

# The Mini Page

Especially for kids and their families

BETTY DEBNAM – Founding Editor and Editor at Large

## Be Smart Online

# Stay Safe in Cyberspace

It is fun, exciting and convenient to talk with others through the Internet or your cell phone. But the fun can be wrecked if you don't follow safety rules.

Experts say that about three-fourths of all kids from 8 to 12 years old have the Internet at home. Safety rules may be even more important there because school computers often have safety tools built in.

If you're out of school for the summer, you may have extra time to spend on the computer. The Mini Page gives you some important guidelines to keep you safe in cyberspace, or the world connected by computers.

### Tips for staying safe

- NEVER give out any personal information, such as your address, phone number, or even the name and location of your school.
- Tell your parents or another trusted adult if anything online or over your phone makes you uncomfortable.
- If your parents need help, teach them how to do things online and with other technology.



This police officer is giving lessons on Internet safety to a group of kids.

**I'LL GO WITH YOU.**

• NEVER agree to meet someone you have met online unless your parents will come along. Meet in a public place. Remember, people online or on your phone may not be who they say they are.

• Never send anyone your picture unless your parents say it is OK.

• Do not put pictures of yourself on any Web sites.

• Don't put anything online that you wouldn't want your grandmother or a future boss to see.

**Give me your password.**

**No!**

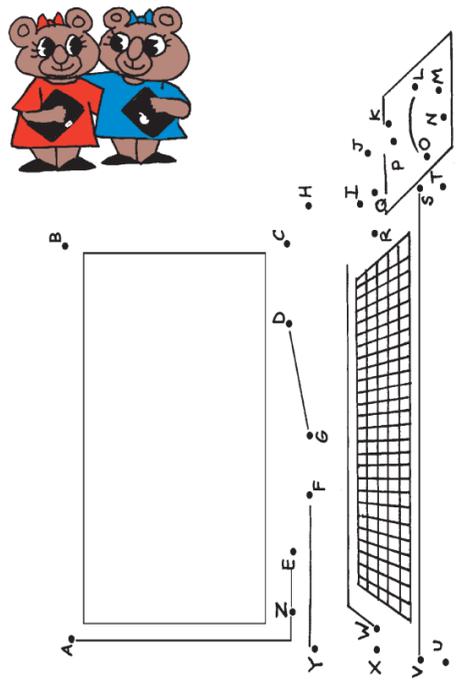
• Do not give out your Internet password to anyone, even your best friends. The only people who should know it are you and your parents. If friends pressure you to give them your password, say your parents have told you not to do that.

• Do not install any software or download any programs unless your parents give permission. This will protect your computer and your family's privacy.

• Never do anything to hurt anyone else or to break the law.

**DO NOT BREAK THE LAW !!!**

Go dot to dot and color.



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## Rookie Cookie's Recipe Baked French Toast

**You'll need:**

- 6 slices raisin bread
- 4 eggs
- 1 cup low-fat milk
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- 3 tablespoons brown sugar

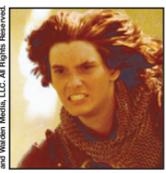
**What to do:**

1. Trim crusts from raisin bread.
2. Coat medium-sized baking pan with cooking spray.
3. Place bread slices in a single layer in the pan.
4. Mix all remaining ingredients in medium bowl. Pour mixture over bread slices.
5. Refrigerate for 1 hour or overnight to soak bread.
6. Bake at 350 degrees for 30 minutes until egg is set. Serve with pancake syrup and fresh fruit. Makes 4 servings.

\*You will need an adult's help with this recipe.

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## Meet Ben Barnes



Ben Barnes stars as Prince Caspian in the movie "The Chronicles of Narnia: Prince Caspian."

Ben, 26, was born in London, England. He has said he loved reading the C.S. Lewis "Narnia" books when he was young.

When he was 15, he was a member of Britain's National Youth Music Theater. He began appearing in plays and musicals as part of that group. He has since acted in many plays in England.

Ben has been in other movies, including "Stardust." He has also appeared in several TV series.

He graduated from college with a degree in English and drama. He sings and plays the piano and drums. He enjoys tennis, swimming and playing cricket.

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# More Cyberspace Safety Tips

- Respect other people's privacy. Do not use your cell phone to take pictures of anyone in an embarrassing situation. Do not let someone else photograph you if you aren't comfortable with it.
- Remember that people can say anything online or through texting. You have no way of knowing if what they say is true.
- Never open e-mails from someone you do not know.
- Even if you get an e-mail from someplace that looks OK, such as a company, do not open it if you have not asked for their e-mails.
- Never send personal information over the Internet unless you have contacted the site first.



Students at Coquina Elementary School in Titusville, Fla., explore their classroom's new computers.



## Goldie Goodsport's Report Supersport: Katie Heenan



**Height:** 5-3 **Hometown:** South Ridge, Va. **Birthdate:** 11/26/85

With flair, skill and determination, gymnast Katie Heenan produced performances that University of Georgia fans will long remember.

While helping the Gym Dogs win their fourth straight national title this year, she also earned the Honda Award as the nation's top college female gymnast.

But the journey to fame wasn't without pain. After the 2007 season, Heenan suffered from two herniated disks in her back. That delayed her training prior to this season, but didn't stop her from becoming Georgia's all-time top scorer on the uneven bar.

Her other career accomplishments include winning 13 All-America certificates and 81 individual competitions.

Heenan, who has three brothers, does more than flip and pivot. An education major, she has helped with several charities, including Special Olympics. "Katie exemplifies what a collegiate student-athlete should be," said coach Suzanne Yoculan.

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# Protect Against Cyberbullying

## What is cyberbullying?

Have you ever been bullied? Unfortunately, almost everyone has had to deal with a bully at some time.

**Bullying** is when someone uses any actions or words to try to scare, embarrass or hurt someone.

**Cyberbullying** is when someone tries to hurt another person through computer technology such as:

- e-mails,
- texting,
- instant messaging,
- chat rooms,
- gaming,
- social network sites such as MySpace or Facebook.

Cyberbullying can sometimes be even worse than physical bullying. When cruel words or pictures get on the Internet, they can reach thousands of people. They can be out there for people to find for years. The victim could be hurt each time someone forwards that message or builds on that message and sends it on.



These girls are using the computer in a safe way. They are working on a special science program for girls in Texas.

Schools are usually safe places to use computers because the schools have put special safeguards in place.

PHOTO BY MARK HERRMANN, UNIVERSITY OF NORTH TEXAS

## What to do

NEVER write a mean message yourself. Do not say anything mean in a chat room or when instant messaging. Once you say something, it's out there for good.

If you see a bullying message, report it. Tell your Internet service provider, social networking site, phone company or other provider.

Report any bullying to an adult you trust: your parents, your teacher, an aunt or uncle, a counselor or a police officer. If that person doesn't take care of the problem, keep reporting it to other trusted adults until you find someone who can help.

In a survey last year, crime experts found that nearly half of teenagers said they had been cyberbullied. But only one in 10 of those bully victims had reported it to their parents. DO report any bullying to a trusted adult.

Next week The Mini Page is about the resources of China.

## More tips against cyberbullying

- If someone has bullied you before, do NOT open any new messages from that person.
- You can delete any bullying messages. But it might be a good idea to show your parents first. They might want to show the police.
- If you see a bullying message about you or anyone else, don't forward it on.
- Never answer a bullying message.
- Do not retaliate, or try to get back at, the bully.
- Don't write to anyone when you are angry. You may say something you will regret later.
- Block any messages from someone who makes you feel uncomfortable for any reason.

## MIGHTY FUNNY'S Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

**Ivan:** Why did the tuna stay away from the computer?

**Irene:** It didn't want to get caught in the Internet!



**Ina:** What is an astronaut's favorite computer game?

**Ian:** Cyberspace!

**Isla:** What did the surfing champion have to do after she broke her leg?

**Igor:** Surf the Internet instead!

## Internet Safety TRY 'N FIND

Words that remind us of Internet safety are hidden in the block below. Some words are hidden backward or diagonally. See if you can find: COMPUTER, CELL, PHONE, CYBERSPACE, BULLYING, TEXTING, INSTANT, MESSAGING, BLOCK, PARENTS, PERMISSION, ONLINE, DOWNLOAD, SITE, SOFTWARE, TECHNOLOGY, CHAT, SAVE.

P C S C S V G N I G A S S E M  
A O O I H A L E N I L N O N I  
R M F N P A V G N I Y L L U B  
E P T S H H T E G N I T X E T  
N U W T O K M S I S T E L L E C  
T T A A N N O I S S I M R E P  
S E R N E N N D A O L N W O D  
P R E T L Y G O L O N H C E T  
K C O L B E C A P S R E B Y C

## Mini Spy ...

Mini Spy is always careful when she uses the Internet. See if you can find:

- ice cream cone
- question mark
- bell
- safety pin
- word MINI
- sailboat
- carrot
- letter D
- book • key
- lima bean
- arrow • can
- steak
- letter L