



Helping Hands



Cyberbullying

What is Cyberbullying?

Cyberbullying is an attempt to badger and intimidate another that takes place using electronic technology. Electronic technology includes devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites.

Examples of cyberbullying include derogatory text messages or emails, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.

Why Cyber-bullying is Different

People who are being cyber-bullied are often bullied in person as well. Additionally, children who are cyber-bullied have a harder time getting away from the behavior.

- Cyber-bullying can happen 24 hours a day, 7 days a week, and reach anyone even when he or she is alone. It can happen any time of the day or night.
- Cyber-bullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.
- Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.

Effects of Cyber-bullying

Cell phones and computers themselves are not to blame for cyber-bullying. Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment. But these tools can also be used to hurt other people. Whether experienced in person or through using technology, the effects of bullying are similar.

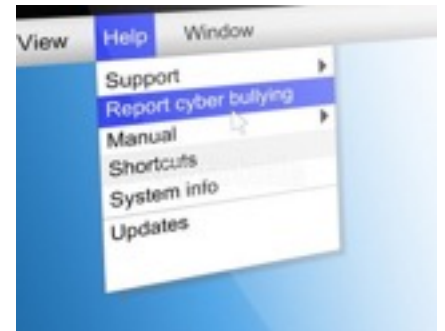
People who are cyber-bullied are more likely to:

- Use alcohol and drugs
- Skip school or bein unwilling to attend school
- Experience in-person bullying
- Receive poor grades
- Have lower self-esteem
- Have more health problems

Frequency of Cyber-bullying

The 2010-2011 School Crime Supplement (National Center for Education Statistics and Bureau of Justice Statistics) indicates that 9% of students in grades 6–12 experienced cyber-bullying.

The 2013 Youth Risk Behavior Surveillance Survey finds that 15% of high school students (grades 9-12) were electronically bullied in the past year. Research on cyber-bullying is growing. However, because kids' technology use changes rapidly, it is difficult to design surveys that accurately capture trends.



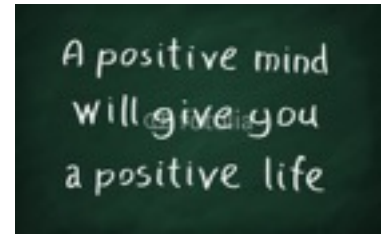
Positive thinking: Stop negative self-talk to reduce stress

(excerpts from the mayoclinic.org)

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking.

Positive thinking helps with stress management and can even improve your health. Practice overcoming negative self-talk by substituting positive thoughts as you become aware of the negativity. Studies show that personality traits like optimism and pessimism can affect your health and well-being. The positive thinking that typically comes with optimism is a key part of effective stress management. And effective stress management is associated with many positive health benefits. If you tend to be pessimistic, don't despair — you can learn positive thinking skills. Positive thinking doesn't mean that you ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, instead of anticipating the worst.



IAM Peer Employee Assistance Program



The heart and soul of the District 141 Employee Assistance Program are your local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations. They are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that address the difficulty you are experiencing. Your IAM EAP resource is listed below. Please call the representative listed here for help with difficult issues.

United Airlines EAP Airline Coordinator:
Mike McGovern, 570-350-0497

USAir/American EAP Airline Coordinator:
Chris Davis, 704-572-4859

Hawaiian Airways EAP Airline Coordinator:
Maurice Masaki, 808-728-4316

District 141 EAP Director:
Bryan Hutchinson, 303-229-5117

Trauma

(excerpts from help.guide.org)

Traumatic experiences involve a threat to life or safety, and any situation that leaves you feeling overwhelmed and alone can be traumatic, even if it doesn't involve physical harm. It's not the objective facts that determine whether an event is traumatic, but your subjective emotional experience of the event. The more frightened and helpless you feel, the more likely you are to be traumatized.

If you've had a traumatic experience, you may be struggling with upsetting emotions, frightening memories, or a sense of constant danger. Or you may feel numb, disconnected, and unable to trust other people. When bad things happen, it can take a while to get over the pain and feel safe again. But with the right treatment, self-help strategies, and support, you can speed your recovery. Whether the traumatic event happened years ago or yesterday, you can heal and move on.

Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless and vulnerable in a dangerous world. Contact any of the EAP representatives listed here for help in effectively dealing with the trauma.