



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

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Chatting With Your Child About Using the Internet for Socializing

The internet offers a world of opportunities. Socializing via the internet can be fulfilling, however it can also be dangerous.

- **Conduct** - The online world can feel anonymous and children forget that they are still accountable for their actions.
- **Contact** - Some people online have bad intentions, including bullies, predators, hackers and scammers.
- **Content** - Children can find pornography, violence, or hate speech online.

The best way to reduce risks and protect your child while online is to talk to them using everyday opportunities. For instance, a TV program featuring a teen online or using a cell phone can start up a discussion about what to do in similar circumstances. News stories about internet scams or cyber bullying can also start a conversation about their experiences and your expectations.

Young children - Very young children need to be supervised at all times when using a computer. You may wish to choose the websites they can visit.

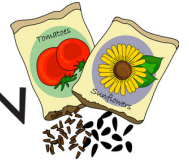
Tweens (ages 8 – 12) – You still need to be close at hand as tweens start exploring on their own. Keep the computer in a common area where you can monitor use, not in your child's room. Using parental controls such as filtering or monitoring tools can be effective. Set limits on how often they can be online and how long those sessions will be.

Teens - Teens have more internet access through cell phones, mobile devices, or friends' computers, as well as more time to themselves. They need to understand that not everything they see on the internet is true. People may not be who they appear to be, information or images they share can be seen by anyone, and once something is posted online, it's nearly impossible to "take it back." Anticipate how you would react if you find out that your child has done something you do not approve of online. When your teen confides in you about something scary or inappropriate they have encountered online, work together to prevent it from happening again.

If used wisely, the internet can be a wonderful tool for learning and communicating. For more about internet safety, check out these websites: www.OnGuardOnline.gov, www.WiredSafety.org, www.CyberBully411.org



STARTING A FAMILY GARDEN



It's time to start spending more time outdoors!

We have the privilege of living in a beautiful paradise with the perfect weather for gardening all year long! Family gardens provide parents opportunities to teach their children responsibility, dedication, and sustainability. Gardening provides physical activity, builds endurance and patience, flexibility and strength. Parents will also have great quality time with their children working on a common goal. Children will learn to eat healthy and provide for themselves. Parents will benefit in the savings they will experience when grocery shopping!

Family gardens are easy to start and can begin in your own backyard or in a community garden. A community garden is a large plot of land that is divided up for community members to use to plant their own personal garden. The community members can tend to their garden as much as they want. It is the perfect spot to make new friends and grow your favorite fruits and vegetables!

All you need to start is 3' x 6' area or pots filled with soil (container garden). Make sure your garden is far enough from large trees so that their roots do not interfere with plant growth. It is also a good idea to box it off with a wooden frame to keep unwanted animals or plant growth from intruding. Your plants will need at least 5 hours of sunlight each day.

Have fun with your family in creating your own special garden! Enjoy the outdoors and sunshine! This is your time to be creative and adventurous in your gardening!

For more information and tips go to http://eartheasy.com/grow_backyard_vegetable_garden.html, <http://www.ctahr.hawaii.edu/site/ExtHG.aspx> or call (808) 453-6055, 9am-noon, M-F.

To apply for a community plot visit <http://www1.honolulu.gov/parks/hbg/crgp.htm>. For a garden plot in Kaneohe, contact Stuart Ball at (808) 247-5380.

By: Karri Simao, WSU Intern

Parent's Guide To The 5Rs



Resiliency

Adapting and striving for positive outcomes in adverse situations.

Live It! Having the ability to bounce back, having perseverance, not giving up easily.

Teach It! Teach your kids to bounce back after a disappointing situation, get back on the bicycle after a fall, practice harder and retake the driver's license test, study harder before taking the next test to get a better grade.

WEBSITES OF THE MONTH:

www.inhalant.org

What is inhalant abuse? What products can be abused? According to the Partnership for a Drug-Free America, "if you talk to your kids about the risks of drugs, they are 36% less likely to abuse an inhalant." Parents can make a tremendous impact on their kids' choices by talking to them.

www.p20hawaii.org

The goal of Hawai'i P-20 is for 55% of Hawai'i's working age adults to have a 2- or 4-year college degree by the year 2025. Hawai'i is working to strengthen the education pipeline from early childhood through higher education so that all students achieve career and college success.

KCFC can help you with:

- Community resources and referrals
- Education resources for parents and professionals

www.hawaiipirc.org

- Volunteer & community service
- Community Works in 96744

Coalition to Strengthen Families and Prevention of Underage Drinking

For more information call 235-7747 or visit www.kcfc.pacthawaii.org

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The **Family Center News** is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:

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How to Spot a Drunk Driver

Drunk drivers get on the roads, endangering our friends and loved ones. You can help protect your family from drunk drivers by looking for these signs of intoxication among other motorists:

- Quick acceleration or deceleration
- Tailgating
- Weaving or zig-zagging across the road
- Driving anywhere other than on a road designated for vehicles
- Almost striking an object, curb, or vehicle
- Stopping without cause or erratic braking
- Signaling that is inconsistent with driving actions
- Slow response to traffic signals (e.g. sudden stop or delayed start)
- Straddling the center lane marker
- Driving with headlights off at night
- Driving slower than 10 mph below the speed limit
- Turning abruptly or illegally
- Driving into opposing traffic on the wrong side of the road

First, stay as far away from the other vehicle as possible.

Second, take notice of the license plate number of the driver along with details of the vehicle. Be safe while obtaining this information.

Finally, pull over and call 911.

Taken from Mothers Against Drunk Driving -MADD



A big Mahalo to all of our awesome volunteers! On May 28th volunteers helped us transition to King Intermediate. We want to express our gratitude for their gracious time, support and all that they did to make it happen, it is truly appreciated!



READING & ARTS FESTIVAL Saturday, August 20 ~ 10 am - 4 pm

Bring the ohana for a fun-filled day at Kualoa Ranch! This event will feature storytelling, songs, talent show, arts and crafts, games, live music, entertainment, ono food, bouncers and even a bit of adventure.

Kualoa invites your keiki to bring one piece of their own artwork to put on display in the art gallery and enter for a chance to WIN a PRIZE! Donate your books that you are not using for the book drive.

\$3 per person, \$10 for family of four. Call 808-237-7321 for details. All proceeds will benefit Kualoa's Big Brothers Big Sisters scholarship college fund.

August

- Ohana Food Distribution**, 2:30 - 4:00pm at K.E.Y. Project, Kahaluu.
- Oogles 'n Goggles, Preschool Activity**, at 10:15am at Kaneohe Public Library.
- Community Works in 96744**, 5pm at Kaneohe Community Family Center. Find out about resources in the community and prevention of underage drinking. Call 235-7747.
- How to Apply for Retirement Online**, 2 - 4pm FREE at WCC, Hale Kuhina. If you are 3 mos. from age 62 or older, call 235-7433 to register.
- Windward Community Children's Council Mtg.**, 6 - 7:30pm at Windward Comprehensive Health Center, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.
- Ohana Caretakers Support Group**, 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Elder Financial Abuse, the Crime of the 21st Century**, 6:00 - 7:00pm FREE at WCC. Learn to spot the warning signs of elder financial abuse and find out who the perpetrators are. Call 235-7433 to register.
- Huikakoo (Grief Support Group)**, 5:30 - 8pm at QLCC. Call Kristi at 235-7613.
- Song Tales for Preschoolers: A Musical Storytime**, 10:15am at Kaneohe Library.
- Alzheimer's Support Group**, 10 - 11:30am at KCFC. Call 225-9377.
- Ohana Food Distribution**, 1:00pm is registration and distribution starts at 2:30pm. "First come, first served" at K.E.Y. Project, Kahaluu.
- AARP Driver Safety Program**, 9am - 1pm at WCC. Designed for motorists 50 yrs. and older. Call 235-7433 to register.
- Kaneohe Neighborhood Board Meeting**, 7pm at Ben Parker, Cafeteria. Call 523-4815.
- Statehood Day** - Holiday
- Windward Homeless Coalition**, 5 - 6pm at KCFC. For more information call 343-4052.
- Christmas Parade Meeting**, 6:30pm at Church of the Nazarene. Volunteers needed! If you have questions, call Ku'ulei at 348-2749.

Malama 96744

Community Clean-Up & Graffiti Paint-Out Saturday, August 27th



Help care for our community!

Volunteers wanted! Meet at Kaneohe Skate Park from 8 - 11:30am. Bring paint rollers and paint covers. Lunch to follow. For more information or to sign up, call PACT Kaneohe Community Family Center 235-7747.



Tuesday, August 2nd

TARGET Store in Aiea

The purpose of **National Night Out** is to heighten crime and drug prevention awareness, give support to local anti-crime programs; strengthen neighborhood spirit and police community partnerships. **A bus will be provided for this event.** Pick-up will be at the Kaneohe Police Station at 4:30 pm. The bus will drop off at the same location when event is finished.