



Siouxland Healthy Homes Coalition

August 2023 Newsletter

Internet Safety Tips for Parents and Children

40 percent of kids in grades 4-8 reported they connected or chatted online with a stranger.

Of those 40 percent:

- 53 percent revealed their phone number to a stranger
- 21 percent spoke by phone with a stranger
- 15 percent tried to meet with a stranger
- 11 percent met a stranger in their own home, the stranger's home, a park, mall or restaurant
- 30 percent texted a stranger from their phone
- 6 percent revealed their home address to a stranger

Information courtesy of: Children's Internet Usage Study, Center for Cyber Safety and Education, March 2019

Vision:

Working to create safe and healthy homes to support a healthy community.

Mission Statement:

The Siouxland Healthy Homes coalition is a comprehensive approach to: Educate and partner within the community to promote the 8 principles of a healthy home. Keep it Dry, Keep it Clean, Keep it Pest-Free, Keep it Ventilated, Keep it Safe, Keep it Contaminant-Free, Keep it Maintained, Keep it Thermally Controlled.

Core Values:

- Health focused
- Educating
- Advocating
- Leading
- Training
- Hearing the community
- Yielding results
- Helping
- Optimizing
- Motivating to action
- Engaging community partners
- Sustaining

Cyber Safety Checklist for Parents and Kids

For Parents:

- Parents educate yourselves - know about online predators, financial scams, viruses, cyber bullying and pornography on the internet
- Talk to your child - keep your communication open, ensure your child can talk to you about things on the Web that make them uncomfortable
- Monitor your child - check the internet history and consider sharing an e-mail account with your child
- Recommend kid directories - there are a number of search sites geared for children as well as teens
- Install parental control software - this can include user time limits and controls access to sites, games, chat and file sharing. It can be adopted to offer different levels of control for different ages of children.
- Install defensive software
- Carefully select mobile devices

Tell Your Kids:

- Don't give out personal information
- Be aware of internet scams
- Get permission before internet shopping
- Don't open unknown emails
- Treat IM (instant messaging) seriously
- Beware of file sharing
- Create smart passwords
- Do not share passwords

Information courtesy of: www.bytecrime.org



Childhood Lead Poisoning Can Occur at Any Age: Most lead poisoned children do not appear or feel sick. The only way to know if your child is lead poisoned is through a blood lead test. It is recommended that children be tested for lead at the ages of 12, 24 and 36 months. Lead based paint in homes built before 1978 is the #1 cause of lead poisoning. Children who live in or regularly visit a home that was built before 1978 should be tested more frequently.

Upcoming Healthy Homes Meeting Date: Monday Sept 11 (note date change); 11:00 a.m. - 1:00 p.m.
New members are always welcome! Please contact Alicia Sanders for more information: asanders@siouxlanddistricthealth.org.

For resources and to learn more about the Siouxland Healthy Homes coalition go to: www.siouxlanddistricthealth.org and search for "Healthy Homes".



The Siouxland Healthy Homes Coalition is coordinated by the Siouxland District Health Department
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