

Balance

Helping you get more from work and life



Cyberbullying: A New Method of Bullying

Cyberbullying is becoming more prevalent as children have broader access to e-mail and cell phones. These electronic attacks can be more devastating, with longer lasting effects, than typical school yard bullying. Cyberbullying can involve (but is not limited to) sending mean, vulgar or threatening messages or images; spreading private information about another person to a wide group of people; or sending messages pretending to be someone else in order to make that person look bad.

How does cyberbullying differ from other traditional forms of bullying?

Cyberbullying can occur any time of the day or night. Messages and images can be distributed quickly to a very wide audience, and the sender can be anonymous, which makes it difficult to trace the messages and images.

Help prevent your child from becoming a victim of cyberbullying:

- Keep your home computer(s) in easily viewable places, such as the family room or kitchen.
- Talk regularly with your child about online activities in which he or she is involved.
- Talk specifically about cyberbullying and encourage your child to tell you immediately if he or she is the victim of cyberbullying, cyberstalking, or other illegal or troublesome online behavior.



- Explain to your child that cyberbullying is unacceptable.
- Outline your expectations for responsible online behavior and make it clear that there will be consequences for inappropriate behavior.
- Consider installing parental control filtering software and/or tracking programs, but don't rely solely on these tools.
- Tell your child that you may review his or her online communications if you think there is reason for concern.

Helping your child if he or she is a victim of cyberbullying:

- Strongly encourage your child not to respond to the cyberbullying.
 - Do not erase the messages or pictures. Save these as evidence.
 - Try to identify the cyberbully. Even if the cyberbully is anonymous, see if your Internet Service Provider can help.
 - If the cyberbullying is coming through e-mail or a cell phone, it may be possible to block future contact from the cyberbully.
 - Contact your child's school. If the cyberbullying is occurring through your school district's Internet system, school administrators have an obligation to intervene or be watchful for face-to-face bullying.
 - Consider contacting an attorney in cases of serious cyberbullying.

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Contact the police if cyberbullying involves acts such as:

- Threats of violence
- Extortion
- Obscene or harassing phone calls or text messages
- Harassment, stalking, or hate crime
- Pornography
- If you are uncertain if cyberbullying violates your jurisdiction's criminal laws, contact your local police for advice.

Adapted from Take A Stand. Lend A Hand. Stop Bullying Now!

U.S. Dept. of Health and Human Services.

How to Be S.I.N.C.E.R.E.

Interpersonal relationships are always in motion. According to noted author and anthropologist Desmond Morris, "Humans are always pushing away or pulling toward other people." Think about your daily interactions. Do your communication skills draw people closer or push them away? The S.I.N.C.E.R.E. model is an easy way to remember the characteristics of communication that attract others to you:

- **Smile.** A smile is the universal sign that says you are open to another person. Those who smile often are perceived as approachable.
- **Incline.** Leaning toward a person shows you are interested in what he or she is saying, while leaning away is perceived as being disinterested. You can see a great example of this by watching David Letterman on the Late Show. When he likes a guest, he scoots his chair right up next to the person, and when he does not, he sits behind his desk.
- **Names.** When you say a person's name, you show you care enough to listen closely. It's an instant validation of the person's importance.
- **Connect.** A basic need everyone shares is to feel connected, and to be understood, even on points of disagreement.
- **Eye contact.** Western culture considers eye contact to be a strong predictor of confidence and charisma. Offering direct eye contact and a smile raises your likeability factor tremendously.
- **Restate.** Show you are listening to others by paraphrasing (restating) what they've said. Also, use verbal and nonverbal cues such as head nodding and saying, "mm-hmm," rather than listening in silence (especially on the phone).
- **Engage.** Ask questions to engage in a dialogue and discover commonalities. The best conversationalists put others at ease by sharing a little bit about themselves, then asking a question of the other person.

For more information on building healthy relationships, visit www.MagellanHealth.com/member.



Thinking Positively—You Can Do It!

Do you want to take charge of your life? Want to make a permanent change? The first step is **believing** in yourself.

When was the last time you said to yourself, “I’m smart.” Or, “I have accomplished many things.”? It may sound simple, but the truth is that without positive reinforcement and self-affirmation, you may be standing in the way of your own success. Start with these simple techniques to help you learn how to think positively:

- **Catch yourself when you find that you are saying “I’m so stupid.” “I can’t do this.” or other negative thoughts about yourself or your work.** Replace negative thoughts with positive ones every time you are thinking negatively. Repeat your positive thoughts to yourself, say them out loud, share them with a friend. This can help to reinforce your positive thinking.
- **Surround yourself with people and things that make you feel good.** Spend time with friends who make you feel good about yourself. Place motivational quotes where you see them often, like your refrigerator door or bathroom mirror. Display items at your desk or at home that remind you of your achievements, special times or people in your life.



- **Think about what you are really good at and focus on that.** Do things that make use of your talents and abilities. You can be the best at some things, but probably not everything, so give yourself a break when you don’t excel at absolutely everything.
- **Instead of thinking that you can’t do something, ask yourself what’s standing in your way.** Then develop a list of steps you can take to overcome your obstacle. For example, at work you might offer to work with a colleague or take on a piece of the project until you learn how to do it.
- **Stop expecting yourself to be perfect.** Write down all the little things nagging on your mind that you have “done wrong” lately, and then put them in perspective. In five years, will they be that big of a deal? Probably not.

Positive thinking can be a challenge. But you can do it. It just takes practice. By taking steps to be positive and stay positive, you can feel better about yourself. And you will recognize the power within you to make your dreams come true.

For more information on positive thinking and self-esteem, log on to www.MagellanHealth.com/member.

Webinars to Help You Manage Your Life!

Feel like you're wearing too many hats? Running against the clock? Not sure which way to turn? Magellan's 2008 educational Webinars are designed to provide helpful information and practical tools to help you at work and at home. Mark your calendars today!

Control Your Money

April 9, 1:00 p.m. – 2:30 p.m. CT

- If the idea of budgeting scares you, we can help unravel the mystery of what you need to do to create a workable, manageable budget.
- Saving is not a bad word. We'll provide some simple techniques for building your savings.
- Set financial goals that you will stick with!

"Oh No, My Parents Want to Talk!"

June 11, 1:00 p.m. – 2:30 p.m. CT

- Effective communication with your children really is possible!
- Learn tips that will build your confidence as a parent and support your child's self-esteem.
- Where do you go when you need answers or need help from a professional? We've got it covered.

Conflicts In a Relationship—How Do You React?

August 13, 1:00 p.m. – 2:30 p.m. CT

- Identify how different situations turn into conflicts.
- Learn your communication style and how it works—and doesn't work—with other people.
- Resolve conflict through proven resolution techniques.

Joining a Webinar

You will participate in the Webinar online and by phone through a toll-free number. Due to the limited spaces available online, we recommend you join co-workers to allow everyone to participate. Three weeks prior to each Webinar look for details on how to make your reservation.

