fun to check out new people for friendship or romance, but be aware that, while some people are nice, others act nice because they're trying to get something. Flattering or supportive messages may be more about manipulation than friendship or romance.

Don't talk about sex with strangers. Be cautious when communicating with people you don't know in person, especially if the conversation starts to be about sex or physical details. Don't lead them on if you don't want to be the target of a predator's grooming. If they persist, call your local police or contact CyberTipline.com

Avoid in-person meetings. The only way someone can physically harm you is if you're both in the same location, so - don't meet them in person. If you really have to get together with someone you "met" online, don't go alone. Have the meeting in a public place, tell a parent or some other solid backup, and bring some friends along.

Be smart when using a cell phone. All the same tips apply with phones as with computers except phones are with you wherever you are, often away from home and your usual support systems. Be careful who you give your number to and how you use GPS and other technologies that can pinpoint your physical location.

Information provided by: www.connectsafely.org/safekids.com

Protect Your Online Reputation



It is important to remember that nothing is temporary online. The virtual world is full of opportunities to interact and share with people around the world. It's also a place where nothing is temporary and there are no "take-backs." A lot of what you do and say online can be retrieved

online even if you delete it -and it's a breeze for others to copy, save and forward your information.

Mark your profiles as private. Anyone who accesses your profile on a social networking site can copy or screen-capture information and photos that you may not want the world to see. Don't rely on the site's default settings. Read each site's instruction or guidelines to make sure you're doing everything you can to keep your material private.

Don't post inappropriate or sexually provocative pictures or comments. Things that seem funny or cool to you right now might not seem so cool years from now - or when a teacher, admissions officer, or potential employers sees them. A good rule of thumb is: if you'd feel weird if your grandmother, coach, or best friend's parents saw it, it's probably not a good thing to post. Even if it's on a private page, it could be hacked or copied and forwarded.

Don't respond to inappropriate requests. Research shows that a high percentage of teens receive inappropriate messages and solicitations when they're online. These can be scary, strange, and even embarrassing. If you feel harassed by a stranger or a friend online, tell an adult you trust immediately. It is never a good idea to respond. Responding is only likely to make things worse, and might result in you saying something you wish you hadn't.

You can report inappropriate behavior or concerns at www.cybertipline.org.

Take a breather to avoid "flaming." File this one under "nothing's temporary online": If you get the urge to fire off an angry IM or comment on a message board or blog, it's a good idea to wait a few minutes, calm down, and remember that the comments may stay up (with your screen name right there) long after you've regained your temper and maybe changed your mind. A good rule to remember: if you wouldn't say it, show it in person, you probably don't want to online.

Information provided by kidshealth.org

How to Recognize Online Grooming



Sometimes the very reason kids and teens blog and spend time in social-networking sites is to "meet new friends." So it's not always easy for them to tell when "new friends" have bad intentions, and research consistently shows that about 20% of online kids receive unwanted sexual solicitations.

"Grooming" is the way sexual predators get from bad intentions to sexual

exploitation. Basically grooming is manipulation. It's the process pedophiles use to get children they target online to meet with them offline, simple goal being sex.

Sometimes grooming involves flattery, sometimes sympathy, other times offers of gifts, money or modeling jobs. It can also involve all of the above over extended periods of time. That's why it's called "grooming." Experts say the short-term goal of these manipulators is for the victim to feel loved or just comfortable enough to want to meet them in person, and these people know that sometimes takes time. That's ok, they'd say, because groomers tend to have a lot of patience, and they also tend to "work" a number of targets at once, telling all of them that they are "the only one for me." You can imagine how well that can work with kids seeking sympathy, support, or validations online.

That's about as general as we can get, because grooming is carefully individualized. Groomers design what they say as they go along, tailoring their flattery or offers as they learn about the victim. Here are some tactics to watch out for (these are themes for which there are many variations, tell your kids):

"Let's go private." (*leave the public chatroom and create a private chat or move to instant messaging or phone texting*)

"Where's your computer in the house?" (*to see if parents might be around*)

"Who's your favorite band? designer? film? gear?" (*questions like these tell the groomer more about you so they know what gifts to offer - e.g., concert tickets, software, clothes, CD's*)

"I know someone who can get you a modeling job." (*flattery, they figure, will get them everywhere*)

"I know a way you can earn money fast." (*one of the tactics that snagged Justin Berry, 13 into what became his Webcam prostitution business, reported by the New York Times*)

"You seem sad. Tell me what's bothering you." (*the sympathy ploy*)

"What's your phone number?" (*asking for personal info of any kind - usually happens after the target's feeling comfortable with the groomer - but all online kids know not to give out personal info online, right?!*)

"If you don't...[do what I ask]I'll...[tell your parents OR share your photo blog/Webcam directory/file-sharing network]" (*intimidation - used as the groomer learns more about the target*)

"You are the love of my life." (*what "Amy, 15, fell for before traveling out of state to meet someone who'd groomed her - see "Amy's Story" at Netsmartz.org*)

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How to Recognize Online Grooming

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Being aware of these tactics - and the fact that groomers are self-taught experts in 1) getting kids to reveal their needs and desires and 2) tailoring messages to those interests - can go a long way toward protecting kids from sexual exploitation online. It's also a great exercise in critical thinking, the best safeguard and "filter" a young Net user can have.

Story by Ann Collier at from www.SafeKids.com

Laws Regarding Technology

The 2010 Washington State Legislature passed a law that prohibits harassment, intimidation, and bullying in our schools. Last year there was an amendment to this law that stated by August of 2011, each school district shall adopt or amend their policies on harassment, intimidation, and bullying to ensure timely investigations and accountability.

RCW 28A.300.285 defines harassment, intimidation and bullying as any intentionally written message or image—including those that are electronically transmitted—verbal, or physical act, including but not limited to one shown to be motivated by race, color, religion, ancestry, national origin, gender, sexual orientation, including gender expression or identity, mental or physical disability or other distinguishing characteristics, when an act:

***Physically harms a student or damages the student's property.**

***Has the effect of substantially interfering with a student's education.**

***Is so severe, persistent or pervasive that it creates an intimidating or threatening educational environment.**

***Has the effect of substantially disrupting the orderly operation of the school.**

Information provided by www.apps.leg.wa.gov

Christmas Sponsorships

The Christmas holiday season is very difficult for some of the families we work with. In an effort to make the season a little more cheerful, the Support, Advocacy & Resource Center connects families in need to sponsors in the community.

If you would like to help this holiday season, SARC is accepting donations or offers for sponsorships. Items that have been donated in the past include:

Gift cards

Clothing

Toys

Food

Any and all donations are greatly appreciated. Please contact SARC at (509) 374-5391 for more information. Thank you for helping us spread cheer this holiday season.



Mid-Columbia Sex Offender Information

This Notice is For Information Only

Level III Sex Offender: Benton County, WA

Level III Sex Offender: Benton County, WA



NAME: Jerry Ray Hill

ADDRESS: 1500 Block of Kimball St. in Richland, WA

SEX: Male

HAIR: Brown

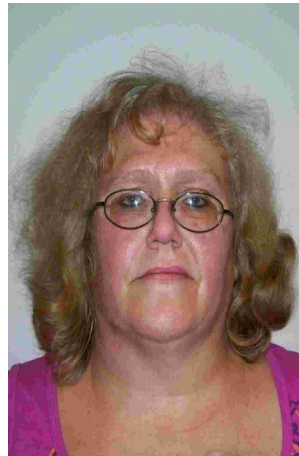
EYES: Green

HEIGHT: 5'6"

WEIGHT: 165 pounds

DOB: 10/09/1960

CONVICTION DATA: Rape of a Child-1st degree Clark Co, WA 1991; Child Molestation, Clark Co, WA, 1991. Hill has been trespassed from all city parks, schools and their grounds and the library.



NAME: Mary Ann Jennings

ADDRESS: 1500 Block of Kimball St. in Richland, WA

SEX: Female

HAIR: Brown

EYES: Green

HEIGHT: 5' 2"

WEIGHT: 265 pounds

DOB: 5/20/1966

CONVICTION DATA: Unlawful sexual Penetration - 1st degree 2000; Criminal mistreatment-1st degree 2000. Jennings has been trespassed from all city parks, schools and their grounds and the library.

This information is provided in accordance with RCW 4.24.550. The Police Departments have no legal authority to direct where a sex offender may live. Unless court ordered restrictions exist, the offender is constitutionally free to live wherever they choose. Citizen abuse of this information to threaten, intimidate or harass registered sex offenders will not be tolerated. Such abuse could end our ability to do community notifications.



Crime Victim Service Center

The Vigilant Corner

Winter 2012

Crimes

- Assault
- Child Physical Abuse
- DUI/DWI Crashes
- Elder Abuse
- Fraud
- Hate Crimes
- Human Trafficking
- Identity Theft
- Kidnapping/Missing persons
- Property Crimes
- Robbery
- Survivors of Homicide or victims of Attempted Homicide
- Vehicular Assault

All crimes other than sexual assault or domestic violence.

Dear Readers,

This issue of "The Vigilant" will focus on cyberbullying, primarily prevention tips, statistics and signs of cyberbullying. Below is story of a mother who lost her son to suicide due to cyberbullying.

Cyberbullying is the use of the Internet and related technologies to harm other people, in a deliberate, repeated, and hostile manner.

<http://en.wikipedia.org/wiki/Cyberbullying>

If We Only Knew, If He Only Told Us

October 7, 2003 will always be the day that divides my life. Before that day my son Ryan was alive. A sweet, gentle and lanky thirteen year old fumbling his way through early adolescence and trying to establish his place in the often confusing and difficult social world of middle school. After that day my son would be gone forever, a death by suicide. Some would call it bullycide or even cyber bullycide. I just call it a huge hole in my heart that will never heal.

It was during the fifth grade that we first began to encounter the bullying problem. A certain kid and his friends picked up on Ryan's academic weaknesses and his poor physical coordination. But since he was not being physically bullied by these boys, only by words, we advised him to just ignore them, walk away and remember that he had good friends to count on. We even went so far as to get him a therapist to further help him develop coping skills and to boost his self-esteem during this school year. By the end of fifth grade he seemed fine and so, based on the therapist's advice, we stopped the sessions.

Sure enough, the bullying problem resurfaced on and off during his first middle school year, but never to a point that gave us great concern. Again, we had the conventional adult belief that this was just kids being kids, a part of growing up ... that encountering mean kids in middle school was just inevitable. But the situation got much worse for him during the 7th grade.

In December 2002, the bullying problem surfaced again to a significant level. There was an evening that month when he just had a melt down ... a very tearful session at the kitchen table. We thought 7th grade was going fine but discovered he was bottling up a lot of bad experiences during the first few months. Again, it was the same kid and his friends that bullied him on and off since the 5th grade. They were tormenting him again and he said he hated going to school, that he never wanted to go back there. He asked that night if we could move or home school him.

Ryan's young teen life included swimming, camping, skateboarding, biking, snowboarding, playing computer games and instant messaging. A typical array of "healthy" and "normal" teen activities ... or so it seemed. My son loved being on-line, staying connected with his friends after the school day and throughout the summer. But during the summer of 2003, a greater deal of time was spent on-line, mainly instant messaging. I was concerned and felt compelled to remind him of our internet safety rules.

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When the 8th grade school year started up again, Ryan approached his new girlfriend in person. I'm sure he was never prepared to handle what happened next. In front of her friends she told him he was just a loser and that she did not want anything to do with him. She said she was only joking on-line. He found out that her friends and her thought it would be funny to make him think she liked him and to get him to say a lot of personal, embarrassing stuff. She copied and pasted their private IM exchanges into ones with her friends. They all had a good laugh at Ryan's expense.

Now certainly my son was not the first boy in history to be bullied and have his heart crushed by a pretty girl's rejection. But when I discovered a folder filled with IM exchanges throughout the summer and further interviewed his classmates, I realized that technology was being utilized as weapons far more effective and reaching than the simple ones we had as kids. Passing handwritten notes or a "slam" book has since been replaced with on-line tools such as IM, Websites, Blogs, cell phones, etc. The list keeps growing with the invention of every new hi-tech communication gadget.

Nothing can ever bring back our Ryan. Nothing will ever heal our broken hearts. But we hope by sharing the personal details of our tremendous loss, another family will have been spared a lifelong sentence to this kind of pain.

Excerpt taken from Ryan's Story: In Memory of Ryan Patrick Halligan 1989-2003. For full story and more information please visit:
<http://www.ryanpatrickhalligan.org/>

RCW 9.61.260 Cyberstalking

A person is guilty of cyberstalking if:

He or she, with intent to harass, intimidate, torment, or embarrass any other person, and under circumstances not constituting telephone harassment, makes an electronic communication to such other person or a third party:

- (a) Using any lewd, lascivious, indecent, or obscene words, images, or language, or suggesting the commission of any lewd or lascivious act;
- (b) Anonymously or repeatedly whether or not conversation occurs; or
- (c) Threatening to inflict injury on the person or property of the person called or any member of his or her family or household.

<http://apps.leg.wa.gov/rcw/default.aspx?cite=9.61.260>

"It happened on MSN Messenger about a year ago...

A girl threatened to kill me...

She said she knew my family and where I lived...

She'd come at 1 o'clock to kill me...

Then she logged off...

I called my mum and told her, she said I should try to find out who it was, if it continued we'd call the police. I sent an email to the girl, telling her I'd call the police. She replied and said she was sorry and she was only kidding. In front of her email address, there was her name! It was a girl in my class."

(13 year-old girl outside of USA)
<http://www.cyberbullying.us/>

RCW 9a.46.020 Harassment

A person is guilty of harassment if:

(a) Without lawful authority, the person knowingly threatens:

- (i) To cause bodily injury immediately or in the future to the person threatened or to any other person; or
 - (ii) To cause physical damage to the property of a person other than the actor; or
 - (iii) To subject the person threatened or any other person to physical confinement or restraint; or
 - (iv) Maliciously to do any other act which is intended to substantially harm the person threatened or another with respect to his or her physical or mental health or safety; and
- (b) The person by words or conduct places the person threatened in reasonable fear that the threat will be carried out. "Words or conduct" includes, in addition to any other form of communication or conduct, the sending of an **electronic communication**.

<http://apps.leg.wa.gov/RCW/default.aspx?cite=9a.46.020>



Cyber bullying Statistics

Cyber bullying statistics refers to Internet bullying. Cyber bullying is a form of teen violence that can do lasting harm to young people. Bullying statistics show that cyber bullying is a serious problem among teens. By being more aware of cyber bullying, teens and adults can help to fight it.

According to Cyber bullying statistics from the i-SAFE foundation:

- Over 1/2 of adolescents have been bullied online, and about the same number have engaged in cyber bullying.
- More than 1 in 3 young people have experienced cyber threats online.
- Over 25 % of adolescents and teens have been bullied repeatedly through their cell phones or the Internet.
- Well over 1/2 of young people do not tell their parents when cyber bullying occurs.

The Harford County Examiner reported similarly concerning cyber bullying statistics:

- Around 1/2 of teens have been the victims of cyber bullying
- Only 1 in 10 teens tells a parent if they have been a cyber bully victim
- Fewer than 1 in 5 cyber bullying incidents are reported to law enforcement
- 1 in 10 adolescents or teens have had embarrassing or damaging pictures taken of themselves without their permission, often using cell phone cameras
- About 1 in 5 teens have posted or sent sexually suggestive or nude pictures of themselves to others
- Girls are somewhat more likely than boys to be involved in cyber bullying

The Cyber bullying Research Center also did a series of surveys that found these cyber bullying statistics:

- Over 80 percent of teens use a cell phone regularly, making it the most popular form of technology and a common medium for cyber bullying
- About half of young people have experienced some form of cyber bullying, and 10 to 20 percent experience it regularly
- Mean, hurtful comments and spreading rumors are the most common type of cyber bullying
- Girls are at least as likely as boys to be cyber bullies or their victims
- Boys are more likely to be threatened by cyber bullies than girls
- Cyber bullying affects all races
- Cyber bullying victims are more likely to have low self esteem and to consider suicide

<http://www.bullyingstatistics.org/content/cyber-bullying-statistics.html>

Signs your Child is a Cyberbully

- Has been involved in bullying incidents at school or has been the target of bullies in the past.
- Avoids conversations about their computer and cell phone activities
- Quickly switches screens or closes programs when you walk by the computer
- Laughs excessively while using the computer or cell phone
- Uses multiple online accounts, or an account that is not their own
- Spends an unusual amount of time using the computer or cell phone
- Becomes upset when access to the computer or cell phone is denied

Signs of Cyberbullying

- Avoids the computer, cell phone, and other technological devices or appears stressed when receiving an e-mail, instant message, or text
- Withdraws from family and friends, or acts reluctant to attend school and social events
- Avoids conversations about computer use
- Exhibits signs of low self-esteem including depression and/or fear



<http://www.education.com/reference/article/>

Preventing Cyberbullying: Top Ten Tips for Parents

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

Cyberbullying Research Center

Dr. Justin W. Patchin and Dr. Sameer Hinduja are Co-Directors of the Cyberbullying Research Center. Together they have written numerous articles and have presented nationally and internationally on the topics of cyberbullying and other forms of teen technology misuse. Cyberbullying can sometimes be more devastating than bullying because they don't know who is behind the cyberbullying and the actions of a cyberbully go viral. This article *Preventing Cyberbullying: Top Ten Tips for Parents* can help prevent the problem of cyberbullying.

1. Establish that **all rules for interacting with people in real life also apply for interacting online** or through cell phones. Convey that **cyberbullying inflicts** harm and causes pain in the real world as well as cyber space.
2. **Make sure your school has Internet Safety education programming** in place. This should not solely cover the threat of sexual predators, but also how to prevent and respond to online peer harassment, interact wisely through social networking sites, and engage in responsible and ethical online communications.
3. **Educate your children** about appropriate Internet-based behaviors. Explain to them the problems that can be created when technology is misused (e.g., damaging their reputation, getting in trouble at school or with the police).
4. **Model appropriate technology usage.** Don't harass or joke about others while online, especially around your children. Don't text while driving. Your kids are watching and learning.
5. **Monitor your child's activities** while they are online. This can be done informally (through active participation in, and supervision of, your child's online experience) and formally (through software). Use discretion when covertly spying on your kids. This could cause more harm than good if your child feels their privacy has been violated. They may go completely underground with their online behaviors and deliberately work to hide their actions from you.
6. **Use filtering and blocking software** as part of a *comprehensive* approach to online safety, but understand software program *alone* will not keep kids safe or prevent them from bullying others or accessing inappropriate content. Most tech-savvy youth can figure out ways around filters very quickly.
7. **Look for warning signs** that something abnormal is going on with respect to their technology usage. If your child becomes withdrawn or their Internet use becomes obsessive, they could either be a victim or a perpetrator of cyber bullying.
8. **Utilize an "Internet Use Contract" and a "Cell Phone Use Contract"** to foster a crystal-clear understanding about what is appropriate and what is not with respect to the use of communications technology. To remind the child of this pledged commitment, we recommend that these contracts be posted in a highly visible place (e.g., next to the computer).
9. **Cultivate and maintain an open, candid line of communication** with your children, so that they are ready and willing to come to you whenever they experience something unpleasant or distressing in cyberspace. Victims of cyber bullying (and the bystanders who observe it) must know for sure that the adults who they tell will intervene rationally and logically, and not make the situation worse.
10. **Teach and reinforce positive morals and values** about how others should be treated with respect and dignity.

Responding to Cyber bullying: Top Ten Tips for Teens

Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.

1. Talk about it
2. Ignore them
3. Never retaliate
4. Tell them to stop
5. Laugh
6. Save the evidence
7. Block access to cyber bullies
8. Report it to the content provider
9. Never pass along messages from cyber bullies
10. Call the police

The Vigilant Corner

If you would like to know more about the topic addressed in this issue of The Vigilant, please don't hesitate to contact the Crime Victim Service Center by phone at **(509) 374-0130**



Additional websites

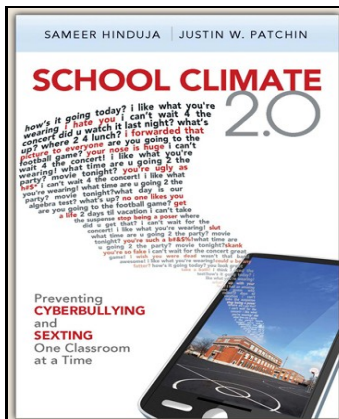
<http://www.cyberbullying.us/>
www.crimevictimservicecenter.org
www.ocva.wa.gov
www.lni.wa.gov
www.wccva.org

Quote for this newsletter:

"Any intelligent fool can make things bigger and more complex... It takes a touch of genius - and a lot of courage to move in the opposite direction."

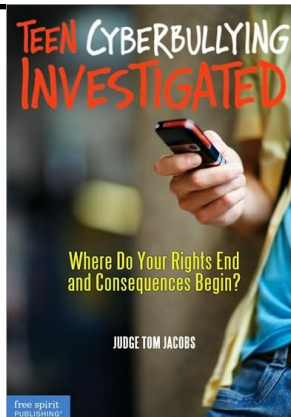
~Albert Einstein

Recommended Books on Cyberbullying:



School Climate 2.0: Preventing Cyberbullying and Sexting One Classroom at a Time by Sameer Hinduja Ph.D. and Justin W. Patchin Ph.D.

The authors connect the teens' technology use to the school environment and provide tools (including a companion website) for creating a positive school climate that counteracts cyberbullying and sexting.

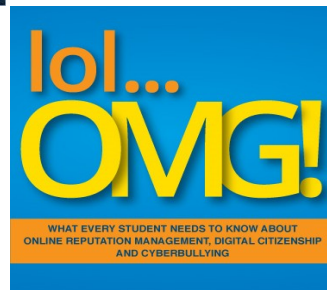


Teen Cyberbullying Investigated: Where Do Your Rights End and Consequences Begin? by Thomas A. Jacobs

Judge Tom Jacobs presents a powerful collection of landmark court cases involving teens and charges of cyberbullying.

lol...OMG!: What Every Student Needs to Know About Online Reputation Management, Digital Citizenship and Cyberbullying by Matt Ivester

lol...OMG! provides a cautionary look at the many ways that today's students are experiencing the unanticipated negative consequences of their digital decisions. It also examines how technology is allowing students to bully one another in new and disturbing ways, and why students are often crueler online than in person. Using real-life case studies, this book empowers students to maintain a positive online presence.



For books that can be found at SARC for free checkout, please look on page 14 of the Advocate.

Crime Victim Service Center

The Crime Victim Service Center (CVSC) is a program of the Support, Advocacy & Resource Center, in collaboration with the YWCA of Lewiston/Clarkston and the Walla Walla Police Department. CVSC welcomes all community members that have been affected by crime.

Discrimination is prohibited in all programs and activities: no one shall be excluded on the basis of race, color, religion, creed, national origin, pregnancy, gender, income, veteran status, age disability, or sexual orientation.

24-Hour Crisis
Line

Benton, Franklin,

Columbia,
Garfield and
Asotin

Counties

1-888-9-VICTIM

Services

WE'RE ON THE WEB

CRIMEVICTIMSERVICECENTER.ORG

The Crime Victim Service Center (CVSC) is here to help you. CVSC is available 24-hours a day to assist anyone who has questions or concerns about crime and the confusion that comes along with being a victim of a crime. CVSC services are free of charge and are confidential. Please contact CVSC at (509) 374-0130 for information or to access the following services.

Legal and Medical

Advocacy

Our agency staff and our trained volunteer advocates respond to hospital calls to provide medical advocacy to victims of crime. We also provide legal advocacy at police interviews and court proceedings. Moral support and information is given to victims, family, friends, and witnesses to crime.

Crisis Intervention

Our staff provides short-term crisis intervention to clients. Advocates provide information, support, and validation for the client's feelings. We often recommend that clients seek additional therapy to assist in the healing process.

Referral Services

Our staff is able to assist clients in finding resources and information related to their crime.

Library Resources

CVSC has a wide collection of books on the topic of crime and issues surrounding crime victimization. These resources are available for CVSC clients and the general public.

Crisis Line

CVSC advocates are available 24-hours a day to answer questions, or if you just need someone to listen. This line also serves as a point of contact for clients who may need immediate emergency assistance.

Counseling

The CVSC in Benton/Franklin counties offers twelve counseling sessions at no charge for victims or witnesses of crime and/or their non-offending family members. Counseling is available to residents in Columbia, Garfield and Asotin counties through sub-contracts with a variety of agencies.

Therapy Referrals

Referrals are available for longer term counseling or if another counselor would better meet the needs of the client. We have information regarding payment options; sliding fee scales, medical coupons, and Crime Victims Compensation.



SARC Program Reports



Sexual Assault Crisis Program

The Support, Advocacy and Resource Center ended the fiscal year with a better funding position than anticipated. We were expecting large cuts to funding during last year's legislative session. When the legislative session ended, the cuts were not as large as expected. We also received a cut at the beginning of the fiscal year that was unanticipated. Luckily we were able to maintain our staffing levels and make minimal

cuts to services. SARC has been very fortunate with the economy to be able to maintain staffing levels and keep vital services for clients.

The first quarter of the 2012-2013 fiscal year SARC's crisis program served 84 new clients, a 30% decrease compared to last fiscal year. The number of family molestation cases decreased by 72%; however, our family rape cases increased by 56%. While we served fewer clients many of the clients have complex needs. The time we are spending with clients has increased by 3%; however, our total intake and follow-up services have decreased by 22%. Although the clients and services have decreased for the beginning of this fiscal year; our outcome surveys are retuned with positive feedback from our clients. 95% of the clients who returned surveys were satisfied with services, the follow-up they received from their advocate and had a reduction in stress, fear and confusion as a result from their victimization experience.

On August 12, 2012, we completed our first volunteer training of this fiscal year, welcoming 10 new volunteers. This class was very helpful because at the end of last fiscal year we had greatly reduced the number of volunteers due to the lack of on-going training hours. The new class helped us increase our volunteers to over 30. This class was the largest training class in the last year. The new volunteers are so important because we have experienced a 57% increase in the number of afterhours calls we have been receiving.



Crime Victim Service Center (CVSC)

The Crime Victim Service Center has slowed down; the number of new clients served decreased by 46%. The Office for Crime Victim's Advocacy explained that harassment was not a countable crime; therefore, clients seeking services only for harassment are information and referral clients only. This change has impacted the numbers we have seen within this program. Adriana Chavez, General Crimes Advocate, has made a concentrated effort

to identify other types of victimization if someone comes in for help with a harassment situation. If that individual has other types of victimization, we can open a file for them in InfoNet; the state reporting computer program. We have been offering assistance to people who need help with Anti-Harassment Orders; however, we have really decreased the amount of time we are spending and have increased training to other individuals capable of assisting the clients with these orders. Adriana has increased her follow-up numbers by 21% in spite of the decrease in new clients. This has helped the program's total services increase by 8%. Adriana, along with our sexual assault advocates Rosanna & Sondra, have been working collaboratively with Kate Carter from Domestic Violence Services to update the cover sheets for the protection orders at the court houses. This partnership is serving as an educational opportunity to have conversations about the different orders. Adriana offered a presentation to the Community Advocate Meeting attendees regarding the Anti Harassment Protection Order process to help equip more advocates in the community with the ability to assist clients with this type of protection order.

Sexual Assault Statistics

Types of Assaults	1st Quarter 2011-2012	1st Quarter 2012-2013
Adult Survivor	8	6
Date Rape	6	5
Acquaintance Rape	33	16
Stranger Rape	6	4
Marital Rape	1	2
Family Molestation	32	9
Acquaintance Molestation	19	14
Stranger Molestation	0	0
Sexual Harassment	2	1
Family Rape	7	16
Other	19	12
Total	133	85

General Crimes Statistics

Types of Assaults	1st Quarter 2011-2012	1st Quarter 2012-2013
Child Abuse	14	13
DUI	0	0
Elder Abuse	2	0
Hate Crimes	0	0
Harassment	14	0
Robbery	2	1
Assault	11	7
Identity Theft	2	1
Kidnapping	1	1
Vehicular Assault	3	0
Property Crimes	2	4
Fraud	0	1
Trafficking	0	0
Homicide	4	0
Other	0	0
Totals	55	28

Kid's Haven Program

This fiscal year the Kid's Haven program experienced a 25% decrease in the total interviews in the first quarter. The physical abuse interviews dropped from 14 for last year and 1 this year. Amongst the children interviewed, there was a 49% increase in children 0-6 and a 76% decrease for children 13-18.

In an effort to increase collaboration with other agencies during investigations of child abuse, we have increased our focus on case reviews. In the first quarter we have held two case reviews regarding three children. Case reviews are an essential piece of a Children's Advocacy Center and in the investigations of child abuse. They allow all of the agencies working with a family to collaborate, share information, and strategize. This process assists the multi-disciplinary team (MDT) members with their individual interactions with the families.

We were able to purchase critical equipment for law enforcement with additional funding through the Children's Advocacy Centers of Washington (CACWA) grant. Law enforcement presented a need for equipment that would allow them to "dump" cell phones for investigations. The equipment that was purchased is top of the line and will be available for all jurisdictions in Benton and Franklin Counties to utilize during investigations of child abuse. It is supervised and kept at the Benton County Sheriff's Office.

Education Program

The Education Program has been busy in the first quarter, presentations have increased 16%. The total number of programs offered was 54 and we had an unduplicated audience of 2,058. The unduplicated audience did decrease because teachers have been more comfortable with the entire program offered in their classrooms. Our Harassment and Bullying Program have had an increase of 82% and SARC services presentations have increased by 27%. The reason for such the large increase in the Harassment and Bullying Program is due to an additional middle school added this year which is the entire Desert Hills Middle School! Another explanation for the increase is that the majority of teachers are choosing the Harassment and Bullying Prevention Program over the Technology Safety Program for their classes. In the past two years we have seen a decrease in the amount of requests for our Technology Safety Program for all ages. There have been significant decreases in the programs for the younger children; 57% in the Safe Bodies, Healthy Minds Programs and a 57% in the Personal Body Safety Program. The programs for the younger children are being scheduled and hopefully the decreases for the first quarter will be made up by the end of the second quarter.

SARC's outreach efforts increased in audience numbers: 70% community fair audiences, 92% in mail outs, 46% in newspaper/radio audience. We did experience a 25% decrease in the number of website hits which could be explained because recently there was a change in the SARC website. The change to the website also changed the way they were collecting data for the amount of people visiting the site. Fortunately, the changes to the website should only be problematic for the first quarter. The audience number for the newsletter will have a decrease due to a reduction in distribution. During Strategic Planning it was decided to send the newsletter out twice this year in an effort to conserve money funding reduction we received.

Adriana Chavez, the General Crimes Advocate, was successful in working with the Spanish speaking media. She was interviewed on La Campesenia and a new station in Yakima that plays throughout the area. She also appeared on the news station Univision. These opportunities generated a large outreach audience and assisted in improving community education about victimization.

Total Sessions Offered for Each Program

First Quarter	Boundary & Body Safety	Safe Bodies, Healthy Minds	Personal Body Safety	Technology Safety	Harassment & Bullying Prevention	Creating Healthy Relationships
2011-2012	2	47	7	4	15	11
2012-2013	0	20	3	3	85	0

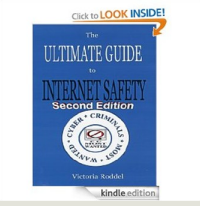


Total Programs Offered


1st Quarter	Total Programs	Total Unduplicated Audience
2011-2012	52	2,205
2012-2013	54	2,058

The table to the left gives the total number of the programs and unduplicated audience.


For more information regarding these reports please contact
Renee Blackman,
rblackman@myfrontiermail.com



Library Resources	Resource for Adults	Resources for Children
	 <p>The Ultimate Guide to Internet Safety 2nd Edition By Victoria Roddel</p> <p>Anyone who uses a home computer connected to the internet needs "The Ultimate Guide to Internet Safety 2nd Edition". This updated safety manual for internet safety and cybercrime prevention. This book highlights real world crime, individual rights and responsibilities related to the computer, internet, and electronic devices. Topics include child predators, cyber bullying, fraud, harassment, identity theft and other crimes. This book is easy to understand and explains the basics of internet safety while providing references for more detailed exploration of the topic.</p>	<div>  <p>Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Learn to Use the Internet Safely & Responsibly by Nancy Willard</p> <p>As our children and teens race down the onramp to the Information Superhighway, many parents feel left behind in the dust. News stories about online sexual predators, child pornography, cyber bullies, hate groups, gaming addiction, and other dangers that lurk in the online world make us feel increasingly concerned about what our children are doing (and with whom) in cyberspace. In Cyber-Safe Kids, Cyber-Savvy Teens, Internet safety expert Nancy Willard provides you with need-to-know information about those online dangers, and she gives you the practical parenting strategies necessary to help children and teens learn to use the Internet safely and responsibly.</p> </div> <div>  <p>A Smart Girls Guide to the Internet By Sharon Cindrich</p> <p>This book is a good resource for girls who have entered, or who are about to enter, the online world. Every chapter of the book details smart strategies for enjoying the internet and online life, without risking one's safety or reputation. It includes quizzes and "what would you do" scenarios that get girls thinking about possible snags that they could encounter online. The author reminds them that ultimately their safety is dependent on the decisions they make.</p> </div>

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Sondra Dixon Sexual Assault Advocate sdixon@frontier.com	



We would like to formally welcome our newest addition to the SARC team, Jodee Skalicky. Jodee joined our team November 5th, 2012 as our Program Assistant. She will be working with us through the Workstudy Program at Columbia Basin College.

Jodee Skalicky
Program Assistant
sarcprogramassistant@gmail.com

SARC NEWS

A Special Thanks to...



Janie Gerrard, Ruth & George Raab, Henry & Harriet Cummings, Jo Anderson, Janet Gideon, June Baldwin, Vi Foraker, Tri-City Quilters, Kami Johns, Sheriff Steve Keane, Chief Chris Skinnner, Andy Miller, Leo & Jo Bowman, Benton/Franklin Mounted Sheriff's Posse, Frank & Mary Lamb, Duane Moe, Henry's Restaurant, Lindsay Gladstone, Bells of the Desert, Kristin Jarman, Lord of Life Church, Kennewick Police Department, Tri-City Mixed Martial Arts, Soroptimists, Jerry Wolski, Greg Selby, Marilyn Heasley, Troop 3551, Church of Christ Sewing Sisters, Sharron & LDS Church-Riverview Ward, Evan & Tami Arntzen, Molly Turner, Julie Long, Anita Petra, Alex & Aimee Ekstrom, Bobbie Strasser, Sarah Thornton, Jerome & Josie Delvin, Albert Coke Roth, Norman & Shirley Miller, Carl & Debbie Hanson, Barbara Wendlandt, Lisa Lang, Timothy Fredrickson, Jack & Kathy Olsen, Richard & Cynthia Kinder, Nikki Hensyel, Barbara Smith, Rich Putnam, Rick Rochleau, Grace & Ellie, Cynthia Langley, Joyce Henton

Upcoming Events



Nov 22nd & 23rd: Office closed for Thanksgiving Break
Dec 1st—Heather's 2 year anniversary
Dec 8th-Renee's Birthday
Dec 24th-Jan 1st: Office closed for Holiday
Jan 2nd-Heather's Birthday
Jan 16th-Brandi's Birthday
Jan 21st-Board Meeting @ 5:15 pm
Jan 22nd-Starting of Advocacy Training
Jan 25th & 26th Family Expo at TRAC
Feb 6th-Cindy's Birthday
Feb 8th-Jodee's Birthday
Feb 18th-Board Meeting @ 5:15 pm
March 8th-Mitzi's 14th Anniversary
March 18th-Board Meeting @ 5:15 pm

Happy Holidays!

This year, SARC invites our readers and supporters to participate in an effort against sexual assault by asking for holiday season and Sexual Assault Awareness Week donations. These donations can include everything from a monetary donation to donating your time. Your dollars and time are extremely important in providing crisis and education services within Benton and Franklin Counties. Please take a moment to consider how meaningful a contribution will be to our agency and send your gift to:

Support, Advocacy & Resource Center
830 N. Columbia Center Blvd., Suite H
Kennewick, WA 99336

Name: _____

Address: _____

Phone: _____

Please accept my donation of:

\$25.00 _____ \$50.00 _____ \$100.00 _____ \$ _____

To go toward: (circle one) Crisis Program Education Program Kids Haven Program

Please accept my donation of time for the event I would like to be a part of:

(We will call closer to March for exact days)

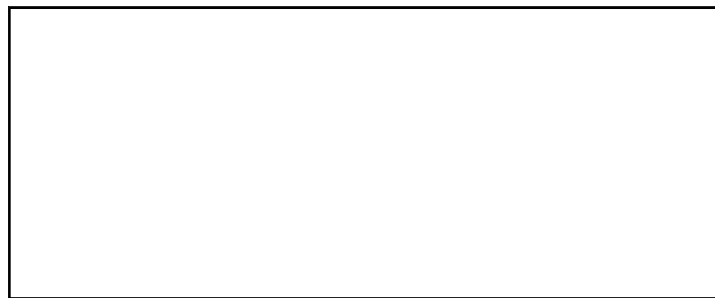
Strides of Strength Little People Project Kids Haven Benefit Auction

Please detach and return with your donation, Thank You!

Support, Advocacy & Resource Center
830 North Columbia Center Blvd., Suite H
Kennewick, WA 99336

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about the program

The Support, Advocacy & Resource Center serves Benton and Franklin Counties with sexual assault crisis and education services. We provide free and confidential assistance for victims of sexual assault, child sexual abuse, dating violence and adult survivors of child sexual abuse.

SARC also provides prevention education for our schools, day cares and community groups on sexual abuse and safety issues. Our services are available to all people regardless of age, gender, religion, ethnicity, sexual orientation, or physical and mental ability.

The Washington State Office of Crime Victims Advocacy accredits SARC as a Community Sexual Assault Program. SARC is a member of the Washington Coalition of Sexual Assault Programs and the United Way of Benton and Franklin Counties.

Services are provided through grants from the state and federal government, local and regional foundations, and through donations from our generous community.

The opinions expressed in the "Point of View"

section of this publication do not necessarily reflect the views and opinions of staff, board of directors, volunteers and sponsors of SARC.

The SARC Advocate is designed to educate, inform and promote community awareness regarding sexual assault issues.

Reader feedback and submissions are always welcome. Mail to: 830 North Columbia Center Blvd., Suite H, Kennewick, WA 99336 or contact us via e-mail.

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www.supportadvocacyresourcecenter.org
www.crimevictimservicecenter.org

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