

University Of Phoenix Survey Suggests The Majority Of Parents May Be Unaware Of The Effects Of Cyberbullying On Their Children

(NAPSA)—October is National Cyberbullying Prevention Awareness Month, a national campaign to educate and raise awareness of cyberbullying prevention. With the prevalence of social media sites and mobile apps that connect people, children today are becoming increasingly more susceptible to cyberbullying. Yet recent findings suggest many parents may be unaware of just how often their children are victims and the impact of online bullying.

Cyberbullying research shows that 70 percent of students report seeing frequent bullying online and more than 40 percent of children aged 12–17 say they have been a victim, with one in four saying it has happened more than once. The majority of teens say that cyberbullying is a serious problem. While parents agree, the survey suggests that many may be unaware of their children's plight.

University of Phoenix recently conducted a survey on cyberbullying, which found that nearly 60 percent of U.S. adults believe it has gotten much more common in recent years. Despite this belief, 79 percent say their child/children have never been the victim of cyberbullying. This is often due to the fact that children are afraid to share this information with their parents: Only one in 10 victims will inform a parent or trusted adult of their abuse.

According to the survey, of those parents whose children have been the victim of cyberbullying, more than half say it occurs on social media. Connecting with children on this issue is extremely important. When cyberbullying goes unnoticed, it can be deadly.

Each year, 4,500 children commit suicide, many as a result of the bullying they receive online. According to data from the Cyber-Bully Hotline, 20 percent of children think about suicide after being cyberbullied and one in 10 attempt it. In fact, suicide is the No. 3 killer of teens in the U.S., behind car accidents and homicide.

Dennis Bonilla, executive dean of University of Phoenix's College of Information Systems & Technology and School of Business, said parents should understand how to make these apps more secure and share that knowledge with their children. Following his tips can help prevent future cyberbullying attacks.

Bonilla's tips:

- **Be empathetic to their situation.** Children are often afraid or embarrassed to talk about bullying with their parents. Connect with them by telling them of your own similar situations and offer to listen to their issues. Don't approach them right away with solutions, as this may make them hesitant to share their struggles with you in the future.

• **Teach them how to react.** Many children may not know how to respond to a bully. Tell them to save evidence and reach out for help. Retaliating or responding could cause a bigger issue. If they feel in danger, they need to know who and when to call for help. They should also speak out if someone they know is a victim of cyberbullying.

• **Protect their accounts.** Many social media sites allow users to block or report people. This is not being a coward and can help stop future attacks. Make sure your children have strong passwords and don't share them and close and lock devices and accounts when not in use, as this can lead to other forms of bullying like identity theft.

• **Perform a "friends-list" audit.** Sit down with your children to do an audit of their friends lists on social media. If a peer is engaging in bullying, encourage them to remove him/her. Ask them to keep their friends lists to people they truly know and talk to. Children may feel obligated to add everyone they know to their social sites, but this could cause bullying and security issues.

• **Serve as an example.** Refrain from posting negative comments on your social channels and limit your connections to only people you know. Your children are more likely to make a change if you lead as an example.

Shock Chlorination Of Water Wells: What You Need To Know

(NAPSA)—"Shock chlorination" is a term loosely applied to using a relatively high concentration of chlorine to disinfect a water well system. It may come as a shock to learn that the National Ground Water Association (NGWA) does not recommend household well owners attempt to disinfect their own well systems.

Rather, NGWA suggests well owners use a water well system professional familiar with proper well disinfection procedures to do the job. There are multiple steps to properly disinfecting a well, and for a person untrained in it, there are multiple opportunities to make a mistake that could not only render the process ineffective but create additional problems.

Shocking Information

Here are some of the things you should know about shock chlorination:

Household chlorine bleach is not designed for use in drinking water. Although household bleach is widely recommended for disinfecting drinking water wells, it's not designed for that and may cause problems.

First, the disinfectant properties of household bleach deteriorate over time, affecting its reliability as a disinfection agent. Second, bleach may contain perchlorate. Research has shown that perchlorate can present a health risk at certain levels and affect iodine uptake by the human thyroid to inhibit thyroidal hormone production.

Fortunately, there are alternative disinfectants,



When a well needs to be disinfected, it's a good idea to get a professional to do it rather than trying to add household bleach yourself.

chemicals certified as safe for use in drinking water by independent product safety laboratories.

At too high a concentration, bleach can create disinfection by-products harmful to health. When organic matter in groundwater encounters certain chemicals, such as chlorine, a reaction can occur that creates a cancer-causing agent known as trihalomethane.

Also, at too high a concentration, bleach can corrode well system pipes and other components. This was demonstrated in Flint, Michigan, where corrosive water coming out of the public water system was sufficient to induce corrosion in galvanized steel pipe, causing the release of toxic lead into the drinking water.

There are other problems that may result from attempting to disinfect your own well. For instance, removing the well cap alone could expose the open well

to bacterial contamination from the outside. Great care must be taken to disinfect not only the inside of the well system but also the well cap before it's put back.

Furthermore, if the disinfectant is not at the proper concentration for the volume of water in the well system—or if the contact time between the disinfectant and the system is not sufficiently long—the disinfection process may not work.

For these reasons, NGWA advises that whenever possible, well owners should use a water well system professional who knows proper disinfection procedure to disinfect their well.

That said, there may be circumstances in which a well owner cannot get a water well professional to disinfect the well; for instance, someone in a remote area where service is not readily available. In such instances, the well owner should consult with someone qualified in well disinfection for instruction.

Disinfection is an important procedure to perform any time a water well is opened or serviced, or if water test results indicate the presence of bacteria. When the presence of bacteria is persistent, it should be determined whether there is a breach in the well system allowing bacteria to enter the well. If so, the breach should be repaired.

Learn More

For further information about well systems, water quality, and groundwater protection, visit www.WellOwner.org.

Almost all our faults are more pardonable than the methods we resort to hide them.

—François de La Rochefoucauld

Let your capital be simplicity and contentment.

—Henry David Thoreau

Not being able to govern events, I govern myself.

—Michel de Montaigne

If we did all the things we are capable of doing, we would literally astonish ourselves.

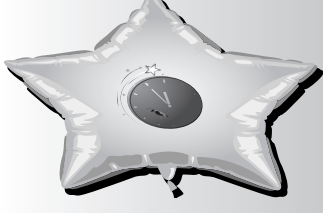
—Thomas A. Edison

A healthy male adult bore consumes each year one and a half times his own weight in other people's patience.

—John Updike

Freedom is not an ideal, it is not even a protection, if it means nothing more than the freedom to stagnate.

—Adlai E. Stevenson



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Good Luck

Saturday's Graphic

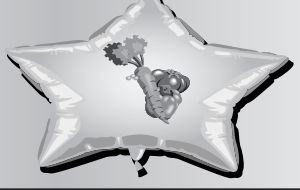
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Monday by 3:00 PM

TOM JACKSON found the Vegan Month Graphic on page 6B (West Coast Real Estate Services – upper right corner of listing #824 "One of a kind property!") He won a gift certificate to The Chicken Coop.



Wednesday's Graphic

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