

# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

# NEWS LETTER

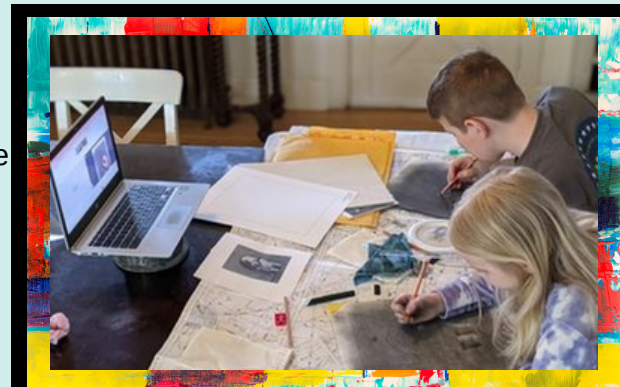
More Than A Program...It's A Promise!



Nat'l Youth Leadership Month

## INTERNET SAFETY IS EVERYONE'S RESPONSIBILITY

The Internet and social media have become so much a part of everyday life, it is nearly impossible to imagine living without them. When utilized appropriately, whether it be to pay bills online, connect with friends and loved ones, or for work or school, there are many positive aspects these platforms provide; however, each poses an opportunity to create negative and potentially dangerous situations, especially for youth. That is why Safer Internet Day, celebrated each year on February 8th, was created – as a reminder to revisit safe internet and social media practices for everyone at least once a year.



Internet Safety - WI MOMC Virtual Event

A March 2019 study, conducted by the Center for Cyber Safety and Education, revealed that 40% of youth in grades fourth through eighth connected with or chatted with a stranger while online. More concerning, the study also found that of those forty percent of youth who engaged with a stranger online, 53% gave their phone number to the other individual, and 6% told the stranger where they lived. These statistics are shocking, which is why the ARNG CYS Program encourages youth and families to talk about online and social media safety practices, how to employ those practices, as well as what to do if/when contacted by someone they do not know.

Since the start of the COVID-19 Pandemic, when many youths began attending school virtually, several organizations have updated and expanded their online and social media safety recommendations for parents/guardians. While not inclusive, some of the internet/social media safety recommendations have included the development of an online safety plan for youth, active monitoring of usage, having discussions pertaining to safe boundaries with youth, and implementation of parental blocks and protective measures on all devices. More information on the internet and social media safety can be found by visiting the following websites:

- The United States Department of Justice: <https://www.justice.gov/coronavirus/keeping-children-safe-online>
- National Child Safety Council: <https://www.nationalchildsafetycouncil.org/materials/materials-by-type/internet-safety>
- ChildWelfare.Gov: <https://www.childwelfare.gov/topics/management/workforce/socialmedia/safety/>

As always, families can reach out to their local ARNG CYS Team for more information and resources on the internet and social media safety (<https://arngcys.com/my-local-cys-program>). Keeping youth safe online is everyone's responsibility.

*Disclaimer: Sharing of this resource does not indicate an endorsement of/for this publication, its creators, or originating entity by the Government, the ARNG CYS Program and its staff, contract vendor, or Program Management Team.*

Connect with your local CYS team

to learn how you can VOLUNTEER!

<https://arngcys.com/my-local-cys-program>

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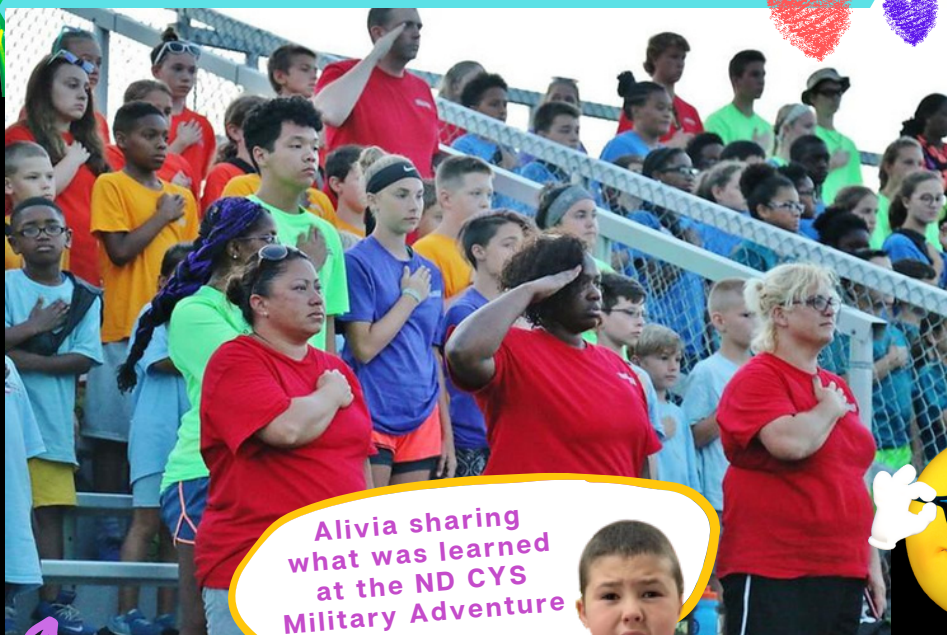


Develop Young Leaders

- Be an example.
- Offer training & clear guidance.
- Participate in youth programs.
- Encourage making the world a better place.
- Explain that failure isn't always a bad thing.
- Allow them to make decisions & learn.
- Look for leadership potential in everyone.
- Take time for meaningful feedback.
- Seek positive opportunities & engagement.
- Ensure young leaders know what resources are available.
- Connect with your state CYP to learn what resources are available to you.

# NAT'L YOUTH LEADERSHIP MONTH

**Youth leadership** supports youth in developing the ability to analyze their own strengths and weaknesses, set personal and professional goals, and have the self-esteem, confidence, motivation, and abilities to carry them out.



Alivia sharing what was learned at the ND CYS Military Adventure Camp.



VA CYS Youth Camp - YMCA Virginia Beach



Joshua showing some love at the CT CYS Military Kids camp.



Teens and volunteers worked on the area cleanup and built a flower garden at DE CYS - Camp Colwell's playground during the April 2021 Teen council meeting.



## Guess what?

April is designated as the Month of the Military Child, recognizing the important role military & military-connected children play in the armed forces community. Be sure to connect with your state CYP to learn about upcoming events!

#ARNGCYS  
#PURPLEUP



# YOUTH & TEEN LEADERS: ARE, CAN, & THINK - Activity



## LEADERS ARE...

(List TOP Characteristics)

1

2

3

4

5

## LEADERS CAN...

(List TOP Abilities)

1

2

3

4

5

## LEADERS THINK...

(List TOP Beliefs)

1

2

3

4

5

Based on your TOP CHARACTERISTICS of a Leader... answer the following questions:

1. Does each of the characteristics you listed describe you as a leader? Why or why not?
2. How would you rate yourself according to the top leadership characteristics that you listed?
3. Which one of the characteristics best describes you and which one least describes you?
4. What is one thing you need to do to improve in this area?



Based on your TOP ABILITIES of a Leader... answer the following questions:

5. Does each of the abilities you listed describe you as a leader? Why or why not?
6. How would you rate yourself according to the top leadership abilities that you listed?
7. Which one of the abilities best describes you and which one least describes you?
8. What is one thing you need to do to improve in this area?

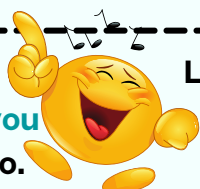


Based on your TOP BELIEFS of a Leader... answer the following questions:

9. Does each of the beliefs you listed describe you as a leader? Why or why not?
10. How would you rate yourself according to the top leadership beliefs that you listed?
11. Which one of the beliefs best describes you and which one least describes you?
12. What is one thing you need to do to improve in this area?



Write down the names of 3 people you admire or look up to.



List 3 characteristics you like in each person listed.



What do you like about each characteristic?



List 1 way you can further develop these characteristics.