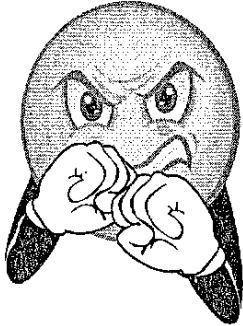


**Mt. Galvary  
Family  
Ministry**

# Family Galvary Connection

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## Mean Girls

If you haven't seen the movie "Mean Girls" it is probably worth the hour and a half to watch it—especially if you have girls! Bullying has become very prevalent in culture and in today's culture, especially cyber-bullying. A month doesn't go by without hearing about another child killing themselves as a result of being bullied through the internet. There are no real trends to cyber-bullying either. It can be from adults to kids less than 10 all the way to peer bullying, but a majority of the stories involve elements of adult actions or inaction. In other words, parents usually have some clue or play some role even in the bullying. That is so sad. I realize as a parent you would want to stick up for your child and defend/protect them, but at the

chance or another taking their own life? Another thing that saddens me is that it takes a nationwide headline for a state to consider legal action. Without even searching online, I can name 3 young girls who took their own life due to cyber-bullying...Megan Meier, Phoebe Prince, and Amanda Cummings (search their stories online). A new name to my list will be Kathleen Edwards, a 9 year-old girl with Huntington's disease, bullied by an adult neighbor feuding with their family. It's easy to say my child will never do that, but what if your child is the bully? How do you respond then? How do you even know that your child is the bully? Well, it starts with listening. Listen for small notifications about their relationship with their peers. Look at how they interact with other kids their age.

Monitor their Facebook/ Twitter/cell phones. If you find out your child has been involved in bullying, make sure you tell them that hurting someone else's feelings or making fun of their shortcomings is never acceptable, even if that person does the same. Put your child in the other person's shoes and encourage them rather to join in the crowd of bullying, to stand up and be a hero for someone else. The way they treat people in school is a good indicator of how they will treat people in their adolescent and adult lives. Try to stop that behavior before it gets started by always telling your children to be kind to their peers. Refer to Jesus' suffering and His reaction to those beating and bullying Him. (forgiveness!) To read more on cyber-bullying and these victims just Google the names or "Cyber-Bullying".

### This Month:

-During the month of February, show your family how much you love them! Celebrate Valentine's Day with your sweetie (whether that's your spouse or child) and share the love—that is, that Jesus shared with us! Let those you love know it!

-If the weather is appropriate, we will be sledding on February 26th.

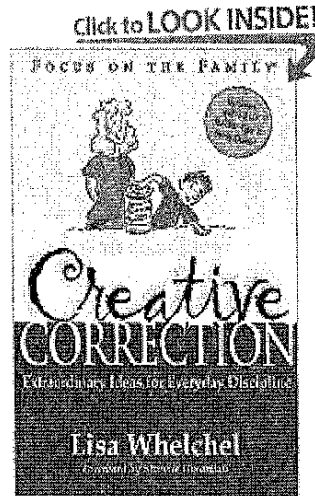
-Another great family fun opportunity if it snows is to go over to Rock Springs and go Cross Country Skiing! Check out <http://www.maconcountyconservation.org/rock-springs-nature-center.php#rentals>.

## Resource Review: Creative Correction

*Creative Correction* by Lisa Whelchel is a very fun read for a parent or someone working with children. The book is chuck full of ideas to help you discipline your child. So often a



parent will resort to the same sort of correction and the behavior doesn't change much. By incorporating some of these creative ideas to discipline, the children don't know what to



expect and learn from their mistakes rather than anticipate your reactions. The book does a great job of correcting behavior without punishing the child. It is a book endorsed by Focus on the Family and is a great one to

have on your bookshelf. There is even a Bible study aid that you can find on Amazon, that with enough interest I wouldn't mind leading families through the book! My copy is currently checked out but it is definitely worth the ten dollars to purchase a copy to own for yourself. If you are interested in meeting once or twice a month to go through the Bible study aid, please let me know by February 15th and we could start the study in March and finish up by summer time...when you'll have plenty of opportunity to incorporate some of your new-found wisdom.

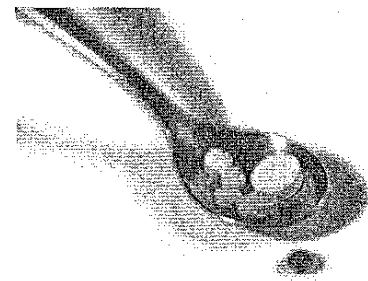
Whelchel, Lisa. *Creative Correction*. Tyndale House Publishers, Inc. 2005.

### “Up and Away”

Did you know that more than 60,000 young children end up in emergency rooms every year because they got into medicines while their parent or caregiver was not looking? With almost everyone having some sort of medicine in their cabinet, an educational task force was formed to assist parents in placing their medicines up and away from where their children can get to it. See how your placement measures up to these helpful hints:



- Pick a place your children cannot reach.
- Put medicines away every time.
- Hear the click to make sure the safety cap is locked.
- Teach your children about medicine safety.



- Tell guests about medicine safety.
- Be prepared in case of emergency. For more helpful hints and to see this article in its entirety, go to <http://www.upandaway.org/>.