

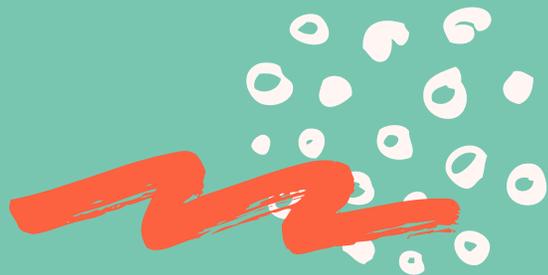
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OTSEGO COMMITTEE ON
CHILD ABUSE AND
NEGLECT (OCCAN)



WITH FUNDS FROM:
OCFS SAFE HARBOUR
PROGRAM



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MEETING KIDS' REAL NEEDS IN A VIRTUAL WORLD

A GUIDE TO LOCAL & VIRTUAL
RESOURCES TO SUPPORT CHILDREN
DURING A GLOBAL PANDEMIC



KEEPING THE INTERNET SAFE:

The world has become increasingly virtual. We have even begun to rely on technology as a means to maintain relationships with friends and loved ones. This is especially true during the pandemic when we experience a drastic shift in how we socialize. In light of this new reality, it is important to provide youth with the knowledge and tools to feel safe, comfortable, and confident online. Monitoring child and adolescent internet usage is critical. The younger the child, the less time should be spent online and the greater the time needed for adult supervision. Recognizing developmentally appropriate behavior as well as understanding how to help youth set healthy boundaries are keys to safe internet use. Here are some great tips & resources for supporting the children in your lives to safely navigate the virtual world:

Internet Family Agreement:

<https://www.childnet.com/ufiles/Online-safety-agreement.pdf>

Keeping Kids Safe Online:

<https://www.nsvrc.org/saam/2021/preventionresources/keepingkids-safeonline>

Respecting Boundaries Online:

<https://www.nsvrc.org/saam/2021/preventionresources/digitalconsentboundaries>

Identifying Online Dangers:

<https://staysafe.org/teens/>

Avoiding Hackers, Scammers, & Spam:

<https://edu.gcfglobal.org/en/internetsafety/avoiding-spam-and-phishing/1/>

Safe Fun for Kids:

<https://its.ny.gov/keeping-kids-safe>

Typical Sexual Behavior by Developmental Age:

<https://www.stopitnow.org/ohc-content/age-appropriate-sexual-behavior>

ADDRESSING LOSS:

Coping with losses of life, health, income, supports, and familiar activities calls for resilience. In order to develop resiliency, kids need one or more adults who care deeply about them and who have support for their own coping. Children with these in place tend to have an inner resource they can call upon, even years later, when the going gets tough. To support coping, parents need someone to talk things over with, to provide perspective on what seems overwhelming, and to rekindle hope during seasons of loss. It's important to acknowledge sadness and worry and to find paths forward. Forgive imperfections and focus on successes. Maintain a healthy lifestyle, and reach out to someone who believes in you. Be that someone for kids. More support is listed below:

Coping with Loss during the Pandemic:

- 1: <https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coping-with-coronavirus-grief/art-20486392>
- 2: <https://mhttcnetwork.org/centers/global-mhrtc/responding-covid-19-grief-loss-and-bereavement>
- 3: Helios Care (Hospice): 607.432.5525
<http://cahpc.org/grief-support>

Promoting Mental Wellness:

1. www.childmind.org
- 2: https://www.aacap.org/AACAP/Families_and_Youth/Resources_Libraries/covid-19/resources_helping_kids_parents_cope.aspx
- 3: https://cars-rp.org/_MH TTC/docs/COVID-19 MH Resources-Parents Caregivers and Families.pdf
- 4: New York's Helpline: (844)-863-9314
<https://nyprojecthope.org/>

PROMOTING HEALTHY RELATIONSHIPS:

Building and maintaining healthy relationships is essential to a happy and wholesome life. Teaching children about healthy relationships should begin early. Optimal early education starts with a child's experience with a nurturing parent or caregiver. Bonded relationships cultivate a child's social-emotional development and provide a foundation for developing and sustaining healthy connections with others throughout a lifetime. Secondly, talking about relationships with kids, using real-life examples and media portrayals, can provide insight, including the ability to recognize behaviors and "red flags" that can lead to developing unhealthy and potentially harmful relationships. Below are some great resources for understanding the intricacies of relationships and how to help foster healthy connections in youth:

Healthy Relationship Spectrum:

<https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2020/11/2020-LIR-Relationship-Spectrum-onepager.pdf>

Teaching & Respecting Boundaries for All Ages:

<https://www.talkwithyourkids.org/lets-talk-about/healthy-sex-talk-teaching-kids-consent-ages-1-21.html>

The Importance of Consent:

<https://www.loveisrespect.org/healthy-relationships/understand-consent/>

Family Safety Agreements:

https://www.stopitnow.org/sites/default/files/documents/families/2_-_handout_family_rules_for_safe_boundaries_respect_and_privacy.pdf

**Otsego County's Prevention Education & Support Services:
Opportunities for Otsego Violence Intervention Program
607-433-8038**

<https://www.ofoinc.org/find-program/violence-intervention-program/>