



CHARLES COUNTY
SHERIFF'S OFFICE

WATCH WORKS

SHERIFF TROY BERRY

SEPTEMBER 2018

September 4: Labor Day

September 5: First day of school

September 10: Grandparents Day.

September 22: First Day of Autumn

BULLYING

School is now open. Talk to your child about bullying. Not just being bullied, but not being the one who bullies. The pain and embarrassment of being bullied often causes victims to hide what is going on. But, there are a variety of ways to tell if your child is being bullied. Symptoms include:

- Depression
- Anxiety
- Safety concerns
- Sadness
- Aggression
- Low self-esteem

Other possible warning signs may include:

- Numerous lost belongings.
- Frequent injuries or damage to clothes or property.
- Spends time primarily with younger students (may indicate a problem with peers)
- Avoids recess.

- Arrives to school late or just at the starting bell.
- Appears to be alone most of the time at school.
- Somatic complaints (i.e., headaches, stomachaches, etc.)

What do you do if you think your child is being bullied:

- ⇒ First focus on your child. Be supportive and gather information about the bullying.
- ⇒ Help your child become more resilient to bullying.
- ⇒ Encourage your child to stick with a friend at recess, lunch, in the hallways, and on the bus. They are more likely to be targeted when alone.
- ⇒ Arrange opportunities for your child to socialize with his or her friends outside of

school to help maintain a strong social support system.

- ⇒ Pay attention to how your child is sleeping, eating, feeling and doing in school.
- ⇒ Teach your child to say "Stop!" Most bullies stop bullying within 10 seconds when someone tells him or her to stop.
- ⇒ Contact your child's teacher or principal and provide specifics on how your child is being bullied.

If your child is doing the bullying, sit down and tell them how it makes the other person feel. Let them know it will not be tolerated and give them a consequence. If you don't know what to say, make an appointment with their guidance counselor at school and let them know what is going on.

Keep Children Safe Online.

Our children don't use the encyclopedia to gather information. Now it's the computer that is full of information at their fingertips. Communication is the most effective tool to help keep your children safer online. Talk to your children about the potential dangers of the Internet, like sexual predators and cyberbullying. Encourage your children to show you what they do and who they talk to on the Internet.

Keep your computer in an open area like a family room, kitchen or den. Set rules for use of cell phones, laptops and other portable devices. Set rules about what your chil-

dren can access online and set time limits for the amount of time spent using the Internet. Post the rules next to your computer so that there is no confusion to what they are.

Check your computer's internet history and determine if any additional filtering, tracking or blocking software is appropriate.

Talk to your children about what they do online. Ask to see their online profiles and screen names.

Make sure the profiles do not contain identifying information, photos or inappropriate comments. Remind your child that infor-

mation on the internet can be seen by anyone and will stay in cyber world forever.

Know your children's passwords and remind them to never give out their password.

Teach your children to tell a trusted adult if they see something that bothers them online.

Check to see if your child is being bullied or if he or she is bullying another child. Save any emails or texts that show this is happening and call your school to report it. With a little guidance computers are a great resource.



CCSO
COMMUNITY
ORGANIZER
CONNIE GRAY
301-932-3080
grayc@ccso.us

Community Shredding Day

Charles County Sheriff's Office and AARP are joining together to hold a Community Shredding Day. Saturday, September 29th 2018 from 10:00 AM to 1:00 PM

This will be held at the Sheriff's Office Headquarters, 6915 Crain Highway, La Plata, Maryland. Register at: <https://aarp.cvent.com/charlesCoShred09-29-2018>

Limit 5 boxes. Don't leave yourself open to identity theft. Shred old documents that have your personal information.

Go Ride A Bike



Soon it will be sweatshirt weather. You can get outside with only a sweatshirt and it's not too hot and not too cold. This is a good time to go bike riding. Take the kids and find a bike path. Charles County has some really nice paths. Before you go make sure your bicycle is ready to ride.

- Check the brakes
- Check the tires
- Tighten the handle bars

Next you are going to

want to get out your helmet. If you and your family will be riding check everyone's helmet for proper fit. Protect your brain, save your life.

Wear neon, fluorescent, or other bright colors when riding. Just because you can see a driver doesn't mean the driver can see you.

Avoid riding at night. It is far more dangerous to ride at night because you are harder for others to see.

Go with the traffic flow. Ride on the right in the same direction as other vehicles. Go with the flow

not against it.

Obey all traffic laws. A bicycle is a vehicle and you're a driver. When you ride in the street, obey all traffic signs, signals and lane markings.

Look before turning and use hand signals. Teach your children the proper hand signals and when to use them.

When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left or right turning traffic.

Check your state or local laws on bicycle helmets and riding on sidewalks.



National Night Out





**Charles County
Sheriff's Office**

301-932-2222

**6915 Crain Hwy.
La Plata, MD 20646**

**HIDE
YOUR BELONGINGS**

**TAKE
YOUR KEYS**

**LOCK
YOUR CAR**

CHARLES COUNTY SHERIFF'S OFFICE



#9PMROUTINE

REPORT ANY SUSPICIOUS ACTIVITY



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