

Faculty Insider — *Sleep Deprivation and Students*

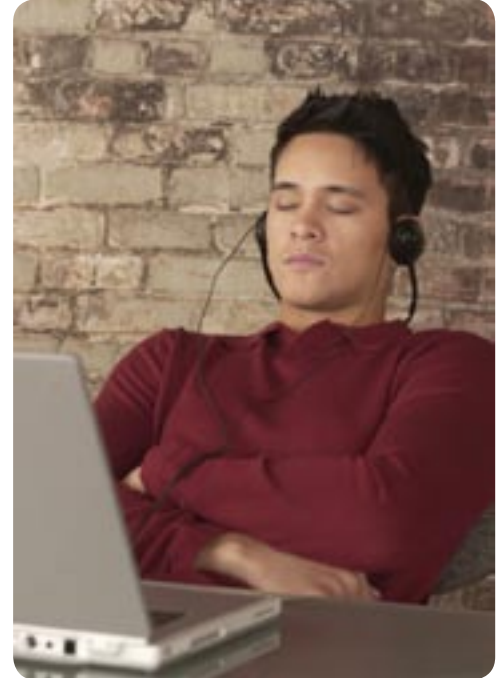
Are your students more sluggish these days? Is it because they are spending long hours on the computer studying, or are they spending long hours playing? New assessments from i-SAFE's National Assessment Center (NAC) reveal a disturbing trend—students are staying up all hours of the night chatting.

The NAC asked students in grades 5 through 12 the question: “Do you or have you ever instant messaged (IM) late at night when your parents think you are asleep?” The numbers for students in grades 5 through 7 are not so bad, but the response from those in grades 8 through 12 is downright shocking: 43.5 percent of students say they stay up late IMing. Below is a look at the “Yes” responses broken down for each grade. The number of students surveyed in all grades is 6,300.

Grade	Percent Responding Yes
5th	7.3%
6th	15%
7th	26.6%
8th	40%
9th	44.5%
10th	49.4%
11th	52.6%
12th	51%

Notice, when combined, that more than half of sophomores, juniors, and seniors are IMing when their parents think they are sleeping. i-SAFE has always encouraged households to take computers out of the bedroom. Add cell phones and other handheld devices to that list. And while parents' main concern is with whom their kids are chatting, many don't even think about the ill effects this behavior will have on the students' grades and their futures.

Interestingly, there are a lot of studies and articles on sleep deprivation in teenagers. Many people feel students are already being sent to school on too little sleep, seven and a half hours, as opposed to the recommended nine or more hours. However, no matter what your belief on



the need for sleep, the consensus is that students' alertness in the first classes of the day is lacking.

“Almost all teenagers, as they reach puberty, become walking zombies because they are getting far too little sleep,” said Cornell University psychologist James B. Maas, Ph.D, one of the nation's leading sleep experts. “What good does it do to try to educate teenagers so early in the morning?” Maas asked. “You can be giving the most stimulating, interesting lectures to sleep-deprived kids early in the morning or right after lunch when they're at their sleepest, and the overwhelming drive to sleep replaces any chance of alertness, cognition, memory, or understanding.”*

continued on page 2

NAC Tracks

Do you ever feel overwhelmed by the pace of technological change?

Vote here

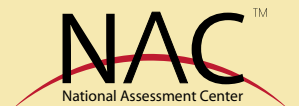


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Attention Educators:

Each *i-EDUCATOR Times* will contain an i-SAFE Curriculum Bonus. Check it out on page 6. Enjoy!



“What nobler employment, or more valuable to the state, than that of the man who instructs the rising generation?”

~ Marcus Tullius Cicero

Sleep Deprivation and Students *continued from page 1*

Studies reveal 65 percent of teenagers in grades 8 through 12 have cell phones, and 25 percent have computers in their bedrooms. If you add this growing trend of IMing into the mix, is it any wonder why kids become walking zombies?

A teacher in California recently went to check on her 15-year-old son in his bedroom just after midnight. To her shock, she

caught him text messaging one of his friends, and his wake-up time was 5:30 A.M. The above statistics and the fact that this happened to a teacher proves late-night IMing is an issue about which everyone needs to be educated—especially with summer on the horizon.

**Article by Siri Carpenter . . . "Monitor on Psychology" Vol. 32, No. 9, October 2001*


Tech Tip — *Your Password is Safe*

Q: Hello, I just created an i-SAFE user account (on your Web site) and was surprised to see that my account user name and password were sent to me in an e-mail message. Isn't this something you warn against? I'm concerned that someone else could get hold of this information if you e-mail it out.

A: Thank you for your question. Here at i-SAFE, we are as concerned about the protection of your personal information as you are. The e-mail we send on account creation is for your records and is the only one sent with your user name and password together. As the e-mail is only sent to the address of the person who creates the account, we are reasonably assured that the recipient is the person who created the account. We won't send the confirmation e-mail to any other address other than the one added to the account when it was created. No one can log in as you and receive the confirmation e-mail again. We feel that the safeguards in place are adequate to protect the small amount of information that we collect from our users—normally less information than is contained on a standard business card. If we collected more detailed information or financial data, we would not include your account information in any e-mail message without using a two-part authentication system, also known as "Secret Question and Response."


If you use the "Forgot Password" tool on the i-SAFE Web site, we send your password to the e-mail address on file, but without the account's user name. Again, we are



reasonably assured that the information is going to the person who created the account. And if someone has hijacked your e-mail account, he or she only has one piece of the log-in combination. We understand your concerns about information security, and we are constantly working to make our system better. The IT team at i-SAFE values your input. 

Site Spotlight

Ever dreamed of having your own Web site? Endless questions like "What is the homework assignment for today?" or parent requests for make-up work driving you batty? If only you could post it to the Web. Perhaps Web design is beyond you, and all that technology stuff is just too newfangled for you. Then our site pick for this month is for you: www.teacherwebsite.com.

Teacherwebsite.com guides a teacher through a series of questions to help set up a Web site page. The web page is password-protected so students can see assignments and more. As the teacher and Web site administrator, you can go in and make changes quite easily. For those who are more advanced in technology, you can even customize your page and set-up. The options are numerous and allow for a safe and secure teacher Web site. Check it out! 

Ask an Expert



Q I receive reminders to fill out a new implementation plan each school year. I already have the curriculum, so why should I fill out yet another implementation plan for the new year?

A We all know the Internet is constantly changing. What is a law today may not be tomorrow. What is simply a rumor today may be a law tomorrow. Things change, and new issues are constantly coming up. As a result, the i-SAFE curriculum is constantly adapting to the current Internet climate. For example, our curriculum release for the 2006–2007 school year will include more than 25 new lessons for grades K through 12. Some of these lessons take a look at new and emerging issues like social networking (i.e. MySpace, Facebook, etc.). Other lessons throw a new spin on old topics, such as copyright, online shopping, identity theft, and more. Plus, we at i-SAFE are always revising and fine-tuning our core lessons based on suggestions from teachers and students. We also love to include fun extras like songs and games that you might miss out on otherwise. So take a few minutes to fill out that implementation plan for new and up-to-date curriculum. Not only is it free, it allows us to monitor the impact we have in schools while providing verifiable numbers to our sponsors.

In Action —If We Don't Watch Out for Him, Who Will?

Last year my son was bullied online by his best friends. It was a horrible experience for our family. I was horrified at the content contained on these social-networking sites. I joined i-SAFE because it has the answers parents need.

Armed with two months of research into the online teen phenomenon, I went to the Lake Washington School District. Within weeks, it announced the incorporation of the i-SAFE K through 12 curriculum into every school in the district. It is awesome. I became an i-SAFE trainer and now educate parents with i-SAFE's i-PARENT Program. I have also been invited to join the FBI Citizens' Academy.

We check our son's web pages every couple of weeks and occasionally find inappropriate comments. But he and his friends are finally getting the message, and most of their postings are incredibly cool. He does believe, though, that I am intruding into his private space. 795 million Internet users around the world can view his page—but not his parents! Recently he changed his group page to "Private," but these are a major attraction to sexual predators and others pretending to be someone they are not. So our family rule is: "No Private Rooms." He will have to live with this. It's called tough love.

Just as we discuss with him peer pressure, drugs, alcohol, and all the other horrible experiences our teens are going through, dangerous and inappropriate Internet use is added to the list.

If he acts inappropriately on the Internet, someone out there is going to find a way to hurt him now or use it against him in the future, and he won't even realize it. If we don't watch out for him, who will?

It's that simple.

Stephanie Dickson
i-PARENT
Seattle, Washington



In Your School

Everyday, many i-SAFE Inc. events are going on across the country. We've made it easy for you to get involved and help spread the message of Internet safety to your peers and community. Simply check out our "Calendar of Events," located at http://www.isafe.org/channels/sub.php?ch=ai&sub_id=3, to find an event near you.




Did You Know?

Subtitling for the Hearing Impaired


Recently, Apple has been taking heat for providing the new iPod video without providing closed-captioning on its content for the hearing impaired. While the i-SAFE webcasts, or videos used to educate high-school students, may not be the latest episode of *Lost* or *The Office*, they are subtitled for the hearing impaired.

i-SAFE realizes that the Internet is an extremely valuable communication tool for people who are hard of hearing. Whether it is e-mail or instant messaging, everyone is on the same playing field no matter how well they hear. i-SAFE's work with students and educators reveals that the hard of hearing are online even more than other students. And this group needs to learn Internet safety now more than ever. That is why i-SAFE is making the webcast DVD available with subtitling—effective immediately.


To get your copy of the i-SAFE subtitled webcasts, send an e-mail request to education@isafe.org. In the future, all i-SAFE webcast DVDs will be subtitled and will not need to be special ordered. 



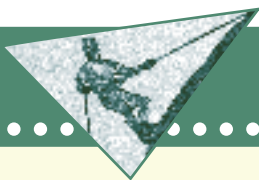
Next Month is National Internet Safety Month

June is National Internet Safety Month, a full month dedicated to keeping kids safe online. Start now by working with your local PTA to get involved and organize Cyber Safety Weeks at local schools, and encourage parents to hold i-PARENT Programs to create awareness about the dangers of Cyberspace. Host assemblies on Internet safety, and pass out flyers detailing how to take action. Or encourage community members to get involved through i-SAFE's i-Adopt-A-School program, which would ensure that our unique, world-class Internet safety curriculum, as well as our youth-empowerment and community-outreach programs, would be taught in every classroom in the United States. Let i-SAFE be your guide by visiting www.isafe.org for ideas and info. Don't be left out. Step up and take action! 

CEO Testifies to House of Representatives

In April, i-SAFE Inc. CEO and Program Director Teri Schroeder testified before the House Subcommittee on Oversight and Investigations at a hearing entitled "Sexual Exploitation of Children Over the Internet: What Parents, Kids, and Congress Need to Know about Child Predators." She addressed the changes in our lives as the nation's youth explore the wonders of the Internet and the importance of education and youth empowerment. She pointed out parents' roles and youth perceptions and behaviors regarding the Internet while stressing the need to empower those youth with the appropriate tools to reduce the risk of online predators. **Click here** to read Ms. Schroeder's full testimony. 

The Power of One



Staying Involved Through the Summer

As an i-SAFE certified i-MENTOR, I have responsibilities to fulfill. One of them is spreading the word about i-SAFE and the positive things it does for our community. One has to think of extra ways to help the i-SAFE community to grow, and the way I've decided to help is to spread the word about i-SAFE during the summer.

No school means more time to go on the computer to surf the Web, chat, e-mail, play games, and do other things that kids do online. I feel that it is my responsibility to help these young and unsuspecting children about the dangers of the Internet. In my spare time, I plan to do different things to let kids know what can and has already happened on the Internet, and how to avoid the dangers.

(Did you know that 58 percent of kids admitted that someone had said something mean or hurtful to them online? More than four out of 10 said it had happened more than once. This is a fact that accumulated through i-SAFE assessments.)

One thing I plan to do is set up a local meeting with the kids in my local community. I will have a meeting with local parents first so they know that I am trustworthy. After gathering all the kids together, the first thing I will do is give them a pre-assessment test. After the test, I will show them videos of true-life tragic stories that have been caused by predators on the Internet. The next thing I will do is show

the kids the i-MENTOR Training Network. The last thing I will do is give the post-assessment test and then talk to kids about the reality of these things. Having an open discussion can really help bring out personal experiences that they have had on the Internet. Another thing I can tell kids to do is to talk to their friends and show them the same things that I showed them in my presentation. This is one way that I can help spread the word about i-SAFE, and its great deeds will then circulate from town to town.

i-SAFE does not only protect the kids here in the United States, it is also active in other countries. Since I am a minority, maybe I can educate the kids of my former country, the Philippines, about i-SAFE and the dangers of going on the Internet. I will e-mail or chat with Filipino children about how to avoid online predators and what to do if they are approached by a stranger online. This is another way of extending i-SAFE's helping hand, not just locally, but also internationally.

This summer, these are just some of the tasks that I hope to accomplish. Please join me in spreading the word about i-SAFE and Internet safety awareness to everybody in your community.

Jan, Mission Hills, CA



NAC Corner—To Meet or Not to Meet



That is the question too many of our students are asking themselves and their online friends. At the National Assessment Center (NAC), we are not shy and cannot afford to be if we are to help protect students on the Internet.

With all the stories surfacing in the news about kids and teens being assaulted by predators they met in online social networks, we wondered whether students' attitudes were changing. Between 2003 and 2005, we asked more than 55,000 students this question:


Have you met someone you met on the Internet face to face?

In the original survey, 12 percent of kids said they had met someone they previously met online in person. Those numbers are astounding, but it looks like that is begin-

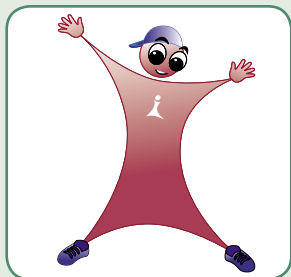
ning to change. In our latest survey, we asked students this question:

Are you planning to meet someone you met on the Internet face to face?

In the first few weeks, we have had 1200 responses. So far, only five percent have said "yes," but any number above zero is still way too high.

These questions are not being asked to expose kids or to shock adults, but to make you aware and to make sure the i-SAFE curriculum covers the latest issues facing your students on the Internet. To see more, check out the "Media Resources" section of the i-SAFE newsroom at http://www.isafe.org/channels/sub.php?ch=op&sub_id=4. 

Curriculum Bonus—Board Game



The curriculum bonus this month is a great bonus board game that you can use to review Internet safety and security concepts. The board game comes with the board layout, game pieces, a spinner you can put together (or you can use dice), question cards and an answer key, and even blank question cards so you can design your own review questions.

Games are always a fun way to review concepts and sneak in a little education. So to get your curriculum bonus, go to www.isafe.org/bonus, and download the materials today!

Team Up with i-SAFE

Currently, i-SAFE has reached more than one million students with Internet safety information. By providing free materials, programs, and educational videos, students are learning how to make positive choices when challenged with today's technology. Not only are students learning to protect themselves against predators, they are also learning how to make decisions regarding intellectual property, identity theft, and more.

i-SAFE strives to provide educators, schools, and students with the most current information regarding the issues youth face today on the Internet. In order to bring our programs and materials to your school and community, we rely upon donations.

We would be grateful if you, or perhaps someone you know, could assist i-SAFE in reaching as many children as possible. Since i-SAFE is a 501(c)(3) corporation, your donations are fully tax deductible.

To donate, you can e-mail us at donations@isafe.org or go to http://www.isafe.org/channels/sub.php?ch=gi&sub_id=2.

Get Involved

Did you know about i-SAFE's activity pages and the i-Buddy Zone? On i-SAFE's Web site, there are a vast array of activity pages, games, songs, and more not included on the regular curriculum CDs or downloads.

Take a break and check out the materials available online. Go to www.isafe.org, sign in, select the "Educators" link, and choose "Educator Information." There you will find links to all sorts of items to help you implement i-SAFE lessons.

One choice will be "Activity/Resource Pages." This link will take you to activity pages divided by grade and subject for grades K through 8. These activity pages range from

You Make the Difference

We value your input. As you work with our materials to educate young people, we'd like to know if there is anything you'd like to see, or suggest we implement. What works well for you and your students? Do you have any new ideas on how to reach students?

We're also always looking for stories from experienced educators to share in our newsletters. These stories are important for i-SAFE staff to better know you through your goals and experience. By working together, we can help inspire a new generation to use the Internet safely, wisely, and ethically. Together, let us teach this generation how to positively use technology.

Please take a few moments to share by e-mailing editor@isafe.org. Mail comments to:

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Ste. 100
Carlsbad, CA 92008

i-SAFE has moved! Be sure to make a note of our change in address for future correspondence. And remember: Stay safe in Cyberspace!

handwriting sheets and coloring pages to crossword puzzles and graphic organizers. In addition, you will find the Spanish version of our curriculum activity pages.

Another choice under "Educator Information" is the i-Buddy Zone. This area is geared toward fun and games for younger kids. A teacher can find the latest edition of the i-Buddy Times here along with i-Buddy clip art.

With so many materials available online and more added daily, don't miss out! Get involved today by going online and finding something you can use in your classroom. 