



# **From a Child's Perspective**

**Winter 2010**

**YOU are Cordially Invited to  
Perspectives Counseling Centers  
Complimentary Open House Entitled...**

## **THE SEXTING SOCIETY**

***Addressing the growing trend of sexualized,  
wireless communication with our youth***

**You will learn...**

- \*warning signs & interventions for sexting behavior**
- \*profile of a typical "sexter"**
- \*consequences & aftermath of sexting**
- \*legal, emotional, and social stigmas associated with sexting**

**PRESENTED BY :**

**DANNETTE HENLEY MA, LPC**

**&**

**MARY JOHNSON-PALAZZOLO, LMSW**

**Friday March 5th, 2010**

**9am-12pm**

**Perspectives of Troy**

**Please call now to reserve your seat!**

**(248)244-8644**





# Research Rainbow

## Children and Social Technology

Surely most child professionals have confronted questions related to social technology, especially cell phones and social networking sites. Many children ask for their own phone, text messaging services, and a facebook page: many parents come to us asking if we think this is appropriate. One debate includes arguments that these modes of communication are exciting, engaging, and epoch. Others say giving a cell phone to a child provides a sense of security—"Then I will know where she is at all times." Still others contend social technology is dangerous, opening the door to harmful contacts and breaches in privacy and protection. So how do we as professionals answer this common and important question?

There may not be a right or wrong answer. Each situation and child is too different to determine when he or she is ready for access to the above. Our role, therefore, is to provide education that helps parents make informed decisions and children learn safe practices. Everyone agrees kids need to be carefully monitored but not everyone knows how to monitor a boundless Cyberspace.

When considering cell phone use, be aware of the products available. Several companies have created phones with young children in mind including Verizon Migo, Disney Mobile, Cingular Firefly, and TicTalk by Enforma. These devices determine what calls are allowed in-and-out as well as setting limits of use, especially during the school hours and after bedtime. Most importantly, these devices let parents know when a child sends a text or picture message.

Social networking websites include Facebook, MySpace, Black Planet, Twitter, Bebo, and more. These are sites set up for people to connect, share photos, ideas, and information. They were originally created for older teens and young adults, but research confirms young children are logging in daily. Though there are age limits, setting up an account is as easy as lying about your birthday. If young children sign on, they need to understand sometimes complicated and ever changing privacy settings. Parents need to know that some children have two accounts, the one they let you see and another they keep secret. Encourage parents to keep computers in areas that are easily viewed. Monitor use with the help of software like Net Nanny (also works on cell phones), Safe Eyes, and CyperPatrol. If parents feel conflicted, as if they are spying on their children, remind them that ALL information sent is placed in a public domain; None of their information is therefore "private."

Cyberspace is world, full of enriching information and experiences. Like all things, we want to capitalize on the good and defend against the dangers. We are responsible to know what's out there, how children are communicating, and guide them towards using technology for the enhancement, not detriment, of their social experiences.

***Geraldine Reyes, LMSW** is a seasoned clinician who specializes in working with children and adolescents at Perspectives Counseling Centers. She has had specialized training with children who have experienced trauma and has a wealth of knowledge as well as experience in working with children who struggle with anxiety, depression, and academic performance.*

**“STRENGTH IS ACHIEVED**

**BRICK**

**BY**

**BRICK.**

**EACH ONE NEEDS THE OTHERS TO GROW STRONGER.**

**THE FOUNDATION WOULD**

**C -R -U -M -B -L -E**

**WITHOUT THE SUPPORT OF THE OTHERS...”**

**Author Unknown**



**We feel our groups are built upon the above quote. Sharing a common goal together can be a powerful way to learn !**

**\*\*\*\*\***

## **UPCOMING GROUP THERAPY SCHEDULE**

|   |   |   |
|---|---|---|
|   | <b>Teen Edge (anxiety/depression)<br/>With Leslie Ayers Johnsen<br/>Thursday Evenings<br/>Co-Ed 12-18</b> |   |
| <b>Anger Group (children)<br/>With Dannette Henley<br/>Saturday Mornings<br/>Co-Ed 6-12</b>   |   | <b>Social Skills<br/>With Malissa Wood<br/>Wednesday Evenings<br/>Co-Ed 8-12 &amp; 13-17</b>    |
|   | <b>ADHD<br/>With Beth Atwell<br/>Saturday Mornings<br/>Co-Ed 6-11 &amp; 12-17</b>                         |   |
| <b>Self-Esteem Group<br/>With Mary Johnson-Palazzolo<br/>Tuesday Evenings<br/>Girls 13-18</b> |   | <b>Anger Group (adolescents)<br/>With Chandler Fleming<br/>Weekday Evenings<br/>Co-Ed 12-18</b> |
|   | <b>Cutting Edge<br/>With Leslie Ayers Johnsen<br/>Tuesday Evenings<br/>Co-Ed 12-18</b>                    |   |

**PLEASE CALL TODAY TO ENROLL!!!**

**(248)244-8644**

**ALL GROUPS WILL BEGIN IN MARCH 2010**

## **A Letter From the Director of Children's Services:**

**We at Perspectives understand the importance of outreach and education. We feel extremely honored to serve and give back to our communities not only through the work we do as counselors but also through our speaker's bureau. Throughout the past year we had the privilege to visit the wonderful schools, agencies, and organizations listed below. In addition, we have provided numerous educational seminars to our staff for continuing education as well as local professionals in our field through the PPDI (Perspectives Professional Development Institute). We thank everyone for their support who attended our presentations as well as those who opened their doors for us to share our talents. Stay tuned for upcoming events and opportunities to learn from our clinicians. You can stay up to date by visiting our website [perspectivesoftroy.com](http://perspectivesoftroy.com) and signing up for our monthly email blasts. If you or someone else you know is looking for a speaker to present on a mental health topic, please feel free to call our directors directly at (248) 244-8644 to discuss creating a tailored workshop or seminar for your agency, school or organization.**

**Sincerely,  
Malissa Wood MA, LLP/LPC  
Director of Children's Services**



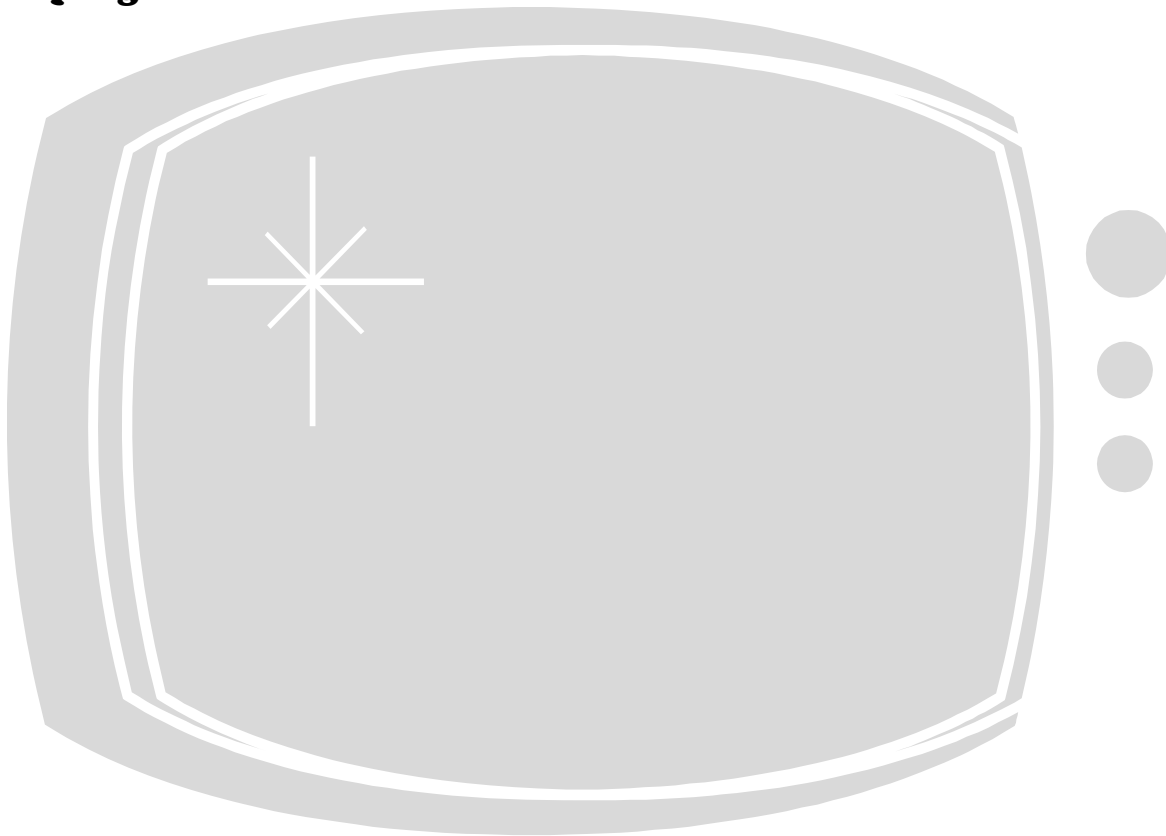
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- TROY SCHOOL DISTRICT MIDDLE SCHOOL TEACHERS\*
- MICHIGAN ASSOCIATION OF DRUG COURT PROFESSIONALS\*
- OAKLAND SCHOOL COUNSELORS LEADERSHIP INSTITUTE\*MICHIGAN SCHOOL COUNSELORS ASSOCIATION ANNUAL CONFERENCE\*THE FIRST CONGREGATIONAL CHURCH OF ROYAL OAK\*EATON ACADEMY\*MENTAL HEALTH AUTHORITY FOR MICHIGAN\*MACOMB INTERMEDIATE SCHOOL DISTRICT HEAD START TEACHERS\*PK CONTRACTING\*MANOOGIAN SCHOOL\*ST. THECLA CATHOLIC SCHOOL\*SURVIVORS OF SUICIDE ANNUAL CONFERENCE\*TROY TOWN HALL MEETING\*TROY HIGH SCHOOL CLASS\*DUNKLE MIDDLE SCHOOL 8TH GRADE GIRLS\*HMSA: EAP PROVIDERS INSURANCE REPS AND CLINICIANS\*ROCHESTER ADAMS HIGH SCHOOL\*TROY COMMUNITY COALITION\*PSYCHOLOGISTS IN THE ROUND AT ROEPER SCHOOL\*WEEKLY Wmuz RADIO SHOWS\*OLD REDFORD ACADEMY\*TROY HIGH SCHOOL TEACHERS\*BOULAN MIDDLE SCHOOL\* CLARKSTON COMMUNITY CHURCH\*CELEBRATE RECOVERY AT WOODSIDE BIBLE CHURCH\*APOSTOLIC CHURCH OF AUBURN HILLS\*MACOMB INTERMEDIATE SCHOOL DISTRICT SCHOOL PROFESSIONALS\*LAKEVIEW HIGH SCHOOL\*MOPS GROUPS\*CATHOLIC ASSOCIATION OF SCHOOL COUNSELORS\*KENSINGTON COMMUNITY CHURCH\*OAKLAND UNIVERSITY\*DEPRESSION AND BIPOLAR ALLIANCE\*WARD PRESBYTERIAN CHURCH\*BLOOMFIELD BIRMINGHAM COMUNITY COALITION\*BIRMINGHAM SCHOOL DISTRICT\*MACOMB COUNTY SCHOOL SOCIAL WORKERS\*OAKLAND COUNTY SCHOOL SOCIAL WORKERS\*ZION CHRISTIAN CHURCH\*HADLEY COMMUNITY CHURCH\*CHRISTIAN ASSOCIATION OF PSYCHOLOGICAL STUDIES, MICHIGAN CHAPTER\*

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**Imagine, you were just asked to star in your own T.V. show. On the television, draw the opening scene from the show. Is it a comedy, drama, news or reality program? What network would feature your show? What is it's title? What is your characters name? What is the story line? Below, write a brief synopsis of the program.**



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**PERSPECTIVES  
COUNSELING  
CENTERS**

*You need not walk alone!*

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**Mission Statement of Perspectives Counseling Centers**

*We, at Perspective are dedicated professionals committed to providing quality mental health and substance abuse services. It is our overall goal to enhance the Quality of Life for individuals and families. Our belief is that all people are valuable and unique and should be treated with dignity and respect. While recognizing the potential for change, an assessment of the client's emotional, physical, spiritual and life experience is provided in a caring environment. The growth of the individual is promoted through a course of treatment developed and executed in a timely and cost effective manner.*