

FMWR & EAP Present Third AFC Internet Safety Workshop at The Detroit Arsenal

Story By FMWR's George Bournias & Photo by FMWR's Matthew Foote – US Army Garrison Detroit Arsenal



US Army Garrison – Detroit Arsenal - In support of the Army Family Covenant, the Child, Youth & School Services (CYSS) and the Family Advocacy Program (FAP) of the Family, Morale, Welfare, and Recreation (FMWR) division recently teamed-up with the Employee Assistance Center (EAC) to offer an Internet Safety Workshop for parents. The late summer workshop was held at the U.S. Army Garrison - Detroit Arsenal (DTA).

With content ranging from Social Networking, Chat Acronyms, Parental Controls and Cyber-bullying to Internet Scams and Child Predators, the 2 hour workshop was attended by 15 DTA employees comprised of both Active Duty and Civilian employees.

CYSS' Lisa Crawford and EAC's Herb Thomas were preceded by The Macomb Auxiliary Sheriff Departments' Geoff Patterson. Mr. Patterson spoke about numerous areas that parents need to be aware of in this age of social networking, texting, sex-ting, video gaming and chat rooms.

Mr. Patterson and Ms. Crawford discussed ways that parents can help children avoid becoming targets of child predators. Hand-outs related to the "shorthand" used on the internet for texting and other resource materials were also provided to the attendees. Ms. Crawford mentioned that "Parents must be involved in their children's cyber life just as they would in real life." She listed 3 specific points for parents:

1. Set clear rules and consequence, know where they go, what they are doing and who they are with.
2. Talk about and develop a plan so that they know exactly what to do if something or someone makes them feel uncomfortable.
3. Spend cyber time together. Find the "good" and enjoy each other's company— good Web sites, good games and good friends."

With back-to-school just around the corner, Mr. Thomas provided some bonus information for parents in attendance. As alcohol and drugs continue to be areas of great concern, Mr. Thomas shared worthwhile data related to excessive drinking and drug abuse among young people, as well as

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information on a disturbing new trend. An herbal incense product known as “spice” is becoming the latest drug to be abused by High School and College-age students across North America.

Ms. Nancy Mitchell, CYSS Coordinator, who attended the workshop, spoke of the importance of supporting the Army Family Covenant by providing parents and children with workshops that will assist everybody on a daily basis. “FMWR and EAC are clearly focused on supporting the Army Family Covenant and will continue to look for ways to convey valuable information which benefits the Soldiers, Families and Civilians” said Ms. Mitchell.

This was the third in a series of workshops that began in February with an initial internet safety workshop for parents. A second workshop which focused on internet safety for kids and teens was held in June.