

rapeteens



rapkids

Parenteen foundation /Educator Forum/ Professional Forum

April 2011

Dear Parenteen members, educators' forum & health care professionals

The Parenteen foundation and professional forums have grown from strength to strength and we would like to thank you for your generous support and welcome all our new members.

Seminar 2011

“Empowerment through education” is the Parenteen theme, for this year. We are excited about the upcoming Parenteen seminars to be held nationally.

Your input has been invaluable in putting these workshops together. Please pass the attachment to friends, family and community members.

If your company would like branding and display rights @ R 5000.00 per venue, please contact our offices ASAP.



A guide to cyber bullying

What is Cyber bullying?

Cyber bullying is threatening, lying about, stalking or otherwise harassing a person online or via other electronic communication devices like a cell phone.

There are a number of behaviours that are considered cyber bullying, including:

- Sending harassing messages
- Impersonating another person and gaining trust
- Posting someone else's personal information
- Posting false or unsavoury information about another person
- Using the internet to encourage others to bully the victim

There are varying degrees of cyber bullying, but unlike school yard bullying, cyber bullying doesn't end with the school day and has the potential to broadcast a child's personal information to others online.

Why is cyber bullying so difficult to stop?

- Traditional bullies might be suspended from school, banned from certain places or even arrested, but cyber bullies are more elusive
- The anonymity of the internet makes it difficult to be sure who is doing the bullying
- The anonymity of the internet makes cyber bullies, especially kids, bolder
- Cyber bullying can cross state and international lines, making it nearly impossible to prosecute
- Cyber bullies may think they can't be caught or punished
- Others may trivialise the damage the cyber bully is doing

Symptoms that your child is been cyber bullied

- Acting withdrawn, depressed, anti-social or suicidal
- Having unusual mood swings
- Avoiding discussing what they're doing online
- Abruptly stops using the computer or mobile internet-enabled device
- Child is visibly upset or angry during or after internet use or cell phone use
- Appearing nervous when receiving a text message, instant message or email
- Saying they have no friends and /or hate school
- Drop in academic performance
- Child is a target of traditional bullying at school

Cyber bullying prevention for parents

- Be your child's support system – the biggest way to prevent your child from being a victim is to keep the lines of communication open
- Be firm – set rules regarding when and how long your child can be online
- Know your child – this is very important, it can be tempting to assume your child is just going through a phase
- Know the danger signs – Your child may become more withdrawn or moody
- Educate – Teach your child what to do in cases where they feel threatened or bullied, they should ignore the offender and contact an adult immediately. They should never engage with the person who is threatening them as that is only encouragement for the behaviours to continue
- Spend time together as a family and encourage the child to spend time with friends
- Report lewd or inappropriate messages to the proper internet moderators and service providers
- Save texts and emails in case they need to be reported to the police
- Inform the school's administration of the cyber bullying behaviour
- If necessary, change the child's social networking/email accounts and phone numbers

Cyber bullying is a **heavy burden** for any child to handle on his or her own. Parents who step in and do their best to stop cyber bullying could potentially save lives.

What do popular internet acronyms mean??

<u>Acronym</u>	<u>Meaning</u>
GF	Girlfriend
BF	Boyfriend
BFF	Best friend forever
BRB	Be right back
AFK	Away from keyboard
BAK	Back at keyboard
CD9	Code 9 – parents are around
PIR	Parent in room
PRW	Parents are watching (also PAW)
POS	Parent over shoulder
DOS	Dad over shoulder
MOS	Mom over shoulder
ILY	I love you
143	I love you
182	I hate you
ASL	Age/sex/location
LMIRL	Let's meet in real life
RU/18	Are you over 18
KPC	Keeping parents clueless
KFY	Kiss for you (also K4Y)
Banana	Penis
RUH	Are you horny?
DUM	Do you masturbate?
8	Oral sex
MEZRU	I am easy, are you?
IWSN	I want sex now
TDTM	Talk dirty to me
GNOC	Get naked on camera
GYPO	Get your pants off
NIFOC	Nude in front of the computer
FB	F*** buddy

Your family and crime

South Africa has one of the highest crime rates in the world. CSI (Crime Scene investigation) and DNA profiling are the most important aspects of solving crimes and bringing suspects to book.

The crime scene is often compromised when waiting for the police to arrive. Our staff at Rape Wise and our Far East Rand crises centre attended a fascinating workshop DNA CIS™ fighting crime with science sponsored by the Mike Thomson change a Life Trust.

Here are a few tips after a crime has taken place:

- Don't touch – nothing should be touched unless absolutely necessary

- Note, record, observe – make a note of the type of crime committed and observe what may have been disturbed or left at the crime scene
- Assist police officers – Provide assistance by requesting witnesses to wait near the crime scene for an investigating officer
- Comfort and support victims – Offer comfort and aid at the crime scene without disturbing the crime scene
- Secure the crime scene – Prevent unnecessary access to the crime scene
- Insist no-one interferes – The crime scene may contain valuable evidence and the less people who interfere with the crime scene the greater the chance of finding DNA evidence

DNA can be obtained from materials or clothing containing blood or other body fluids, such as saliva or semen. DNA is commonly obtained from blood, semen, skin cells and saliva. It can also be found in tissue, organs, muscle, brain cells, bone, teeth, the roots of hair, skin cells and fingernails.

How can a rape victim preserve DNA evidence?

- Do not change clothes
- Do not shower or wash any part of their body

A rape victim should visit a qualified and registered medical doctor or forensic nurse examiner immediately after the sexual assault for treatment of any injuries and for the collection of forensic evidence. The sexual assault evidence collection kits and generic evidence collection kits developed by the SAPS Forensic Science Laboratory must be used by the examiner to ensure that the evidence is properly collected.

Who should you contact if you are a victim of crime?

SAPS: 10111

SAPS Crime stop: 086 001 0111

Stop gender violence: 0800 150 150

Forensic Science lab Pretoria: 012 4210271

Forensic Science Lab (Cape Town) 021 9559000

Childline: 0800 055 555

Crime line: sms your anonymous tip off to 322 11

(For more information regarding the DNA project please visit www.dnaproject.co.za)

Rape Wise 72 hour campaign

Just a reminder: More children in South Africa contract HIV from sexual assault than from mother to child transmission. **Post exposure prophylactics given to victims within 72hrs after the rape will prevent the victim from contracting HIV.**



Microsoft

Warmest regards

John Buswell &

The Rape Wise team



An informed parent, is an empowered parent

