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Cooperative Extension

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Clover CLIPS



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Nurturing Through Technology

The Internet can be a wonderful resource for kids. They can use it to do research for school reports, communicate with teachers and other kids, and play interactive games. Any child who is old enough to punch in a few letters on the keyboard can literally access the world. But, that access can also pose hazards to your children. That's why it's important to be aware of what your children see and hear on the Internet, who they meet, and what they share about themselves online. Just like any safety issue, it's a good idea to talk with your kids about your concerns, take advantage of resources to protect them from potential dangers, and keep a close eye on their activities.

Internet Safety Laws

A federal law has been created to help protect your kids while they are using the Internet. It is designed to keep anyone from obtaining your kids' personal information without you knowing about it and agreeing to it first.

The Children's Online Privacy Protection Act (COPPA) requires websites to explain their privacy policies

on the site and get parents' consent before collecting or using a child's personal information, such as a name, address, phone number, etc. The law also prohibits a site from requiring a child to provide more personal information than necessary to play a game or contest. But even with this law, your child's best online protection is you. By talking to your child about potential online dangers and monitoring his or her computer use, you'll be helping your child to surf the Internet safely.

Online Tools to Protect Your Child

There are online tools that you can use to control your child's access to adult material and help protect your child from Internet predators. No option is going to guarantee that your child will be kept away from 100% of the risks on the Internet. So it's important that you be aware of your child's computer activity and talk with your child about online risks. Many Internet service providers (ISPs) provide parent-control options to block certain material from coming in to your child's computer. There is also software that can help block your child's access to certain sites based on a "bad site" list that your ISP creates. Filtering programs can block sites from coming in and restrict your child's personal information from being sent online. You can

also find programs to monitor and track your child's online activity. Also, it's a good idea to create a screen name for your child to protect his or her real identity.

Getting Involved in Your Child's Online Activities

Aside from using these tools, it's a good idea to take an active role in protecting your child from Internet predators and explicit materials that are online. Here are some steps that can help you do that:

- ☞ Become computer literate and learn how to block objectionable material.
- ☞ Keep the computer in a common area where you can watch and monitor your child, not in individual bedrooms .
- ☞ Share an email account with your child so you can monitor messages.
- ☞ Bookmark your child's favorite sites for easy access.
- ☞ Spend time online together to teach your child 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 your child's email address to others.

(continued on the next page...)



Nurturing Through Technology ... continued

- ☞ Monitor your credit card and phone bills for unfamiliar account charges.
- ☞ Find out what, if any, online protection is offered by your child's school, after-school center, friends' homes, or any place where he or she 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 child receives to your Internet service provider.

Call the National Center for Missing and Exploited Children at (800) 843-5678 if you are 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.

Many sites use "cookies," devices that track specific information about the user, such as name, email address, and shopping preferences. Cookies can be disabled. Ask your Internet service provider for more information.

It's also a good idea to set up some simple rules for your kids to follow while they're using the Internet. These rules may include:

- ☞ Never trade personal photographs in the mail or scanned photographs over the Internet.
- ☞ Never reveal personal information, such as address, phone number, or school name or location. Use only a screen name. Never agree to meet anyone from a chat room in person.
- ☞ Never respond to a threatening email or message.
- ☞ Always tell a parent about any communication or conversation that was scary.
- ☞ If your child has a new "friend," insist on being "introduced" online to that friend.

Chat Room Caution

A chat room is a virtual online room where a chat session takes place. Chat rooms are set up according to interest or subject, such as skiing or a favorite TV show. Because people can communicate to each other alone or in a group, chat rooms are among the most popular destinations on the Web – especially for kids and teens.

But there are hazards in chat rooms for kids. There have been incidents where kids met "friends" who were interested in exploiting them through chat rooms. No one knows how common chat-room predators are, but adults, whose sole purpose is to exploit youth, frequent chat rooms posing as a youth.

These predators sometimes prod their online acquaintances to exchange personal information, such as

addresses and phone numbers, thus putting the kids they are chatting with, and their families, at risk.

Because many kids have been told by parents not to give out their home phone numbers, predators may encourage kids to call them; with caller id, the offenders instantly have the kids' phone numbers.

Warning Signs That Your Child May Be a Victim

There are warning signs that your child is being targeted by an online predator. Your child may be spending long hours online, especially at night. If there are phone calls from people you don't know or unsolicited gifts arriving in the mail, it's a good idea to ask your child about any Internet contacts. If your child suddenly turns off the computer when you walk into the room, ask why and monitor computer time more closely. Withdrawal from family life and reluctance to discuss online activities are other signs that you need to look more closely at what your child is doing online.

Contact your local law enforcement agency or the FBI if your child has received child pornography via the Internet or if your child has been the victim of a computer sex offender.

By taking an active role in your child's Internet activities, you'll be ensuring that he or she can benefit from the wealth of valuable information the Internet has to offer, without being exposed to any potential dangers.



Adapted from the article posted on http://kidshealth.org/parent/positive/family/net_safety.html



IF YOU Lead... YOU are invited!

It is fun, stimulating, relaxing and reflective. June 14 – 20, families will come to Rathdrum, Idaho with adult leaders from across the West who choose to continue their lifelong learning in an atmosphere of sharing. Chatcolab is a blend of the recreation laboratory idea that was born in the early 30s at Waldenwoods, Michigan and an older model for education, the "Chataqua," from New York. This is the 60th year for this Idaho-based leadership laboratory and nonprofit corporation. It is focused on leadership education in a natural setting using recreation as a framework. It serves the 13 western states, but all leaders are welcome. Costs start at \$235 per person. The 2008 lab features a presentation on Leadership "Diamonds" in Natural Resources, five in-depth leadership workshops and over 15 mini-workshops with hands-on skills for adult leaders, mature teens and their families. For more information, contact Mike Early, 2008 Chatcolab registrar, (503) 632-7672, michalearly@aol.com, <http://www.chatcolab.org/> or www.easysite.com/Chatcolab.

SPRING FLING HORSE SHOW



Washoe County 4-H Horse Leaders cordially invite area 4-H youth to the annual Spring Fling Horse Show at 8 a.m., May 10, at the Lemmon Valley Horseman's Arena, 11400 Deodar Way.

Registration is required. Early entries must be received by May 5. Mail completed entries to Linda Zimmerman, show secretary, 12200 Red Rock Road, Reno NV 89508. Contact Linda at (775) 972-7241 or zephyrarabians@renonevada.net. Entry fees are \$6 per class or \$25 per day if entering five or more classes. Late entries will be accepted up to the day of the show but will be assessed a \$10 fee in addition to the per class charges.

The show is conducted in accordance with State 4-H Horse Show Rules. 4-H dress and ASM-SEI-approved helmets are required for all riders. A snack bar coordinated by Spanish Springs Trailblazers will be available all day.

Fliers and entries will be mailed to all Washoe County 4-H Horse Club members and will also be available from the Washoe County Cooperative Extension office. For more information, contact Sarah Chvilicek, (775) 784-4848 or chviliceks@unce.unr.edu.

Balanced Competition

Spring has sprung, and with it comes 4-H livestock qualifiers, the Junior Livestock Show and numerous warm-weather youth activities where competition comes into play. Research shows that youth suffer when competition is all about a single winner and is not balanced with a sense of cooperative learning and team spirit.

An attitude that stresses cooperation over competition teaches our youth that they can reach their goals, even if other team members also reach their's. Youth feel better about others on their team or in their club and learn to work together, rather than individually.

Club leaders and parents can foster the idea of cooperative learning, rather than a win-at-all-costs attitude. Here are some suggestions:

- ☀ Focus on development of skills, not winning.
- ☀ Help youth set realistic goals for their age and experience.
- ☀ Be sensitive to individual personalities and temperaments.
- ☀ Let youth determine their level of participation; don't push.
- ☀ Give encouragement and positive feedback. Avoid making comparisons with others.
- ☀ Emphasize learning, effort and improvement more than points or ribbons.
- ☀ Try to be comfortable with mistakes; it is how we learn.
- ☀ Support youth; do not compete with them or through them for adult satisfaction.
- ☀ Try not to assist so much that it takes away personal ownership from youth.
- ☀ Keep it fun!



Explore the World Through 4-H Camp

The Western Area Camp Planning Committee is hard at work creating the best camp experience ever.

4-H Camp will be held July 6 – 12 on the shores of beautiful Lake Tahoe. Campers can plan to enjoy swimming, canoeing, kayaking, shooting sport activities, special programs, guest speaker presentations, and environmental activities. Camp is open to youth 9 – 12 years of age. Fees are \$200 per camper.

Applications will be available for active 4-Hers the first two weeks in May. Contact your local University of Nevada Cooperative Extension office to pick up your application. Camp applications for the general public will be available May 15.



PORTFOLIO AND PROJECT RECORDS

Douglas County 4-H members should be working on record keeping throughout the 4-H year. If you have participated in a project this year and still need a project record or permanent record to complete your portfolio, please call the 4-H office for information.

A workshop on how to complete your portfolio will be given in October.

Portfolios will be due Nov. 17 at Community Club Night. For information, call Shannon Montana, (775) 782-9960.

**Western Area
May
Dates to Remember**

- May 1** 4-H Camp Chaperone registration due to your local office
- May 1 – 4** Nevada Junior Livestock Show
Reno Livestock Events Center
- May 10** Spring Fling Horse Show
Lemmon Valley Horseman's Arena
- May 13 – 15** Equine Levels Training
Elko
- May 26** Memorial Day – Offices Closed



Time Management



Realize that time management is a myth.

No matter how organized we are, there are only 24 hours in a day. That doesn't change. All we can actually manage is ourselves and what we do with the time we have. Think about splitting the day roughly into thirds, eight hours for work or school, eight hours for personal time, and eight hours for sleep. We often scrimp on sleep or personal time to complete unfinished tasks from work or school.

Balance is the key!

- ⌚ We need adequate rest to be at the top of our game and research still says that 6 – 8 hours of sleep is required each night.
- ⌚ It is important to have time for leisure activities with family or friends and even time alone to regroup.
- ⌚ Remember that work and school do not completely define us. Find your personal balance and reserve enough time for other things.

4-H is a community of young people across America learning leadership, citizenship and life skills.

WESTERN AREA OFFICES

**Carson City/
Storey County**
(775) 887-2252
2621 Northgate Lane
Suite 15
Carson City, NV 89701

Douglas County
(775) 782-9960
1329 Waterloo
Gardnerville, NV 89410
PO Box 338
Minden, NV 89423-0338

Washoe County
(775) 784-4848
5305 Mill Street
Reno, NV 89502

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Washoe County Office
UNR-Mail Stop 408
Reno, NV 89557

Unless stated differently, all meetings are held at your local Cooperative Extension office.

4-H Events Calendar May 2008



DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1	Camp Chaperone registration due to your local office May 1			
2	Western Area 4-H Camp applications from active 4-H members ages 9 – 12 accepted May 1			
3				
4		Nevada Junior Livestock Show Reno Livestock Events Center May 1 – 4		
5			Teen Institute 2:30 p.m.	
6				
7				
8		Meeting on Silver Saddle Ranch Carson Senior Center 6:30 p.m.		
9				
10				Spring Fling Horse Show Lemmon Valley Horseman's Arena 8 a.m.
11				
12		4-H Council 6:30 – 8 p.m.	Teen Institute 2:30 p.m.	
13		Equine Levels Training Elko		Horse Leaders' Mtg. 6 p.m.
14				
15	Western Area 4-H Camp applications from the general public ages 9 – 12 accepted May 15			
16				
17				
18				Levels Testing Bridle Path Arena 1 p.m.
19			Teen Institute End-of-Year Party 2:30 p.m. Community Club (last one until Sept. 15) Carson Valley Methodist Church 7 p.m.	
20				
21		State 4-H Shooting Sports Committee Mtg. 6 – 8 p.m.		Livestock Leaders' Mtg. 5:30 p.m. Small Animal Leaders' Mtg. 7 p.m. Leaders' Council Mtg. 7 p.m.
22				
23				
24		4 Paws Good Citizens Test Fuji Park 8 a.m. – 5 p.m.		
25				
26	MEMORIAL DAY – OFFICES CLOSED			
27				
28				
29				
30				
31			Cloverbud End-of-Year Parties	

4-H Events Calendar June and July 2008



June 2008

DATE	WESTERN AREA	CARSON CITY/STOREY COUNTY	DOUGLAS COUNTY	WASHOE COUNTY
1				
2				
3				
4				
5	Nevada State Fair Livestock Committee Mtg. Carson/Reno/Yerington videoconference 5:30 p.m.			
7	New Camp Teen Counselor and Adult Chaperone Training location TBA 9 a.m. – 3 p.m.			
9		4-H Council 6:30 – 8 p.m.		
10				Horse Leaders' Mtg. 6 p.m.
11				
12	Returning Camp Chaperone Mtg. location TBA 5 p.m.			
13				
14			Carson Valley Days Parade and Snow Cone Booth Carson Valley Days Ranch Rodeo	Summer ReRuns Horse Show Lemmon Valley Horseman's Arena 8 a.m.
15	Western Area 4-H Camp applications from the general public ages 9 – 12 accepted	Carson Hot Shots Second Annual Poker Run fundraiser Capitol City Gun Club 9 a.m. – 2 p.m.		
16				
17				
18				Livestock Leaders' Mtg. 5:30 p.m. Small Animal Leaders' Mtg. 7 p.m.
19	All Camp Teens & Adults Mtg. location TBA 5 p.m.		4-H Camper/Parent Orientation 6:30 p.m.	
21				Equitation Clinic Equest Training Center 8:30 a.m.
22				
23			Leaders' Council 7 p.m.	
24				
25				
26			4-H Camper/Parent Orientation 6:30 p.m.	
27				
28				
30				

July 2008

1				
2				
3				
4	INDEPENDENCE DAY - OFFICES CLOSED			
6	2008 4-H Camp Lake Tahoe			
7				
8				Horse Leaders' Mtg. 6 p.m.
9		State 4-H Shooting Sports Committee videoconference 6 – 8 p.m.		
10				
11				
12				
14		4-H Council 6:30 – 8 p.m.		
17				
18			Carson City 4-H & Youth Fair Fuji Park	
19				
20				
26				Washoe County Horse Judging Contest Rockin' LJ Ranch 9 a.m.
31				