

Girl Formation

Cyberbullying and Kids/Teens on the Internet: What You Should Know

Written by Kathleen Hastings
and Carrie Whitaker

The Internet is a wonderful vehicle for learning. It offers a huge opportunity for everyone to connect worldwide. Unfortunately, this information highway creates many new safety and security issues. There are no guidelines for internet content, so there are many websites with offensive and dangerous subject matter. Parents and educators face the issue of protecting kids from material, such as, pornography, hate literature, bomb formulas, on-line gambling, information about narcotics and how to purchase them, directions on how to make fake IDs and counterfeit money as well as solicitations for "get rich quick" schemes that put families at financial risk. Many times an innocent internet search can link kids to these websites and chat rooms with hazardous subject matter.

"Cyberbullying follows you, even after you get home from school."

Some newer internet safety concerns for kids, especially girls, are cyberbullying, sexual harassment and exploitation. Cyberbullying involves the use of information and technology, such as, e-mail, instant messaging, publishing defamatory personal web sites, on-line personal polling web sites that are used to support conscious, willful, deliberate, repeated and hostile behavior, by one or more people with intent to harm others. (Loftus, Christine).

One victim, who spoke out about her cyberbullying experience, stated that the difference between being bullied at school and being bullied on the internet, is that you cannot get

away from cyberbullying as easily. Cyberbullying follows you, even after you get home from school. The Girl Scouts of the USA did a survey in 2002, related to harassment of teen girls on the net. They surveyed 1,000 U.S. girls aged 13-18, 30% of them said they've been sexually harassed in a chatroom. However, of the girls who were harassed, only 7% reported telling their parents what happened. This study concluded that, "Girls are aware of the varied dangers of the internet, but want more proactive involvement, rather than prohibitive don'ts from parents. All too often, these computer-savvy teenage girls are still naive and emotionally vulnerable, as they grapple with issues, such as, how to react to sexual on-line content they unwittingly encounter." (Collier, Anne).

Law enforcement has become involved with the internet era, by having to respond to some very serious incidents of cyberbullying. One very well known case, which just happened recently, in April, involved cyberbullying by a group of girls in Florida. Many people have become aware of this case, as it has been covered nationally by the news, magazines and the internet. There were 6 cheerleader girls, who lured another girl to a house. Two boys, one over the age of 18, blocked the exits, while the other girls beat on the girl and videotaped the entire event. Then, they posted it on "My Space" and "YouTube". Now, they are going to be charged with several felonies, including, kidnapping, false imprisonment, and battery. The teenager who is over 18, can be tried as an adult. The victim was also playing a role in cyberbullying. Investigators said she had posted something against the 6 girls on

continued on inside front cover

THE MEGAN PLEDGE



STOPECyberbullying.org

Megan's Pledge

The suicide of Megan Meier that took place after a cyberbullying incident brought national attention to the problem that is running rampant with teens. A Tweenangel chapter in New Rochelle, NY has done something about it and we would like to turn it into a national campaign.

The tweens have initiated the Megan Pledge, a three part campaign to help stop cyberbullying. There are three parts of The Megan Pledge, a signed individual pledge, a group banner and a black and white polka-dot ribbons to wear and share. The pledge itself contains both statements and a set of promises. It is signed and witnessed and given to WiredSafety's Megan Pledge volunteer team and sent back to WiredSafety where the pledges will be recorded and entered in a data base with the objective of getting one million signatures by the end of the year.

If you are interested in joining the Megan's Pledge initiative, please visit the website: www.3dwriting.com

Mission

The goal of this publication is to effectively create a girls' network to:

- give Maine girls an opportunity to express themselves to other girls
- provide a way of promoting girls' events and opportunities
- inform educators, parents, and others about ways to support girls
- aid in the cross-fertilization of successful programs
- create a network of women working with and supporting each other's efforts.

Contact Us

GirlFormation
P.O. Box 1302
Ogunquit, ME 03907
www.girlformation.com

Editor in Chief

Carrie Whitaker

Contributors

Carrie Whitaker
Kathleen Hastings

Advisory Board

Kathleen Hastings
Carrie Whitaker

Funder

GirlFormation is made possible through the generous funding of The Morton Foundation.

continued from cover

"My Space", before she was lured to the home by a phone call, from one of the other teen girls. Unfortunately experts say that girls are the worst offenders of this kind of bullying. They classify this brutal attack as cyberbullying, saying that the girls can continue to torment their victims, long after their bruises heal, by posting the beatings on-line for the whole world to see.

A second incident, which hits closer to home, occurred in May of 2002, in Reading, Massachusetts, just north of Boston. A teenager was charged with using IM (Instant Messaging), to harass 6 girls and their families. Under the terms of the pre-trial probation agreement, which was signed by the unidentified teen and others involved in the case, the teenager risks criminal prosecution, if he engages in "unsupervised" use of IM and other computing applications. There were also civil proceedings against the accused, due to the violent threats and sexually explicit language used to threaten the girls in his instant messages. Bullying is not a new issue, however, cyberbullying is a product of our new age of technology. Kids must understand that words can be just as painful as violence and accept responsibility for their actions, even when those actions are floating thru cyberspace.

A third incident in the news recently surrounds the suicide of a thirteen year old girl from Missouri. The girl, Megan Meier, committed suicide after being tormented by a cyberbully on My Space. The mother of Megan's friend has been indicted on three counts of accessing protected computers without authorization to obtain information to inflict emotional distress, and one count of criminal conspiracy. A penalty of up to five years in prison corresponds to each of the four counts that the indictment carries. The case has caused several jurisdictions to consider legislation prohibiting harassment over the internet.

On-line safety basics, combined with filtering software and community awareness and involvement can take some of the bumps out of the information superhighway. The internet should be a fun and positive learning experience. No one should feel that their reputation or safety is compromised, due to use of the internet, or any other technological source. Parents get involved in what your kids are using for technology and kids don't be afraid to talk to your

parents if you have concerns related to what you are being exposed to. Bullying and aggression can be contagious, but so can be knowledge and power.

Sources:

www.life.familyeducation.com Kids and Teens on the Internet: What Parents Should Know. Wendy Simpson.

www.netsmartz.org Internet Safety News. Tips to Help When Your Child is Bullied Online. Christine Loftus.

www.netsmartz.org Internet Safety News. Girl Scout Survey: Sexual Harassment of Teens on Net. Anne Collier.

www.netsmartz.org Internet Safety News. Teen's IM Privileges Taken Away. Anne Collier.

www.bullying1te.wordpress.com The Florida Cheerleader Beating Case.

www.local6.com Girl-On-Girl Fight Trend Growing Online. Orlando, FL.

GirlWise. Julia Devillers. Three Rivers Press, N.Y., N.Y. 2002. pg.143.

www.sdca.org/protecting/children_parents.php (San Diego's District Attorney's Office)

Online Etiquette

Before sending emails or posting items on blogs and web sites, review the checklist below to minimize confusion from others regarding your communications.

- Start by making sure that you are sending things to the right place to make sure the right person gets your communications.
- Ask yourself, "Is this worth sending?" Don't waste peoples' time with junk, chain emails and false rumors.
- Proofread and spell-check your emails and re-read the content to make sure you are getting your point across clearly.
- Don't attack others online or say anything that could be considered insulting or controversial.
- Don't forward other peoples' emails without their permission.
- Don't reply to spam, even to ask to be removed from their mailing list.
- Ask yourself, "Am I angry when writing this message?" Cool down before sending emails or posting comments.
- How private is the message you are sending? Are you willing to have others read this message or forward it without your permission?

Source: Ms. Parry's Guide to Correct Netiquette—www.stopcyberbullying.org

Parents and Educators:

Do you know what these acronyms mean?



LOOK FOR ANSWERS ON PAGE 4

More chat slang and acronyms can be found at the following website:

<http://www.web-friend.com/help/lingo/chatslang.html>



Warning Signs

What are some indications that your child might be at risk on the Internet? The signs could be as simple as excessive use of the Internet (especially at night) or as frightening as your child actually setting up a meeting with a stranger. Other things you should watch out for include:

- Unsupervised time in chat rooms
- Downloaded photos of strangers
- Downloaded pornographic pictures
- Phone calls, gifts or letters from strangers
- Using an online account that belongs to someone else
- Changes in behavior and being secretive about online activity
- Quickly turning off the computer or changing the screen monitor when someone else enters the room

Source: www.sdcca.org/protecting/children_parents.php (San Diego's District Attorney's Office)

Answers: B, A, C, C, C, B

Most children know more about the Internet than adults do. As a result, many parents do not supervise their children's Internet use.

Here are some surprising statistics:

- An estimated 20% of parents do not supervise their children's Internet use at all
- Only 52% of parents moderately supervise their children's Internet use
- Some 71% of parents stop supervising Internet use by their children after the age of 14, yet 72% of all Internet-related missing children cases involve children who are 15 years of age or older
- Close to 62% of teens say their parents know little or nothing about the websites they visit

Source: www.sdcca.org/protecting/children_parents.php (San Diego's District Attorney's Office)

Tips for Parents

What can you do as parents to help protect your child online?

- Place your computer in a common area of the house.
- Educate yourself about computers and the Internet.
- Spend time with your children online.
- Make reasonable rules and set time and use limits. Enforce them.
- Educate yourself and your child about the dangers of the Internet.
- Do not allow your child to go into private chat rooms, especially when you are not present.
- Reinforce the guiding rule, "Don't talk to strangers."
- Put accounts in your name and know your child's passwords.
- Never allow your children to arrange a face-to-face meeting with someone they met online without your permission.
- Do not let your child give out any personal information of any kind on the Internet.
- Do not let your child download or upload pictures without your permission.
- Utilize your Internet Service Provider's parental controls and commercial blocking and filtering software tools.
- Be sensitive to changes in your children's behaviors that may indicate they are being victimized.
- Be alert to a teenager or adult who is paying an unusual amount of attention to your children or giving them gifts.
- Be aware of your child using another person's screen name.
- Develop a "contract" with your children about their Internet use.
- Review the use histories or logs of your computer to see where your children have been.

Source: www.sdcca.org/protecting/children_parents.php (San Diego's District Attorney's Office)

Visit us online at www.girlformation.com

New Definitions Everyone Should Know

What is Cyberbullying?

Cyberbullying is when a child, preteen or teenager is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teenager using the internet, interactive and digital technologies or cell phones. Cyberbullying involves minors on both sides.

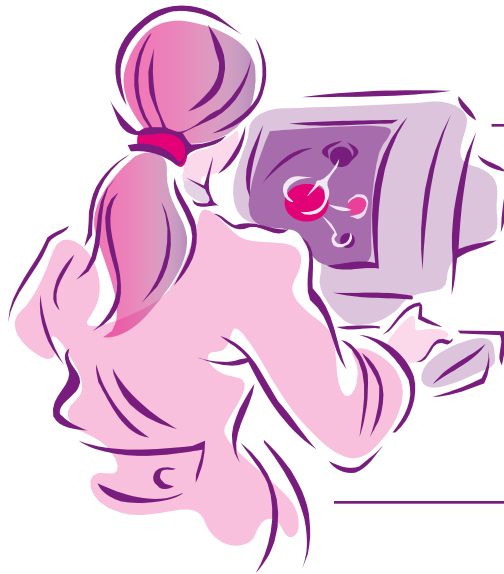
Cyberbullying can take two forms: direct attacks or cyberbullying by proxy. Direct attacks are messages sent directly to victims. Cyberbullying by victims are when perpetrators use others (with or without their knowledge) to cyberbully their victims. Methods used to cyberbully are limited only by the perpetrator's imagination and access to technology. Kids can often change roles from cyberbully to victim and back again. Cyberbullying often involves more than a one time communication.

What is Cyberstalking or Cyberharassing?

Cyberstalking or Cyberharassing is when an adult becomes involved in tormenting, threatening, harassed, humiliating or embarrassing of a minor through the use of the Internet, interactive and digital technologies or cell phones.

What is Sexual Exploitation or Luring by a Sexual Predator?

Sexual Exploitation or Luring by a Sexual Predator is when an adult tries to lure a minor into an offline meeting. Sexual predators can become involved in cyberbullying incidents if they see ads posted by cyberbullies naming victims as available for sex.



ANSWERS:

- LOL - Laugh out loud
- ASL - Age, Sex and Location
- P911 - Parents in the room
- NRN - Not right now
- TAFN - That's all for now
- TRDMF - Tears running down my face

Try out your knowledge of net safety by taking this quiz

Internet Safety Quiz

1. As I travel through "cyberspace", information I should never give out to someone I meet online is...
 - A. The names of my favorite books and movies.
 - B. My real name, address, telephone number, the school I attend, or my photograph.
 - C. The name of my pet.
2. If someone sends me an inappropriate message/material, I should...
 - A. Never reply to these messages and tell my parents, so they can notify our online service provider.
 - B. Keep it a Secret.
 - C. Reply to the message and ask the sender to stop sending me messages.
3. If someone I meet online asks me to keep a secret from my parents, I should...
 - A. Keep the secret because they are my "cyberfriend".
 - B. Tell all of my friends because it's hard for me to keep a secret.
 - C. Tell my parents, because no one should ever ask me to keep secrets from my parents.
4. If someone is on my e-mail "buddy list", "friend list", or "contact list" and I only know that person online he or she is...
 - A. My friend and someone I can trust.
 - B. The person he or she claims to be.
 - C. Someone I should be cautious about, because I don't know him or her well.
5. As I travel through "cyberspace", I should never...
 - A. Take a break and have a snack.
 - B. Use the internet to help me do my homework.
 - C. Agree to meet someone in person, who I have met online.
6. The "CyberTipline" is...
 - A. A cool, new video game.
 - B. My online source to report child-sexual exploitation.
 - C. A website where I can find information about UFO's.

Source: The National Commission for Missing and Exploited Children (NCMEC). 1999.

LOOK FOR ANSWERS ON PAGE 3

Recommended Resources for Internet Safety/Security

1 NetSmartz Workshop... Keeping Kids Safer on the Internet, www.NetSmartz.org

This national center for missing and exploited children describes the internet safety resources available through the NetSmartz Workshop.

2 Play it Cyber Safe, www.playitcybersafe.com

The goal of this web site is to empower children, parents and teachers to prevent cybercrime through knowledge of the law, their rights and how to avoid misuse of the internet.

3 CyberSmart, www.cybersmart.org

The CyberSmart school program develops curriculum and training programs for professional development, designed to help educators empower students to take full advantage of computers and the internet. The site contains internet safety information for students, parents and educators and includes lesson plans, activity sheets, downloadable posters and safety tips.

4 CyberTipline, www.cybertipline.com

The Cyber Tipline handles leads from individuals reporting the sexual exploitation of children, including, child pornography, online enticement of children, child prostitution, child sex tourism, misleading domain names and child sexual molestation.

5 Federal Trade Commission (FTC), www.ftc.gov/infosecurity.org

The Federal Trade Commission's security information web site contains online safety resources for consumers and business alike. The site is easy to navigate and features "Dewie the Turtle", a colorful cartoon mascot for the FTC's initiative. The web site also includes numerous consumer education publications in both English and Spanish.

6 Internet Crimes Against Children Task Forces (ICAC), www.icactraining.org

Through funding from the Office of Juvenile Justice and Delinquency Prevention, a national network of 45 ICAC Task Forces have been

established to coordinate investigations of computer facilitated crimes against children. In January of 2003 the ICAC Training and Technical Assistance Program was established to enhance their effectiveness of the ICAC Task Force program, by providing training and technical assistance to federal, state and local law-enforcement agencies, working to reduce victimization of children by individuals and businesses, who seek to exploit them through the use of computer and electronic technology.

7 Internet Keep Safe Coalition, www.ikeepSafe.org

The Internet Keep Safe Coalition group teaches basic rules of internet safety to children and parents, reaching them online and in school. Governors and/or first spouses formed this coalition in partnership, with a growing list of crime prevention organizations, law-enforcement agencies, foundations and corporate sponsors. This website uses an animated icon/mascot named Faux Paw the Techno Cat, to teach children the importance of protecting personal information and avoiding inappropriate places on the internet.

8 Safe Teens, www.safeteens.com

This site provides tips, advice, links and suggestions to help make your family's online experiences fun and productive.

9 Stay Safe Online, www.safeteens.com

This interactive cartoon by Boys and Girls Clubs of America and Microsoft, teaches children online safety with a cast of interesting characters. Join Tara Lipnsky, Shaquille O'Neal, and several cartoon kids in learning more about the internet. Interactive quizzes help children practice the safety concepts.

10 CyberNetiquette Comix, www.disney.go.com/cybersafety/index.html

In this series of comics, children learn about proper internet ethics and the importance of keeping private information private. Join classic Disney characters for adventure, fun, and online awareness tips.



A Girl's Life Online

Written by Katherine Tarbox

This book is written by eighteen year old Katie Tarbox, and tells the story of how she was seduced by an older man whom she met through an Internet chat room. Katie was a thirteen year old living in Connecticut when she began talking online with twenty three year old "Mark" from California. In her memoir, Katie describes how the online relationship began, quickly progressed through emails, ultimately culminating in a face to face meeting in a Texas hotel room. Katie provides insight as a lonely, self conscious eighth grader craving attention who falls prey to an online sexual predator. Katie's story continues through the process of becoming the first "unnamed minor" to test a federal law enacted to protect kids from online sexual predators.

This book is a quick read for parents of teenagers who would like to get a glimpse of what it is like to be a teenage girl in the Internet Age. It is an appropriate read for teenage girls as well but I would recommend that parents preview the book before giving it to a preteen to read due to some sexual content. Katie's story is one that teenage girls and their parents can relate to as the dangers of the internet, especially online chat rooms, is something that many teens face daily.

Book Review Written by Carrie Whitaker

Ask Kat: a place to get answers to your questions!



Kathleen Hastings is an RN and certified massage therapist who works at Penobscot Bay Medical Center. She lives in Hope with her husband, two children, dog and cat.

Ask Kat, I am 15 and this is the first year that I am going to have an internal exam and pap smear, at my annual physical. Is this normal and what should I expect?

— Nervous Nelly

Dear Nervous Nelly:

Taking care of your body is a normal part of growing up. This includes making good choices for your health, avoiding things that can hurt you and seeing a doctor; specifically, an obstetrician-gynecologist (OB/GYN), for routine health care. Young women should have their first GYN visit between 13 and 15 years. It is normal to feel nervous about your first visit. It may be helpful to make your first appointment an opportunity to meet and talk with your doctor. This will help you to get to know each other and find out what to expect at future visits. It may also help to talk about it with your parents or someone else you trust. There are three parts to your first GYN visit, a question/answer period to obtain your medical history, the exams that may be done and closing with a discussion of any special concerns related to your health.

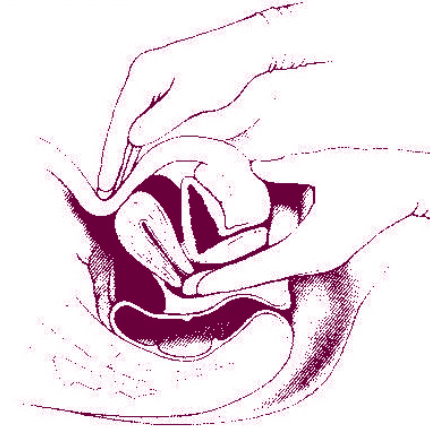
The first part is a question/answer period to obtain your medical history. When talking to your doctor she/he may ask some personal questions, about you and your family (the office nurse could also be the one helping to gather this information). They will ask about your menstrual cycles/period, any sexual

activity, including vaginal, oral and/or anal sex, allergies, etc... It is important to answer these questions honestly, so that your doctor can best know how to care for you and support your health needs. This is also a good time to ask questions that you may have about yourself. If you are concerned about confidentiality, you and your doctor should discuss this before answering any questions.

After completing the initial medical history, the next step is the exams. The exams at your first visit will depend on your age, if you have had sex or are currently sexually active, or if you have any other concerns or problems. This visit may include some or all of the following exams: a general physical exam, breast exam, pelvic exam, pap test, and vaccinations. A young woman always has the right to choose to have a nurse or family member present for any or all parts of the exam. The general physical exam includes your height, weight, blood pressure and other vital signs. You will also be evaluated for any other health problems you may have. During the breast exam the doctor will palpate your breasts for any lumps, growths or abnormalities, by moving her/his fingers around your breasts in a pattern. They will also check the nipples for any fluid or discharge. You may be shown how to examine your breasts at home.

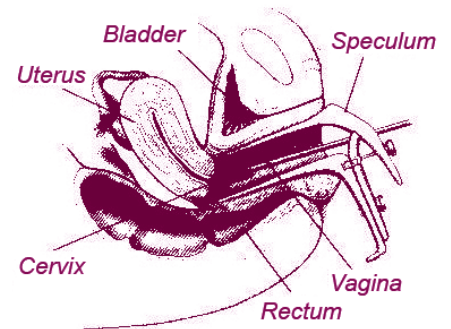
The pelvic exam may or may not be included in your first GYN visit. However, if you have had sex or are having certain problems, a pelvic exam is necessary. For this exam you will be asked to undress and put on a paper or cloth gown. Then you will lie on the exam table, with your feet resting in the foot rests and slide your bottom to the end of the table. The pelvic exam has three parts: looking at the vulva (the lips of the external female genitalia), feeling the internal reproductive organs with a gloved hand, and looking inside the vagina with a speculum (an instrument used to spread the internal walls of the vagina). To perform the pelvic exam the doctor will place one or two gloved and lubricated fingers into the vagina and up to the cervix (the lower, narrow end of the uterus, which protrudes into the vagina). The other hand will press on the abdomen from the outside. The doctor may also insert a finger into the rectum. If you would rather not have the rectal

The Pelvic Exam



During the pelvic exam, the doctor will feel the vagina and cervix with a gloved hand.

The Pap test



For the Pap test, a speculum is placed into the vagina. A small sample of cells is removed with a small brush or swab and then tested for abnormalities.

exam, please tell the doctor. Examining the internal pelvic organs allows the doctor to check the size, position and shape, as well as any abnormalities in the reproductive organs. The pelvic exam may feel uncomfortable, but should not hurt. Next, the doctor will look at the vagina with a speculum. She or he may take a sample of your cells, by using a very small brush or cotton tipped swab to wipe cells from cervix. The cells are then studied under a microscope. This is to check for certain sexually transmitted diseases (STD's). A second sample may be taken for the Pap test. This is done to check for abnormal cells in the cervix, that could lead to cancer. Girls who have had sex or are currently sexually active should have an annual internal pelvic exam and Pap test.

continued on next page

Ask Kat, continued from previous page

The last part of the exam portion of the visit is vaccinations. These are immunizations or shots that protect against diseases caused by bacteria and viruses. Some vaccines are given on a routine basis and others are offered to young women who are at an increased risk for developing certain diseases. This is another reason why it is so important to be open and honest in your medical history. Based on the information you have given her/him, the doctor may suggest you receive certain vaccinations. The following vaccines are given to all girls 13-18 years, on a routine basis: Tetanus, Hepatitis B, and Meningococcal vaccines. In addition to the routine vaccines, some special vaccines may be given to girls who are at an increased risk for certain diseases. These vaccines include: Influenza, Hepatitis A, Pneumococcal, Measles-Mumps-Rubella, and Varicella (chickenpox) immunizations.

Before the first GYN visit is complete the doctor will want to address any special concerns a young woman may have. These concerns may include, cramps or problems with menstrual periods, acne, weight, sex and sexuality, birth control, STD's, emotional ups and downs. Most of these concerns are a normal part of growing up and talking with your doctor about these issues is a key step to staying healthy. Health problems that arise for young women are often a result of high-risk behaviors, such as having unprotected sex or using drugs. By talking with your doctor, she/he may have some helpful suggestions and tips on how you can prevent these problems and maintain good health. Even though your first GYN visit may make you feel a bit nervous and unsure of what to expect, educating yourself is half the battle. Knowing what will happen at this visit should help to ease any fears. Your first GYN visit is a great chance to take charge of your healthy lifestyle. Be involved with your healthcare, follow up with your doctor to find out test results, ask questions, make a list if you need to, and bring it to your visit. Continue to see your doctor on a routine basis to be sure you are up-to-date on all exams, tests, and vaccinations you need, to maintain good health. By making yourself aware and involved in your health, you are now on your way to empowering yourself and maintaining balance of mind and body.

Submit Ask Kat questions via www.girlformation.com

Summer Camps for Girls

Girl Scouts of Maine Camps

Camp is a unique place where girls have great adventures, learn new skills and make friends-all while having the time of their lives! Girl Scouts of Maine (GSME) operates four diverse camps, and each one offers programs <http://www.coastalstudiesforgirls.org>. designed to meet many different interests. From the traditional camping experience, to activities that focus on specific interests. GSME provides programs that meet the age, ability and interest of every girl. The four camps are as follows: Camp Kirkwold, in Readfield, Camp Natarawi, in Baxter State Park, Camp Pondicherry, nestled in the foothills of the White Mountains, in Western Maine, and Camp Scelkit, on Gerrish Island at Kittery Point. For more information, go to the GSME website, at www.girlscoutsofmaine.org/camp.htm.

Camp Vega for Girls

This is a residential girls' summer camp, located in Fayette, on Echo Lake. Camp Vega offers girls rich camp traditions and a nurturing environment with unrivaled facilities and the highest level of instruction for all ages, abilities and interests. For more information, check out their website, at www.campvega.com.

The Summer Camp

The Summer Camp is a residential summer camp for low-income and foster girls, ages 6-16, located in Washington. The Summer Camp incorporates literacy into every camp session, to enhance each girl's ability and desire to read. For more information, their website is www.thesummercamp.org.

Snowy Owl Camp for Girls

A small, exclusive, residential girls camp, specializing in waterfront activities and waterskiing. For more details, go to www.snowyowlcamp.com.

Camp Cherith

Camp Cherith has locations all over North America and Canada. Camp Cherith provides life skills in the camp setting with an emphasis on teaching Christian values. Campers learn to make Christ a part of every aspect of their life. There are girls only sessions. For more information, go to www.cherith.com.

Camp Fernwood

Located in Poland, Camp Fernwood encourages tolerance, unselfishness and an appreciation of a simpler life, in the outdoors. For more information, their website is www.fernwoodcamps.com.

This is only a partial listing of girl's camps in Maine, for more information and listings, go to www.camppage.com/maine_girls.htm.

Events/Activities

Adventure Girls Season

Adventure Girls is an interactive adventure-based program for girls in 2nd-6th grade. The program gives girls the opportunity to meet women who are dogsledding, kayaking and Djing on the radio. All adventures are held from 2-4PM and your first adventure is **FREE**, just for checking out the program. For more information, go to the Hardy Girls Healthy Women website, at www.hghw.org/newsandevents.php.

Girls Golf Tournament

Mark your calendars for Hardy Girls Healthy Women's 6th Annual, Fore the Girls Golf Tournament. They will hit the golf course on Friday, July 25th, for an 8AM tee time. The tournament helps to raise money to support Hardy Girls programming in Maine. For more information, check out their website, at www.hghw.org.

Don't Stop Thinking About Tomorrow: A Five Part Seminar Series

"Money doesn't grow on trees", is a seminar to help girls make healthy financial choices. It begins on June 5th, 2008 and is held from 5:30-7:30PM, at the Lighthouse School, 525 Highland Ave., South Portland. For details, go to www.mainewomensfund.org/events.html.

Coastal Studies for Girls

This is a semester long (16 week), marine and environmental science school for girls from around the country, located in Freeport. This program is offered to girls in their sophomore year in high school. The fall semester is September-December and the Spring semester is February-June, students will receive full academic credit for their experience. Girls apply in their Freshman year, for the Fall or Spring term of their sophomore year. For more details, go to their website at www.coastalstudiesforgirls.org, or info@coastalstudiesforgirls.org.

GirlFormation

P.O. Box 1302 • Ogunquit, ME 03907

PRSR STD
US POSTAGE
PAID
HALLOWELL, ME
PERMIT #238

To learn more about
Cyberbullying kids/teens
on the internet,
read this edition of
GirlFormation

Please visit our web site
www.girlformation.com

DID YOU KNOW?

- Internet crime is the fastest growing crime in the U.S., and children are the fastest growing victim pool
- In the U.S., 95% of schools are now connected to the Internet
- Over 45 million children ages 10 through 17 use the Internet. Among them:
 - One in five has been sexually solicited
 - One in four has encountered unwanted pornography
 - Close to 60% of teens have received an e-mail or instant message from a stranger and half have communicated back
- Over 75% of Internet crimes involving sexual solicitations of children and exposure to unwanted pornography is not reported to police or parents

Source: www.sdca.org/protecting/children_parents.php
(San Diego's District Attorney's Office)