

# In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

## You can't just hit un-do

When it comes to the internet, you can't erase what has already been sent. When deciding if you should send something, think about if you would say the same thing to the person if face-to-face. If you would/should not say it to their face, then don't type it online. Cyberbullying (using social media to humiliate another person) is a major concern among our youth. With the ease of bullying someone electronically, it does increase the amount of bullying that takes place today.

Another major concern with cyberbullying is that our youth cannot escape this type of bullying because it can be accessed every-

where and at any time! It also can be spread rapidly, with each person passing it on to many others. This type of bullying can be detrimental to the person being attacked, and as such should not be taken lightly. If you see someone cyberbullying another, immediately report it so that those messages can be taken down immediately.

If you are the one being harassed either by messages on-line or text messages, be assertive and tell the person to stop. If the messages do

not stop, then it is harassment and you should report it to police. Do not use derogatory language back to the perpetrator as sending offensive messages back to someone is still considered harassment; do not seek revenge.



Snapchat, a cell phone application that is designed to take a picture and then "disappear" after a few seconds, is another area of concern. The problem with this is that the pictures do not go away once it has been sent. The notion that a one-time

photo can be sent to another person without there being a trace is false. Do not send anything that you would not want your family and school to see as apps and virtual sites are required by law to keep records of all messages and photos.

Another way to protect your information and pictures is to make sure you have your privacy settings set to secure and GPS notifications set to off. Be sure that your profile cannot be viewed by everyone as having media where the public can view it is not safe. In addition, you should always turn your Bluetooth off on your phone, as your phone can be traced through this as well.

## Protecting yourself from identity theft

With the identity theft scare at Target stores, there has been a lot of concern going around keeping your identity private. Although the Federal Trade Commission estimates that only 9 million Americans (or 3%) suffer from identity fraud each year, there is still a very real level of concern for everyone. It is important to learn how to protect yourself from the risks and protect your credit.



One way to protect yourself is to carefully guard all of your online accounts is with your passwords. It is im-

portant to make sure that all of your passwords to accounts are unique and cannot be figured out by knowing a few simple facts about yourself, such as children's

names or birthdays. These passwords should also be changed every few months and not saved on your computer. It is also important to always pay close attention to your accounts. You should know what you are spending money on and if you see someone that does not make sense, ask about it! Another great way to keep yourself safe is to own a shredder to shred any sensitive documents, or even junk mail that can contain personal information on it, such as your address.

Another way to safeguard your accounts is to use your credit card more and your debit card less. Most credit card companies offers way to protect and watch for unusual activity; therefore if something happens it can be caught quickly, whereas your debit card cannot offer that for all customers. Debit cards are great financial tools, and it's easier carrying a card than a wad of cash. But debit cards shouldn't be used all the time.

With society relying on the internet, being a target is a huge threat to everyone.

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

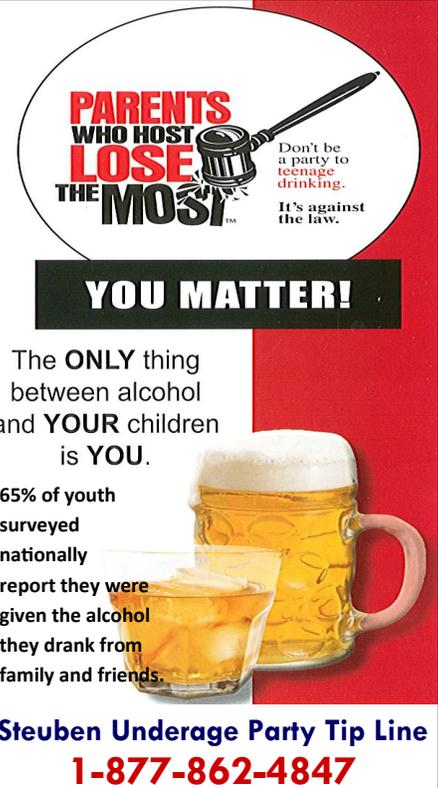
**1-877-8HOPENY (1-877-846-7369)**

24 hours a day, 7 days a week \* Free & confidential information and referrals.

# In The Know and By The Numbers

A look at current statistics and figures relating to social media.

- As of 1/1/2014 there were 1.2 billion members on Facebook.
  - 250 million people access Facebook via their phone.
  - 2.9 billion hours are spent on YouTube each month.
  - 3,000 photos are uploaded per minute on Flickr.
  - There is an average of 190 million tweets on Twitter each day.
  - 25% of Facebook users are under the age of 10.
  - 24% of Americans feel unsafe with privacy settings of social media.
- Statisticbrain.com
- 1 out of 4 women admit to "photo sabotage" on Facebook, while 65% of those surveyed report that they would be outraged if a sabotaged photo of them were posted.
  - The fastest growing age bracket utilizing Twitter is the 55-64 age range.
- Huffington Post
- 94% of teen social media users said they had a Facebook profile, and 81% said that Facebook is the profile they use most often.
  - One-in-four (26%) teen social media users said they had a profile or account on Twitter and just 7% said that was their main profile
- Pew Research Center, August 2013



**PARENTS WHO HOST LOSE THE MOST**

Don't be a party to teenage drinking. It's against the law.

**YOU MATTER!**

The **ONLY** thing between alcohol and **YOUR** children is **YOU**.

65% of youth surveyed nationally report they were given the alcohol they drank from family and friends.

**Steuben Underage Party Tip Line**  
**1-877-862-4847**

## Steuben Council SCA on Addictions

Information, Assessments & Referrals

**8 East Morris Street  
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Administrative Assistant &  
DDP Coordinator: Diana McIntosh

Drug Free Communities Coordinator:  
Norm McCumiskey

Clerical Assistant: Peggy Wurzer

Catholic Charities  
Steuben County

## The Council Corner

A look Steuben Council on Addictions and the projects they are working on

It is with great pleasure that we welcome to Steuben Council on Addictions, Michele Strazzeri. Michele is joining us as a Prevention Educator with a focus in outreach to adult populations but will also be doing some work within schools.



Michele comes to us with great excitement to meet new people and to make new connections in the community. She is originally from Fairport, NY and currently resides in Hornell with her family. She has two sons ages 10 and 13.

In her spare time she enjoys gardening and

most of all being with her family.

Prevention is a field that Michele enjoys working in because it is a chance to help

people better themselves.

With a degree in art therapy and many years in prevention Michele is going to be a great asset to Steuben Council on Addictions. Welcome aboard Michele, we are excited to have you as a member of our staff.

In our March newsletter we are excited to feature an introduction another new member of the team, Pam Aini. Pam will be joining Norm McCumiskey as a part

of the Drug Free Communities Grant!

Just a reminder that Steuben Council on Addictions Prevention Educators are always excited for new connections and opportunities to do programs in our communities. Programs and presentations are presented on topics that encourage, support and enhance healthy living for all ages throughout Steuben County. Call for details (607) 776-6441.

Bath residents, save the date! The John Southard Youth Recreation Commission (JSYRC) will be hosting their annual Easter Egg Hunt on Sunday, April 13 at 2pm in the Village Square.

Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information on In The Know contact Stacey O'Dell, Prevention Educator at (607) 776-6441, x. 205 or sodell@dor.org.