



TEENS TALKING TO TEENS

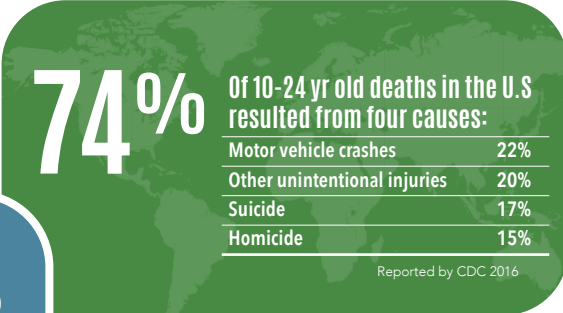


We teens need to hear the truth. We need to make decisions based on the truth. And we need to help shape others' decisions that affect us. That's why we got together – to talk about issues that matter to teens in the Army community. The conversations we've had are influencing conversations throughout the Army.

We will publish a series of Public Service Announcements (PSAs) that address some of the Centers for Disease Control's identified categories of Risk Behaviors that contribute to death, disability and social issues among youth and adults:

1. Behaviors that Contribute to Unintentional Injuries and Violence
2. Sexual Behaviors that Lead to Unwanted Pregnancies or Sexually Transmitted Diseases
3. Alcohol or Drug Use
4. Tobacco Use
5. Unhealthy Dietary Behaviors
6. Inadequate Physical Activity

Among persons aged 15-19 years, there were 209,809 births; 488,700 cases of sexually transmitted diseases; and 1,652 diagnoses of HIV.
Reported by CDC 2016



Army Teen Panel Representatives

Aberdeen Proving Ground.....	Nina J. and Pax S.
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Army Cadet Command.....	Maggie W. and Conan O.
Fort Benning.....	Snowe S.
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Fort Gordon.....	Kori B.
Fort Hood.....	Desiree E. and Thomas C.
Fort Jackson.....	Jada S.
Fort Knox.....	Sarada R.
JB Lewis-McChord.....	Haley W.
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Fort Rucker.....	Austin B.
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Each PSA we publish will include this cover sheet along with a facts sheet with information and current research on the particular risk behavior. Then you can discuss... and make your own decision – without letting peer pressure or misinformation or thinking I am invincible cloud your judgment. **Today, we talk about CYBERBULLYING.**

Definition: Cyberbullying is defined as an act that makes use of technology to harass, embarrass, threaten or target another person.

CYBERBULLYING HURTS BOTH THE PERSON BEING BULLIED AND THE BULLY

Our Role Is To Speak For And To Army-Connected Youth.



Together
We Can Stop
Cyberbullying

Cyberbullying isn't a joke. End it now.

Cyberbullying - causing deliberate, repeated harm through electronic devices - harms the victim and the perpetrator.

Victims of cyberbullying can:

- Develop eating disorders
- Stop using social media altogether
- Engage in self-harm
- Experience suicidal thoughts

Cyberbullies can:

- Harm their online reputations in ways that can't be fixed
- Damage future education, employment and relationship opportunities
- Cross the line into criminal activity and lead to prosecution

HOW TO STOP CYBERBULLYING:

Remember that your actions online can have bigger effects on others than you intend

- Take a minute to consider how your joke will be understood by others - and whether someone might be hurt by it
- Recognize that what you consider funny might be hurtful - or criminal

When you encounter online bullying against someone else,

- Give emotional support to the victim
- Stand up to the abuse - and never condone or forward offensive messaging
- Record examples of cyberbullying and turn them in to a teacher, parent or other trusted adult

If you're a victim,

- Notify a trusted adult
- Inform a trusted friend
- Record dates and times, and save and print screenshots
- Don't respond to or forward cyberbullying messages
- Report cyberbullying to your online service provider and block the cyberbully

Go to: www.cyberbullying.org/report to talk with a live trained counselor and find a list of online service providers.

