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1 message

Public Health Education Materials from Channing Bete Company <cbc2@channing-bete.com>

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News and information for health, safety, and human services professionals

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Healthy Communities E-Newsletter

Strengthening Individuals, Families, and Communities

In This Issue

November 7, 2018

Cyberbullying | Trending Headlines | Upcoming Events | Parenting

Study: Cyberbullying Rampant among Teens, Worrying Parents and Children

According to a recent Pew Research Center survey, nearly 60 percent of U.S. teens have experienced online harassment and threats, ranging from name-calling to having explicit photos forwarded without their consent. The data also showed that cyberbullying is a significant concern to parents and to young people, with most teens believing that government and social media sites are not doing enough to prevent it. Other highlights of the study include:

- 42 percent of teens say they've been called offensive names online, the most common type of cyberbullying
- 21 percent reported being closely monitored by someone other than a parent with constant questions about location and activities
- 16 percent say they've been targeted with threats of physical violence.

[Read more here.](#)

Written and designed for teen audiences, our quick-reading tabbed **Cyberbullying -- Keeping Tabs® On Digital Safety** (EM80821)B explains what cyberbullying is and how to avoid it. This guide also discusses:

- the harm cyberbullying can cause
- how readers may have played a part in cyberbullying in the past
- what type of action is appropriate if one experiences cyberbullying as a victim or

witness.

A tabbed table of contents lets teens flip right to the information they need!

Place a secure online order [here](#).



16 pages, 3 1/2" x 6" [Return to top](#)

7 Trending Headlines in Public Health News

- 1 [**Boomerang Relationships Take a Serious Toll on Mental Health, according to Research from the University of Missouri**](#)
- 2 [**Emotional Damage Caused by Bullying Extends to Bystanders, according to Scientists from the University of Montreal and Other Institutions**](#)
- 3 [**Northwestern Medicine: Overweight Women Can Safely Cut Calories to Restrict Weight Gain during Pregnancy**](#)
- 4 [**Minorities -- Including People of Color, the Poor, and members of the LGB community -- Are More Likely to Experience Childhood Trauma, according to CDC-Led Research**](#)
- 5 [**Children with Marijuana-Smoking Moms More Likely to Use Drugs at an Earlier Age than other Children, according to Research from the Harvard T.H. Chan School of Public Health**](#)
- 6 [**Many Young People Lack Financial Literacy, Putting Personal Finances on Shaky Ground, according to a University of Illinois Study**](#)
- 7 [**Despite Some Overall Progress, Suicide Rate Spikes among Younger Veterans, according to Department of Veterans Affairs Data**](#)

Find engaging outreach publications on [healthy relationships](#), [violence prevention](#), [pregnancy and nutrition](#), [childhood trauma](#), [children and marijuana](#), [personal finance](#), and [suicide](#) [here](#).



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Upcoming Events

National events provide the opportunity for patient education and outreach on a wide variety of

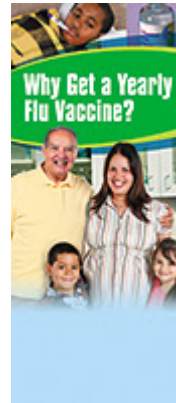
important health issues!

December 2-8 is **National Influenza Vaccination Week**

This quick-reading guide and bilingual English/Spanish pamphlet can help you quickly educate people about vaccination safety and effectiveness.

[Find these and other publications to promote National Influenza Vaccination Week here!](#)

Receive samples by mail!



December 1 is **World AIDS Day**

Promote awareness of HIV and AIDS prevention and encourage testing and treatment with this discreet wallet-sized reminder card and bilingual English/Spanish pamphlet.

[Find these and other publications to promote World AIDS Day here!](#)

Receive samples by mail!



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It's Never Too Late to Give Good Parenting Advice, according to Oxford University Research

While discussion of parenting interventions has traditionally focused on families with younger children as the primary beneficiaries, new research shows that older children gain just as much as younger ones from these interventions. Scientists from Oxford University analyzed data from 15,000 families around the world to reach their conclusions -- which essentially found no evidence for the common belief that earlier interventions are more powerful. "With respect to common parenting interventions for reducing behavior problems in childhood, rather than believing 'earlier is better,' we should conclude, 'it's never too early, never too late,'" said lead researcher Frances Gardner of Oxford University.

[Read more here!](#)

Our interactive resource **Loving Discipline For Children Ages 6 Through 12; A Parent's Handbook** in English (EM95748)K and Spanish (EM95756)K explains how discipline is meant to teach

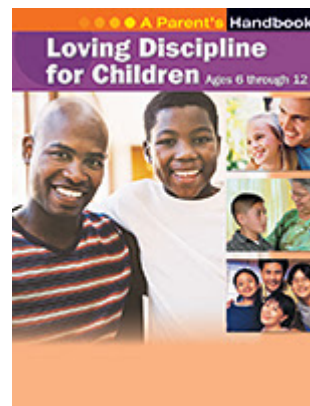
children self-control, self-esteem, and respect for others.

This handbook:

- provides developmentally appropriate suggestions and guidelines, while recommending ways to keep anger out of the discipline process
- helps parents develop their own plan for positive discipline, and foster a healthy parent-child relationship.

Fill-in sections, worksheets, and other interactive features make handbooks ideal for ongoing reference!

Place a secure online order [here](#).



32 pages, 8 1/2" x 11"

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