



Families' and Children's Adjustment Study

Study Update by Sannisha Dale, M.A., Ed.M

Hello Everyone,

Thank you for staying connected to our Family Development and Treatment Lab. We hope that we continue to be a great resource for your family and others who you think might benefit from our ongoing research.

As we look forward to summer days filled with sunshine and outdoor activities we would like to briefly discuss the importance of monitoring social network websites that adolescents are frequently using. A decade ago **Facebook** and **MySpace** were nonexistent, but today they are two of the most widely utilized online social networks.

According to a recent study **55%** of American teens reported having a profile on Facebook or MySpace. These sites allow teens and adults to stay connected with friends via messages, chats and posted content (e.g. pictures).

It is important ensure that teens understand the potential dangers that exist on online social networks and are equipped with the tools to help them stay safe. Let's briefly survey some of the dangers, tools and resources.

Potential Dangers:

- Facebook and MySpace are accessible to strangers, both good and bad.
- Information posted by your teens might be accessible well after they were initially posted by others such as future colleges and employers.
- Others can obtain detailed information about a teen's identity, activities, interests, and whereabouts.
- Issues that students sometimes face in schools and on playgrounds (e.g. bullying) they might also encounter on online social networks.



Tools for safety:

Both MySpace and Facebook have safety sections on their websites that provide information, tips and links to more detailed information for both parents and teens.

In general it is recommended that parents converse with their teens about their use of social networks, remind kids to be cautious about the content they post, and encourage teens to report certain behaviors or comments by others (e.g. bullying and suicidal comments).

Helpful tips for your teens include:

- Organize **privacy settings** on MySpace or Facebook profile to allow access to information only to friends.
- **Avoid** posting potentially **embarrassing or inappropriate** content (e.g. revealing pictures, excessive profanity) that they might not feel comfortable sharing with a teacher, college or future employer.
- **Do not include** complete date of birth (e.g. exclude year), home address, phone number, school name or detailed information about their whereabouts throughout the day. Detailed information could potentially lead to identity theft or locating a teen without their desire.
- Strangers might not be who they appear to be, therefore teens should **avoid in person meetings** until consulting with parents and taking necessary precautions (e.g. meet in a public venue accompanied by friends).

Teens should inform a trusted adult in their life if someone is engaging in behaviors that are hurtful to them such as sending unwanted messages, using hate speech, attacking them in chat and posting pictures of them that they dislike.

Lenhart, Amanda and Madden, Mary. Social Networking Websites and Teens. Pew Internet & American Life Project, January, 2007, <http://www.pewinternet.org/Reports/2007/Social-Networking-Websites-and-Teens.aspx>, accessed on June 10, 2010.

Resources:

For additional information on how to protect your teen's safety on Facebook and MySpace visit the websites below:

<http://www.facebook.com/help/?safety>

[http://www.Myspace.com/index.cfm?](http://www.Myspace.com/index.cfm?fuseac-)

[fuseac-](http://www.Myspace.com/index.cfm?fuseac-)

[tion=cms.viewpage&placement=safety_pagehome](http://www.Myspace.com/index.cfm?fuseac-tion=cms.viewpage&placement=safety_pagehome)

Fun Summer Activities Around Boston

Seeing all the cool sights in Boston can be difficult during the capricious winter months, so summer is the perfect time to explore the city and take advantage of special warm weather events. Check out these fun and inexpensive summer destinations!

1) Boston Harborfest 2010: this six-day long Fourth of July Festival showcases the colonial and maritime heritage of the historic City of Boston. Check out over 200 daily events between June 30 and July 6.

Boston's downtown and waterfront districts; main events at City Hall Plaza

2) New England Sand Sculpting Festival: head over to Revere Beach from July 14-18 to see master sand sculptors at work and their resulting creations; also enjoy music and live entertainment.

Revere Beach, Revere

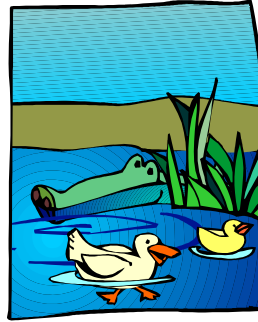
3) Take in a Free Friday Flick at the Hatch Shell

(celebrateboston.com/hatch-shell.htm)

or the Boston Harbor Hotel (bhh.com/special_summer.htm)

Hatch Shell: 1 David G Mugar Way, Boston

Boston Harbor Hotel: 70 Rowes Wharf, Boston



4) Discover the beauty of Jamaica Pond; stroll on the footpath surrounding the pond or rent a boat for some water time. Rowboats are \$10 per hour.

Intersection of Jamaica Way and Pond Street, Jamaica Plain

5) Sick of the heat? Head to the nearest **Boston public pool** — or fountain — and splash around until your teeth chatter.

For a full list of public pools and fountains visit <http://www.mass.gov/dcr/recreate/pools.htm>

6) Parents and kids alike can get wild with the animals at **Franklin Zoo** on the first Saturday of every month from 10 am-noon for the kids' rate of only \$8.

Franklin Park Rd, Boston

7) Brush up on your history skills with a free tour of the **USS Constitution**, the oldest commissioned warship afloat in the world. Check out the USS Constitution Museum while you're there—admission is free for both!

Charlestown Navy Yard, Building 22
Charlestown

Sizzling Summer Reads

What better way to while away those lazy summer days than by curling up with a good book? Here are some of our staff's favorite childhood and young adult picks.

Summer of the Monkeys—Wilson Rawling

Follow Jay Berry through the prairies of Oklahoma as he attempts to reunite escaped chimpanzees and monkeys with their traveling circus. Jay stands to gain a handsome reward if he succeeds in his quest—but if he does, will he use the money to fulfill his wishes or for something else?

Chasing Redbird—Sharon Creech

Thirteen year old Zinny is struggling to deal with admirers, family conflict, and the trials and tribulations of growing up when she finds a trail leading out of her family's Southern farm. Zinny decides to clear the trail and embarks on a long journey of self-discovery and adventures.

Hatchet—Gary Paulsen

When his two-person plane crashes in the Canadian wilderness and the pilot perishes, thirteen year old Brian is left to fend for himself with only a hatchet and the clothes on his back. Through his struggle to stay alive and adapt to his environment, Brian begins to mature and reflect on his life, working through issues of his past while doing so.

Island of the Blue Dolphins—Scott O'Dell

Based on a true story, this novel tells the tale of Karana, a twelve year old Native American girl living on a small island off the coast of California who is separated from her tribe when seal hunters attack them. For nearly two decades, Karana grapples with the solitude and loneliness that shape her daily life while finding beauty and hope in the world around her.



The BFG—Roald Dahl

Lying in her bed late one night worrying about what will happen at the Witching Hour, Sophie is frightened by the sight of a huge shadow outside of her window. It is none other than the BFG (Big Friendly Giant), who scoops Sophie up and whisks her away to a land filled with giants who aren't so friendly to either of them. Sophie and the BFG work together to create a plan that will get them both out of there, enlisting the help of the Queen of England along the way!

The Cricket in Times Square—George Selden

Chester Cricket, a Connecticut native, finds himself in Times Square after being whisked away in a picnic basket and embarks on a series of city adventures with Tucker Mouse, Harry Cat, and Mario, his new owner. While Chester enjoys city life, he must confront his competing desire for the comforts of the country and home.

Five Easy Ways to Volunteer as a Family

1. Conduct a canned food drive. Walk around your neighborhood knocking on doors collecting canned food. Then take the food to your local food bank or food collection site. A few options: Greater Boston Food Bank (www.gbfb.org) or do a Google Search for a food pantry in your town or neighborhood.

2. Feed the Homeless. Make sandwiches and bag lunches of nutritious food. Then go to a spot where you see homeless folks and hand them out to them.

3. Collect Supplies. Spend a few hours collecting and distributing items needed for homeless shelters or soup kitchens such as socks, underwear, shampoo/conditioner, soap, toothpaste/toothbrushes and more. A few organizations in need of supplies include:

Friday Night Supper Program
fridaynightsupper.org
Women's Lunch Place
womenslunchplace.org
Rosie's Place
rosiesplace.org
Pine Street Inn
pinestreetinn.org

4. Grow a Garden. Plant a garden in late spring or early summer and then harvest veggies in July to donate to a local soup kitchen or homeless shelter—or make a dish using the veggies and deliver it to a lonely or older neighbor. Even people with the smallest yards or just a deck can do this! Buy big pots, or turn an old bookcase into a planter by turning it on its side, drilling holes for drainage, and putting dirt in the shelves. The easiest things to grow are cucumbers, green beans, tomatoes, radishes and zucchini!

5. Book Drive. Collect books at your school or church to donate to Prison Book Program ([link](http://www.prisonbookprogram.org)), which sends books to prisoners who do not otherwise have access to books.

<http://www.thevolunteerfamily.org/>



Cook's Corner

Crêpes are a simple yet elegant dish that can be eaten for breakfast, lunch, dinner, or even a snack. Take a trip to a local farmer's market to buy cheese and veggies for savory crêpes, or purchase fruit, nuts, jam, and honey for sweet crêpes.

Yield: 8-10 crêpes

Time: 20 minutes

Tools: Blender OR food processor OR bowl and whisk; skillet; spatula

Ingredients: 1 egg, 1 1/4 cup milk, 1 cup flour, 1/4 teaspoon salt, 1 teaspoon oil

Directions:

Blend or whisk everything but the oil

until smooth. The batter should be the consistency of heavy cream; if not, add more milk/flour as needed.

Heat 1 t of oil in the pan. When it is extremely hot (a drop of water sizzles away), lower to medium heat and pour about 1/4 c of batter into the center.

Tilt the pan so that the batter covers the entire bottom, then pour off any excess.

Cook until set and lightly golden, about 20 seconds, then turn and cook another few seconds on the other side.

Transfer to a plate and continue cooking the rest of the crêpes, piling them on top

of one another.

Fill with desired fillings and serve. If you're not planning to use the crêpes right away, cover the plate with plastic wrap and refrigerate for up to 3 or 4 days.

<http://www.theveggietable.com/>



Summer Craft

Make a journal in which to doodle, write stories, or record your thoughts and summer adventures. Decorate a plain notebook with magazine clippings, pictures, glitter, or objects collected on nature walks, such as shells or leaves. Any notebook will work, or follow these simple steps to create a homemade journal:

Supplies:

Cardstock or thin cardboard
Lined or blank paper
Hole punch
Yarn or ribbon

Instructions:

Cut two matching pieces of cardstock (front and back)



and the desired amount of paper for each journal. Punch holes (two or three, depending on how big your journals are) through covers and paper. Bind together with a bit of yarn or ribbon through each hole. For more permanent binding, you could always take it to the copy store and have them spiral bind it later, if you want.

Therapy Study for Children with Depression

at Boston University

Do you know a child who...

- Appears sad or down?
- Has lost pleasure in fun activities?
- Feels hopeless?
- Is more irritable than usual?
- Complains of aches and pains?
- Has withdrawn from friends or family?

The **S.O.S.** Study

Systems of Support

- Free sessions with a therapist for children ages 8-12 with depression
- Payments for participation
- Located in Kenmore Square

If you know a child who may be eligible to participate, please do not hesitate to call or email us:

617-358-4584

families@bu.edu

www.bu.edu/families

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