

# healthy NEWZ 4U

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## For Parents:

In this issue of Healthy Newz 4U, you'll find tips and hints for staying healthy and feeling great...everyday.

- Bullying leaps into cyberspace
- Shake up your summer with a healthy lifestyle challenge
- Ouch! That hurts – insect bites and stings

To get reliable and timely information, check out your local newspaper to learn about these and other issues that matter to you.

## Bullying Leaps into



Cyberbullying uses technology such as social networking sites, texts and cell phones to harass, threaten, embarrass or hurt its victims. Unlike the traditional bully who hung out on the school playground, a cyberbully can pick on his or her target any time day or night.

# CYBERSPACE

Your student may be hesitant to tell you he or she is being cyberbullied. They not only may be embarrassed by it, they also may be afraid you will take away their Internet or cell phone privileges. Here are a few tips to help your student:

- Assure your student you won't take away their access, but you need to monitor activity to see what's going on.
- When possible, block the bully from your student's e-mail server, social networking sites and cell phone.
- Encourage your student to not respond to the bully's messages, photos or comments. This only adds fuel to the fire.
- Report the cyberbullying to your service provider. Sites like Facebook and YouTube take it seriously when people use their sites to put up cruel posts or set up fake accounts.
- Contact your student's school administrator and report the bullying if the bully is a student at the school and problems are occurring during student hours.
- Keep copies of the messages and pictures. You may need these as evidence for future action.
- Talk to other parents to learn if their children are being cyberbullied.

Sources: <http://www.stopbullyingnow.hrsa.gov>; [www.kidshealth.org](http://www.kidshealth.org)



## OUCH! That Hurts!

Nothing can wreck a fun time outside faster than a bug bite or bee sting, but with a little bit of first aid knowledge you can win the battle of the bugs.

The article in the students' version of Healthy Newz 4U provides information on what students should do if they are stung or bitten. Go through these tips with your student so they understand what they can do on their own and when they need to involve you.

# Shake Up Your

# SUMMER ROUTINE

Your student's version of *Healthy Newz 4U* includes a healthy lifestyle challenge for your student to do this summer.

## with a Healthy Lifestyle Challenge

The challenge includes three different focuses: *Move more, eat right* and *feel better*. At the beginning of each week, the students select a new challenge to do in each category. They keep track of their progress on the chart located in their newsletter. Together, the students and adults come up with rewards for meeting their challenges.

At the end of each week, students should evaluate their progress. Did they meet their goals? What got in their way? How do they feel? What did they learn? Discuss these questions with your student and set new goals for the next week.

**MOVE MORE.** The goal of this challenge is to do a physical activity for at least 30 minutes five days a week. Students are encouraged to try a new activity each week. Your local newspaper most likely has a list of summer parks and recreation activities in your community in which they can participate.

**EAT RIGHT.** This challenge involves eating fruits and vegetables the student has never tried before. Here's how it works:

1. Your student goes with you to the grocery store.
2. In the produce department, select a different item each week.
3. Have the student prepare the food for a snack or make a meal for your family using the new food.

You can find healthy kid-friendly recipes at: [www.kidshealth.org](http://www.kidshealth.org) or [www.bam.gov/sub\\_foodnutrition/cooltreats.html#](http://www.bam.gov/sub_foodnutrition/cooltreats.html#).

**FEEL BETTER.** Sometimes kids get a bad rap for chilling out, but relaxing is an important part of a healthy lifestyle – the key being “part of the time,” not all the time. Working with their parents, students are encouraged to try a new way to relax and reduce stress each week. For example, your student could read a new genre or type of book each week – mystery, biography, science fiction, etc., or take a class at the community center. Check out your local newspaper for the different activities going on in your community.

When the four weeks are up, evaluate how the challenge went. Did your student have fun and most importantly, does he or she feel better? Whether there are rewards at the end or not, the ultimate goal of the Summer Healthy Lifestyle Challenge is to: move more, eat right and feel better!

This program is brought to you by Wellmark Blue Cross and Blue Shield of Iowa and the Iowa Newspaper Foundation. We are proud to offer *Healthy Newz 4U* as a resource to help increase knowledge about health and wellness.



Find additional information online at [www.HealthyNewz4U.com](http://www.HealthyNewz4U.com).

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