

**Bullying Prevention**

"The solution starts  
at home"

# Idaho KinCare Project

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## Bullying Prevention

### Anti-bullying Efforts Target Parents, Educators

"The solution starts at  
home"

Anti-bullying campaigns highlighted during October and throughout the year aren't only aimed at the kids committing and/or suffering from bullying. Adults – parents, caregivers, educators and community leaders - are also targeted. "One argument is that bullying often happens in locker rooms, deserted hallways and on social media websites where an adult may not be present," said Kathryn Sebelius, Secretary of the Department of Health and Human Services. "But a majority of bullying happens in front of witnesses, including adults. And we know that adults have a responsibility to make sure there aren't places where kids aren't safe."

The Department of Education partnered with the Department of Health and Human Services and the Department of Justice to launch the Stop Bullying Now! campaign. The website, [StopBullyingNow.gov](http://StopBullyingNow.gov), has information for parents and educators about preventing bullying and its impact.

"Bullying is a growing issue and concern in communities, schools and homes," said Betsy Landers, president of the national Parent Teacher Association. "Research shows that children learn best when they feel they are in a safe and healthy learning environment, according to the U.S. Department of Education. Parents, teachers and school communities are responsible for creating that safe and healthy learning environment."

According to the Stop Bullying Now! Campaign, 15 percent to 25 percent of students have reported being bullied.

And while school violence has declined 4 percent over the past several years, instances of bullying increased by 5 percent between 1999 and 2001.

Research has been conducted on who bullies and why, as well as its impact on children. A new study looked at what helps children deal with the trauma of bullying and found adult support helps in alleviating trauma. The Youth Voice Project questioned 13,000 students in 3rd through 12th grades, and discovered many found it helpful when they told an adult at school or at home.

The study also found that older kids found it helpful to remind themselves the situation wasn't about them or make a joke about it. Students found doing nothing, telling the bully how they felt or to stop and hitting the bully the least effective solutions.

The study also looked at what happened when the student told an adult and what was helpful. Results varied, but most students found it most helpful when the adult listened and gave advice and all students found it least helpful when they were ignored or told to act differently. The older the kids got, the less helpful they found mediation and punishing the bully.

### Resources:

U.S. Department of Education – [www.StopBullying.gov](http://www.StopBullying.gov)  
National Parent Teacher Association – [www.PTA.org](http://www.PTA.org)  
The Youth Voice Project – [www.youthvoiceproject.com](http://www.youthvoiceproject.com)  
Rachel's Challenge – [www.rachelschallenge.org](http://www.rachelschallenge.org)



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## Candy, Cake & Cookies Family Storytime

Saturday, Oct 13, 2012  
10:30a to 11:30a

All ages are welcome to attend a special story time with books, rhymes and songs based on delicious desserts and treats. After the story time presentation, families can complete a child-friendly candy craft and sample some yummy treats. Call the Information Desk at 468-5803 for more details.

Nampa Public  
Library

## Health Tip: Do Your Feet Have Poor Circulation?

The American Podiatric Medical Association says warning signs of poor circulation in the legs and feet may include:

- Frequent cramps in your legs and feet, especially when you exercise.
- Open sores on the feet or legs that take a long time to heal or don't heal at all.
- A change in the color or temperature of your legs or feet.
- Loss of hair on your feet or legs.

Poor circulation of the legs and feet -- often a result of high blood pressure -- can lead to serious complications including open wounds that don't heal properly.

By Diana Kohnle



[Foot Health](http://www.nlm.nih.gov/medlineplus/foothhealth.html) [http://www.nlm.nih.gov/medlineplus/foothhealth.html]

[Vascular Diseases](http://www.nlm.nih.gov/medlineplus/vascular diseases.html) [http://www.nlm.nih.gov/medlineplus/vascular diseases.html]



## Vary your Veggies

Vegetables have the vitamins, minerals and fiber your body needs to grow up healthy. Here are some simple ideas to eat more veggies everyday:

- Snack on veggies like baby carrots, cucumber slices, and celery sticks.
- Keep it colorful – make a salad with a variety of veggies, like corn, carrots, and spinach!
- Take the kids in shopping trips and choose new veggies like sweet potatoes, beets, red pepper or sugar snap peas – have fun exploring colorful varieties, learning about what's in season and tasting new foods.

<http://www.health-mania.com/how-to-add-vegetables-in-childrens-diet/>

From Kids.gov

## Powerful Families

It's time for our last session of Powerful Families for 2012  
Starting Saturday October 20, 2012 and  
ending November 24, 2012

10:00 A.M. — 1:00 P.M. at the YMCA in Caldwell

For more information call Gaby at: (208) 446-9926 or Norma at: (208) 442-9977

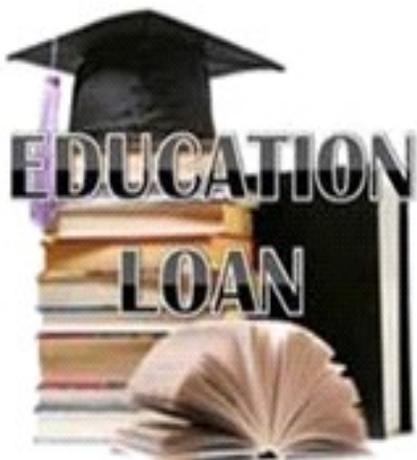
Growing Readers: Free monthly parent tips for raising strong readers & writers  
ReadingRockets.org:

<http://support.weta.org/site/R?i=bYiGCyOtVE7WEP-0qF3LPA>

Colorín Colorado, a web service to help English language learners become better readers.

<http://support.weta.org/site/R?i=pYqnFpCUbp0FjUCmYPDemw>

## Interactive Tutorials to Help Students Understand Financial Aid



Some parents help finance a student's college education, but many students end up paying for all, or a significant portion, of their college tuition. A good understanding of the types of loans, the amount of money they will need to borrow, and how much their payments will be when they are finished, will help them make better financial aid decisions.

The Department of Education has created the new [Financial Awareness Counseling Tool](#), which provides students with five interactive tutorials covering a wide range of topics that will help them better understand financial aid.

The topics include: Understanding Your Loans, Manage Your Spending, Repaying Your Loans, Avoiding Default, and Making Finances a Priority. The tool takes students through a series of exercise that will help them calculate how much money they will need to borrow to pay for their education and how much their payments will be when they finish.

From [kids.gov](#)

## Tips on Preparing for Emergencies



When a natural disaster strikes, smart preparation can make the difference between safety and crisis. September was [National Preparedness Month](#), a time when the Federal Emergency Management Agency (FEMA) within the Department of Homeland Security encourages Americans to take simple steps to prepare for emergencies.

*Nonperishable food,  
Copies of important documents  
Prescription medications  
Blanket  
A change of dry clothes and shoes  
hygiene items*

For a complete list of items go to:

<http://blog.ecaring.com/hurricane-preparedness-tips-for-older-adults-caretakers/>

From Melody Wilding



**Shadows of a thousand years rise again unseen,  
Voices whisper in the trees, "Tonight is Halloween!"**

Dexter Kozen



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It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

*“You may not be able to change the entire world, but you can change the entire world of a child.”*

# Idaho KinCare Project

A KinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 KinCare providers in Idaho, this newsletter is for you.



Find us on  
**Facebook**



Visit the FACS library at  
[www.211.idaho.gov](http://www.211.idaho.gov)



## Support Groups

**Treasure Valley GAP,  
Boise  
Georgia Mackley: 859-1130**

**Kinship Plus,  
Caldwell  
Linda Dripps:  
919-4731**

**Relatives Raising Relatives,  
Idaho City  
Ginny and Ken Ohls:  
344-4329**

**Grandparents/Relatives as Parents Support  
Group,  
Twin Falls  
Shawna Wasko:  
208-736-2122**

*2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho. Dial 2-1-1 or*

*1-800-926-2588*

*[www.211.idaho.gov](http://www.211.idaho.gov).*

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