



Kinship Link

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Online Safety Tips for Kids and Cyberbullying Facts

Pro Kinship for Kids

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Parents we need to teach our children to be smart and safe every time they go on online.

Here are some tips to work with your children on:

- Don't post personal information like your address, phone number, or email address.
- People can download your pictures and videos, so think twice before you post them.
- Never give out your passwords.
- Use a "passphrase" for your password. Use words, numbers, and special characters.
- Don't be online friends with people you don't know.
- Don't meet up with people you've met online. If someone asks you to meet, tell a trusted adult.
- Remember that not everyone online is who they say they are.
- Think carefully about what you say before

you post something online.

- If someone makes you feel unsafe or worried, leave the site, turn off your computer, and tell a trusted adult.
- If a website asks you to register online, and you have to fill out a form, always ask a trusted adult.
- Respect others. Even if you don't agree with someone, it doesn't mean you need to be rude.
- Don't share cyberbullying videos or messages - it makes you a part of it!

Cyberbullying happens too often. It is really, really uncool to be a cyberbully or be the victim of cyberbullying.

1 in 4 teens have been the victims of cyberbullying and about 1 in 6 admit to having cyberbullied someone else.

The most common places where

cyberbullying happens are:

- ◆ Social media sites like Snapchat, Tumblr, GroupMe, Kik Messenger, WhatsApp, Whisper, Instagram, etc.
- ◆ Text messages and instant message play another roll in cyberbullying
- ◆ Gaming systems like PlayStation, Xbox, Nintendo, and PC are places it happens as well

Cyberbullies in gaming are a "griever". Grievers in the world of online gaming don't play by the rules, and try to cause as much distress and discomfort for other players as possible. In online games like Minecraft, grievers go after the creations of other players.

Always remember ...

- * Cyberbullying can happen accidentally - something that one person thinks is funny could be

Online Safety Tips for Kids and Cyberbullying Facts continued

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| <p>hurtful or insulting to someone else.</p> <ul style="list-style-type: none"> * Don't reply to nasty messages you may receive. | <ul style="list-style-type: none"> * Block users who send you nasty messages. * Tell an adult you trust if you are being cyberbullied. | <ul style="list-style-type: none"> * Don't be a cyberbully!!! <p>These things happen way to often, so help your children be prepared.</p> |
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Healthy Eating Tips for Vegetarians

What is a Vegetarian Diet?

There are many types of vegetarians, but most follow a vegetarian diet that excludes meat, poultry, and seafood. Some may choose a plant-based diet that excludes eggs and dairy, like milk, yogurt, and cheese.

Well-planned vegetarian diets are appropriate for individuals of all ages including infants, children, teens, pregnant, and breastfeeding women, as well as adults.

Are there Health Benefits?

Vegetarians often have lower cholesterol levels, blood pressure, rates of hypertension, and Type 2 diabetes than non-vegetarians. Vegetarians also tend to have a healthier weight, and lower overall cancer rates. These health benefits may result from higher intakes of fruits, vegetables, whole grains, nuts, and fiber along with lower intakes of saturated fats.

Food Groups for Vegetarians

Fruits: Eat a wide variety of colorful fruits, including fresh, frozen, and canned in no added sugar. Fruit supplies fiber, vitamins, and minerals.

Vegetables: Choose vegetables in a variety of colors, especially orange, red, and dark-green for their vitamins, minerals, and fiber. Vegetables like broccoli, bok choy, and collard greens provide calcium. Vegetables can be fresh, frozen, or

canned without salt.

Grains: Eat more whole grains in place of refined ones. Some grains, like quinoa and millet are higher in protein. Many ready-to-eat cereals are fortified with iron and even vitamin B12. Replace white rice, pasta, and breads with whole-grain options.

Proteins: Variety, again, is important in this food group. Beans, peas, and lentils are packed with iron, zinc, fiber, and protein. Nuts, seeds, and soy products are also great choices.

Dairy: Milk, yogurt, and cheese are rich in calcium and most are fortified with vitamin D. Choose low-fat or fat-free options. Non-dairy alternatives are also available such as calcium-fortified soy milk, and almond milk.

Healthful Vegetarian Meal and Snack Ideas

A healthy vegetarian eating style depends on variety and thoughtful planning. Here are some ideas to get you started.

Breakfast -

- Spread almond butter on a whole-grain toasted bagel and top with apple slices
- Instant oatmeal made with low-fat or fat-free milk with nuts and dried cranberries
- Whole-grain toaster waffle topped with blueberries and

yogurt

Lunch -

- Vegetable burger with cheese, mushrooms, and tomato on a whole-grain bun
- Main dish salad with your choice of leafy greens, cut-up vegetables, beans or tofu, fruit, and nuts
- Peanut butter and banana sandwich on whole-wheat bread with carrot and celery sticks
- Chili made with beans and textured vegetable protein plus shredded cheese, and cornbread

Dinner -

- Whole-grain pasta with tomato sauce plus vegetables (mushrooms, tomatoes, eggplant, peppers, and onions)
- Pizza with or without cheese, and topped with vegetables, and tofu, or meat substitute
- Tacos or burritos filled with beans, textured vegetable protein, tofu, or tempeh
- Tofu and vegetable stir-fry with brown rice
- Baked potato topped with broccoli and cheese

Snacks -

- Hummus and pita wedges
- Bagel with nut butter
- Yogurt layered with crunchy whole-grain-cereal and sliced fruit
- A cup of vegetable soup and whole grain crackers