

Trapped In The Web



More and more people are discovering the joys of the Internet. But once they arrive, some find it nearly impossible to sign off. Only recently, have psychologists begun devising strategies to wean on-line addicts from their endless browsing and chatting. While it's too soon to say how successful their efforts have been, their hope is that the extent of the problem will be recognized before it becomes even more widespread.

Although computers can be an excellent resource for information, they can also be a source of great concern. According to Kimberly Young, Ph.D. who launched the first major study of the problem, those dependent on the internet spent, on average, an astonishing 38 hours per week on-line. They usually were not cruising the information highway to enrich their knowledge of the Russian space station. Instead, dependents sought contact with other people: their favorite activities were chat rooms and Multi User Dungeon games.

Consider all the activities, including reading, drawing, outdoor sports, socializing and household chores, that people aren't participating in while they are chatting or gaming.

Recently, in some of the programs of the John Howard Society, client addictions to the Internet have surfaced. Therefore, we need to be aware that the overuse and misuse of the computer and Internet can cause negative effects to a child's mental and physical health.

If someone is showing signs that they are addicted, hard and cold boundaries need to be set to help them recover. Consider creating a computer schedule, outlining time allotted to each family member for Internet or computer game use. It is a good idea not to place computers in teenagers' bedrooms. If the PC is in a central location, it is easier for parents to check in on their teens to see what they are up to. To limit "online chatting" time is another good idea. For example, a good guideline for adolescents might be "no more than 30 minutes of 'chatting' a day after all homework is complete."

Don't overlook the fact that the internet may also be used to harass and threaten victims. Instant messages can be sent to harass and threaten a victim within the privacy of their own home. Just because it is not face to face contact it doesn't mean the threat is diminished. All questionable messages should be saved. An email can be the evidence needed. Change an email address if necessary.

The internet is here to stay, and problems with excessive use need to be addressed. Parents have to keep up to date with what their kids are doing online. Being aware of and getting involved in your family's computer habits can help them to make healthier choices.



Call For Volunteers

Enjoying your volunteer experience with the John Howard Society?

...then tell someone about it...

You are the quiet ambassadors of the work that we do!

Interested in getting involved...call Lynn at 743-6071 ext.208

or lynn Teixeira@waterloo.johnhoward.on.ca



Restorative Justice Week

Mark Wednesday November 16, 2005 on your calendars!

Through her work with the Restorative Justice Task Force of Waterloo Region, Maureen has arranged guest speakers from Ottawa. The topic for discussion is **Strengthening Community Capacity in Relation to Public Safety** by establishing justice services that offer options to deal with human needs after crime.

This event takes place at Conrad Grebel University College, University of Waterloo-Great Hall, Room 1111. Contact Maureen for more information 743-6071 ext. 220

Fall Review

All youth justice volunteers are invited to attend a **Fall Review**. This event will take place Wednesday November 30, 2005 - 6:30 PM at Maureen's house.

Watch for upcoming details on the evening's topic.

In The Mind's Eye-Film Festival

The Community Safety & Crime Prevention Council will be hosting a 3 day film festival called "In the Mind's Eye" from November 15-17 that explores the theme of addiction in its many forms- gambling, alcohol, and /or drugs. The festival goal is to educate and work towards eliminating the stigma ascribed to people living with addictions.

In an effort to educate and increase public awareness of the issues associated with addiction, panel discussions will follow the early film/screening each evening. Throughout the festival, they will be showing the award winning short film "Ryan" and five feature length films, including the Canadian premiere of "Most High" a film that depicts the devastating effects of the drug crystal meth.

All films will be shown at the Princess Cinema and Princess Twin in Waterloo.

Visit www.preventingcrime.net for a program schedule.



Purchase an All-Festival Pass for \$20 or pay \$5 per film at the door.

Ticket Info: Call (519)883-2304 or email: amaryann@preventingcrime.net

Extra Judicial Sanctions - Client Submission

The Extra Judicial Sanctions program allows the young offender to negotiate a plan of action with a volunteer community panel called a Youth Justice Committee. There are 2 goals we hope to achieve in working with the young person and family 1. Repair of the harm done 2. Attention to the root cause of their criminal behaviour. Tasks may include; restitution, victim apologies, attendance at special programs, and community service hours. Creative measures, which build on the strength and interests of the youth, are also encouraged.

The following is one of the written assignments submitted:

What Makes A Good Parent?

I think the most important quality in being a good parent is love. If a parent loves their child they will protect their child from danger; will be happy when their child is happy; will be interested in the things their child loves; will sacrifice time and money to take care of their child and will set fair rules for their child.

First of all a parent starts protecting their child from day one. When my mom brought me home from the hospital she covered me with a blanket to protect me from the sun. She put me in a car seat to keep me safe if we had an accident. As I grew my parents put a gate up so I wouldn't fall down the stairs as I was learning to walk. When I learned how to ride a bike they protected me by making me wear a helmet and pads so I would not get hurt when I fall. My parents taught me how to cross the road properly by obeying the rules of the road. To protect me from drugs and alcohol they set rules for me to follow. For example: I get invited to a party my parents would call my friends parents to check it out. They would drop me off and pick me up. If I follow their rules I will have fun and they will trust me.

A good parent will be happy when their child is happy when they see their child succeeding in sports school and relationships. For example my dad is happy for me when he sees me doing well in karate. I am happy because I feel good about myself.

If a parent shows they are interested in things a child loves it makes the child feel good about what they are doing. When I am a parent I am going to go to all of their sports activities (e.g. Basketball) and watch them so my child knows that I care for them.

A good parent will sacrifice time to take their child to sports, graduation, meetings, and appointments. My dad has taken time off work to take me to karate. A good parent pays for their child to participate in extra curricular activities such as karate. A good parent would have to have a good job to pay for the activity.

Fair rules a good parent may have are:

- 1. In order to go out with friends you have to treat all family members with respect**
- 2. Come home at a set time**
- 3. Call if you are going to be late**
- 4. Talk to your parents with respect. No swearing**
- 5. Do your chores before having fun. e.g. playing Nintendo, watching TV or going out**



A good parent does all these things for their child because they love their child and wants them to grow up to be a decent person. I hope I can try to obey my parents' rules so I can grow up to be a good person.

I am pleased to report the overwhelming success of our 12th Annual Major Fundraising and Community Awareness event. With 104 participants and overwhelming support from our community we raised well over \$12,000!



THANK YOU! To all who helped out by participating, promoting, and organizing.

THANK YOU! To those who volunteered on the day. Without everyone's help and support the day could not have been such a huge success.

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