

Cameray Child & Family Services

Administration Office:
4585 Hastings Street,
Burnaby, B.C. V5C 2K3
Tel: 604-291-7422

Burnaby Office
#203-5623 Imperial Street
Burnaby B.C. V5J 1G1
Tel: 604-436-9449

New Westminster Office
#6-602 Seventh Avenue
New Westminster, B.C. V3M 2J3
Tel: 604-520-0009


WEB-SITE: CAMERAY.CA

We are a non-profit agency serving Burnaby and
New Westminster residents since 1972.

MISSION STATEMENT:

Cameray Child & Family Services is a
community-based agency committed to the
strengthening of individuals and families
through a spectrum of services
including counselling, education, outreach,
and advocacy.

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Internet Safety Tools for Parents



Know what your child is doing on-line.
Talk to him/her about healthy and
unhealthy friendships.

What can parents do to help keep their
children safe?

Technology

- Spend time with your child and know what s/he is doing online and offline.
- Use parental controls on your computer
- Know your child's passwords and screen names.
- Online profiles should be set up with adult supervision. Ensure your child's screen names and nicknames are nondescript and do not reveal his/her true interests, age, gender, or contain pictures.
- Reinforce household guidelines for Internet use and set limits on the amount of time your child spends online.
- Ensure that your child is not communicating in chat rooms as they are typically unregulated.
- Provide adult supervision for Instant Messaging (i.e. MSN, AIM, Yahoo, etc), emailing, online games and their chat components. Know and check regularly all of your child's contacts on his/her friend/buddy lists.
- Webcams should only be used with direct parental supervision and pictures should only be accepted and sent with parental permission.

Important discussions to have....

Behaviour online...

- Reinforce that the Internet is a public place just like a store, the neighbourhood, the playground, or going to someone's house and set the expectation that you will monitor your child online to increase his/her safety
- Help your child find safe ways for privacy (e.g. an offline diary, notebook, talking to friends face-to-face, etc...)
- Talk to your child about the importance of valuing their own and other's personal information. Teach your child to respect his/her friends' personal information including pictures. A friend's personal information

should not be shared without the friend's permission.

- Discuss how easily information shared with someone can be misused.
- Explain to your child that once a picture is sent online s/he loses control of what is done with it. The picture may never be completely removed from the Internet. Explain that information can be misused by some people so it needs to be protected.
- Teach your child to take a leadership role and not forward inappropriate messages about others.

Contact online

- Explain to your child that there is no need or urgency to respond to messages that someone sends him/her. Teach your child not to respond to messages that make him/her feel uncomfortable, scared or unsure and to tell a safe adult if they do receive such a message.
- Review with your child the difference between a KEEP and a SPEAK secret. A KEEP secret is harmless and will eventually come out, like a birthday present; a SPEAK secret is one that children are told never to tell, like being threatened by someone or a secret about touching or picture-taking. Tell your child that SPEAK secrets need to be told to a safe adult.
- Discuss the concept of anonymity on the Internet with your child – people can pretend to be anyone
- Talk about friendship with your child; what it is and isn't. Explain that new friendships started online need to be adult-supervised and that children should never meet someone in person they first met online without an accompanying parent.

Content

Children have access to vast amounts on information online. This offers incredible opportunities, but it also offers exposure to explicit and harmful content. Encourage your child to talk to you if they come across something upsetting without having to fear getting into trouble.

Thedoorthat'snotlocked.ca

Donor Highlight

CKNW ORPHANS FUND

CKNW Orphans Fund has been kindly donating to Cameray since 1997. Through this annual donation, we are able to purchase a variety of items for the children who attend our programs.

Some of the items purchased through this donation are art supplies, therapeutic toys, books and DVD's, as well as supplies for the Parent Support Program group modules.

We thank CKNW for their generosity and appreciate their continued support.

While we try to teach our
children all about life,
our children teach us
what life is all about.

~Angela Schwindt

CAMERAY WISHLIST

Please contact one of our
offices if you are able
to donate any of the
following items:

Ipads & laptops

- to be used for children when they go to court.
- to be used in the counselling rooms to access interactive websites

TV/DVD and brackets

- to be used for parent entertainment and education in the waiting room

Lego

- to be used for play therapy

Art Supplies & Paper

- to be used for art therapy



In an effort to reduce the risk of children being sexually exploited on-line, it is important that they understand healthy friendships. Those looking to sexually exploit children typically groom them under the guise of friendship. In order to empower children, children need to be explicitly taught the difference between healthy and unhealthy friendships.

Unhealthy Friendships and Internet Safety

Friendships are important for a child's emotional and social development. As kids grow, friendships will become more and more central to their lives. It is important to talk with your child about the signs of a healthy friendship and the signs of an unhealthy friendship. Unhealthy friendships are unfulfilling and typically feel unequal. These relationships can be a great source of stress, wearing kids down emotionally and physically. If you feel your child is in some unhealthy friendships, you may want to talk to him/her about how s/he deserves to be treated.

The following checklist may help start conversations with your child about whether certain friendships are good for them or not. Review the following questions with your child:

Signs of an unhealthy friendship may include:

- Threats – Do any of your friends use threats to get you to do things?
- Rejection – Do any of your friends talk behind your back, laugh at or make fun of you?
- Being bossy – Do any of your friends try to tell you what and what not to do? Do they get jealous or angry if you spend time with other people?
- Put-downs – Do any of your friends yell at you, put you down, use sarcasm or embarrass you?
- Violence – Do any of your friends play rough with you (e.g. hitting, pushing, pinching, kicking, scratching or slapping)?

- Ignoring – Do any of your friends ignore you if they haven't gotten their way? Do they ignore you when you have something important to talk about?

- Rumours – Do any of your friends spread rumours about you or tell lies about things? Do they share with others private information that you shared with them in confidence?

- Guilt – Do any of your friends try to make you feel guilty if they don't get what they want (e.g. "You had a friend over and I was crying because you didn't invite me.")?

Ask your child what they think is a sign of an unhealthy friendship.

Friends do not:

- Embarrass each other
- Pressure each other
- Put each other down
- Encourage each other to do something that could be harmful
- Act nicely to each other only when they want something from their friend
- Reveal private information shared with them in confidence

Add your own examples to the list!

For age-specific information, please refer to The Door That's Not Locked website at: www.thedoorthatnotlocked.ca

Cameray Child & Family Services is thrilled to accept a donation by Debbie Haller of Marine Way & Byrne Road TD Canada Trust.



From left to right: Brian Shuster – Treasurer of the Board of Directors of Cameray Child & Family Services, Susan Roberts – Executive Director of Cameray Child & Family Services, Debbie Haller – Branch Manager of TD Canada Trust, Larry Hayes – Chair/Trustee of Burnaby Board of Education SD41.

25 Things Children Need

1. Unconditional love
2. Healthful, balanced meals.
3. Regular, adequate sleep.
4. Frequent (daily) physical exercise.
5. The freedom to be creative.
6. Time to interact with their peers and friends.
7. Hugs, kisses, shoulder rubs, snuggles, and other nonverbal expressions of love from people who have their permission.
8. Consistent, appropriate discipline.
9. To be listened to and heard.
10. To laugh.
11. To feel important.
12. Responsibilities appropriate to their age and development levels.
13. Balance in their lives.
14. To be talked to, not talked down to.
15. To feel valued.
16. To make mistakes; to be taught how to learn from their mistakes.
17. To be treated with courtesy and respect.
18. To be safe.
19. To have their feelings validated and affirmed.
20. Consistent, predictable limits.
21. Honesty and truth.
22. To be taught what they don't know.
23. Flexibility.
24. Physical and mental relaxation.
25. Intellectual stimulation and challenges.

A Leader's Guide to Just Because I Am, Copyright 1994 Lauren Murphy Payne and Claudia Rohling. Free Spirit Publishing Inc.

