

## KEYSTO SAFETY

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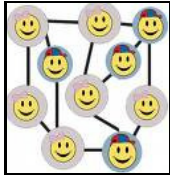
### WEB SITES

**Facebook** is a social networking site which enables students to maintain electronic bulletin boards and exchange private messages, pictures and information.

[www.facebook.com](http://www.facebook.com)

**MSN/Cell phone text messaging** provide instant communication among users. Frequently more than two users are exchanging information at one time.

This technology can be used to quickly share information and can result in a “small group of friends” becoming overwhelmed by a larger crowd of unin-  
vited / unknown participants.



## WHAT ELSE SHOULD I KNOW?

Facebook, MSN, text messaging, and cell phones are among the most common communication technologies with which students are proficient. Although these tools can be highly effective for providing information exchange, they can be used to harass and bully. Stay up to date with the on-line activities of your teen.



Nepean Student Services line:  
613-722-0936

CHEO 613-722-2225

Catholic Family Services 613-725-3601

Jewish Family Services 613-722-2225

Distress Centre 613-238-3311

Sexual Health Centre 613-234-4641

Youth Services Bureau 613-729-1000

Legal Aid 613-238-7931

Poison Information 613-737-1100

Kids Help Phone 1-800-668-6868

Dave Smith Centre 613-594-8333

Rape Crisis Centre 613-562-2333

AIDS-Sexual Health Info Line  
613-563-2437

Rideauwood Addiction & Family Services 613-724-4881

[eMentalHealth.ca](http://eMentalHealth.ca)



574 Broadview Avenue  
Ottawa, ON  
K2A 3V8

Phone: 613-722-6551

Fax: 613-722-5983

website: [www.nepeanhighschool.com](http://www.nepeanhighschool.com)

## PARENT RESOURCE:

## NAVIGATING THE SOCIAL SCENE

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Teen Relationships

Nepean High School

## Parent Resources: Safe Schools, Safer Students

Motivated by the interests and requests from our community, this resource emerged from a compilation of titles provided by school staff and parents. We thank the teachers and parents who have sent along suggestions to supplement this list.

This bibliography includes works on surviving the pressures of adolescence including relational aggression, information specific to girls and boys, as well as general background information.



Circles of friends has a whole new meaning!

The section on relational aggression includes one work (Garbarino and DeLara) which includes information on relational aggression with boys as well as girls. We are seeing an increase in the incidence of relational aggression among boys. It is hoped that these works will assist parents, educators, and teens to navigate the teenage years more effectively, form positive relationships, and to become inoculated against relational aggression and negative peer pressure.

*The Nepean High School Team*

### Relational Aggression:

Rosalind Wiseman: *Queen Bees & Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence*

Cheryl Dellasega and Charisse Nixon: *Girl Wars*

Cheryl Dellasega: *Mean Girls Grown Up*

James Garbarino and Ellen deLara: *And Words Can Hurt Forever: How To Protect Adolescents From Bullying, Harassment, And Emotional Violence*

Barbara Colorosso: *The Bully, The Bullied, and the Bystander*

### Girls:

Mary Pipher: *Reviving Ophelia: Saving the Selves of Adolescent Girls*

Cheryl Dellasega: *Surviving Ophelia: Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years*

### Boys:

James Garbarino: *Lost Boys: Why Our Sons Turn Violent and How We Can Save Them*

Dan Kindlon: *Raising Cain: Protecting the Emotional Life of Boys*

### Risk Behaviours:

David Allen Wolfe, Peter G. Jaffe, Claire V. Crooks: *Adolescent Risk Behaviors: Why Teens Experiment And Strategies To Keep Them Safe.*

### General Information:

John Seita and Larry Brendtro: *Kids Who Outwit Adults*

Michael J. Bradley: *Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind*

Leonard Sax: *Why Gender Matters: What Parents and Teachers Need to Know about the Emerging Science of Sex Differences*

Gordon Neufeld: *Hold on to Your Kids: Why Parents Need to Matter More than Peers*

Sheryl Feinstien: *Secrets of the Teenage Brain*

Thomas Lickona: *Character Matters*

Mel Levine: *Ready or Not, Here Life Comes*

Peter Block: *Community*

Steven Covey: *The Leader in Me*

Barbara Colorosso: *Kids are Worth It!*

Don Tapscott: *Grown Up Digital*

