



December 2007

Welcome to the Northfield Area Parent Communication Network's monthly e-newsletter! You are a member of a network of unbelievable parents that do make a difference and help create a healthier and safer community for all our youth.

Project SIGHT Jumpstarts Family Conversations

If you haven't had discussions with your teen about positive relationships and good decision making, Project SIGHT staff and volunteers are opening the door for those conversations with a unique program called "Worth the Wait".

This month, teen volunteers, along with Project SIGHT staff, will visit sixth grade students in Mr. Langevin's classes and present a three-series discussion on building healthy relationships, making good decisions, and waiting until later in life to become sexually active. Students will be given take home assignments that can be used as a way to initiate family conversations. What a great way to share your thoughts and past experiences with your child!

The teen volunteers are trained by Project SIGHT staff and assist as peer facilitators in the classroom. "We couldn't do what we do without the commitment and dedication of our fabulous teen volunteers," said Candy Nordine, Director of Project SIGHT. "Not only do they work hard delivering curriculum in the classroom, they help us in refining our program in ways that 'we adults' cannot."

If you know any of the teens who are presenting for Project SIGHT, congratulate them and thank them for their commitment to this program. If you want more information about what this program is all about, contact Project SIGHT by email: sightoffice@projectsight.org or phone: 507-664-3527.

Cruel Messages in an Instant

Bullying is not new, but teens now have a new vehicle to drive it. The internet and cell phones have spawned a new wave of "cyber bullying". Sharing an embarrassing photo or private note with thousands of people requires little more than the click of a key. Rather than face the victim, bullies hide behind screen names that can be difficult to trace.

How do parents fight it? Communication remains a strong weapon. Teach kids to report incidents and not to engage the bully. Talk about the incident at home and help problem solve. Also, be aware of your child's use of IM and other popular sites such as Facebook and MySpace. Many middle school teens are not aware of the implications from the messages they send and receive.

There are few rules governing what can get posted on the Internet. Even though the majority of cyber bullying takes place outside of school, officials are working to help keep parents informed of bullying activities and engaging them along with teachers to help stop the behaviors.

Facts About Our Youth

- The Northfield Skateboard Coalition was recognized at the Minnesota Alliance with Youth's 10-Year State Summit on Dec. 5 in Minneapolis as a winner of the "2007 Red Wagon Award" for youth civic engagement and youth leadership. The Northfield Skateboard Coalition was one of only three groups from across Minnesota selected for this honor.
 - The NHS Focus 10 students were awarded the HCI Making a Difference Award for Nov/Dec 2007. The award recognizes individuals or groups who have a positive influence on Northfield youth. Students in the class make blankets for the CAC Christmas Sharing Program.
 - Many Northfield youth and families volunteered at the Feed My Starving Children event in December. Over \$21,000 was raised for this event. Northfield can feel extremely proud about the role it has played in helping world hunger!
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