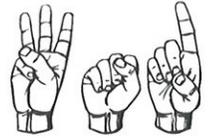




Between Us...



...a monthly communication newsletter with and for our parents.

October 21, 2011

Vol. 30, No. 01

Dates Of Special Interest

October

30 Students return PM

November

4 End of 1st quarter
 Student departure day

6 Students return PM
 Student departure day

11 Students return PM
 Student departure day

13 Students return PM
 Student departure day

18 Students return PM
 Student departure day

20 Students return PM
Student departure day

23 **Student departure day**

24-25 Thanksgiving break

27 Students return PM



December

2 Student departure day

4 Students return PM

9 mid-quarter
 Student departure day

11 Students return PM

15 **7 pm Winter Program**

16 Student departure day

18 Students return

21 **Student departure day**

22-Jan. 2, 2012 Winter Break



Message from the Director

Alex H. Slappey



PRIME PARTNERS

Parents, Staff, and Communication

I know from experience...long hard experience...that success in working with children requires more than just school staff.

Teaching children is a difficult profession and it's even more difficult in a residential school where, for many children, we are both, teachers and parents most of the week.

Every parent knows the challenges of raising a child; it's a job that takes dedication, responsibility, patience, and love. Few parents know the challenges of trying to teach groups of diverse children while also teaching them the skills they will need to succeed in our world. Folks sometimes forget the difficulties that we face.

"If a doctor, lawyer, or dentist had 40 people in his office at one time, all of whom had different needs, and some of whom didn't want to be there and were causing trouble, and the doctor, lawyer, or dentist, without assistance, had to treat them all with professional excellence for nine months, then he might have some conception of the classroom teacher's job."

Donald D. Quinn

Success in enabling our children to reach their potential requires a partnership between the school staff and the parents. One key to this partnership is communication, frequent, regular communication between both parties. This requires both to take the time to talk and both to take the time to listen. We really need to try to understand each other.

In our modern world, there is really no excuse for not communicating. There are so many ways for staff and parents to communicate, just check out WSD's webpage and click on the "10 Tips to Stay in Touch" link. This really goes both ways, both staff and parents have to communicate.

One of the things I hear is, "but I'm so busy I don't have time." Yes, we are all busy, but what is more important than the children that we are responsible for either as parents or staff? There's always a way to make time. Communication doesn't always have to be lengthy and detailed. Just a few lines can make a big difference.

"I must govern the clock,
not be governed by it."

Golda Meir

Effective communication requires that we listen to each other. This does not mean we have to agree, but it does mean we have to try to understand what each is saying and not just react to the words.

Effective communication is not easy; it's a skill that requires active practice. It's very easy to slip back into the habit of not being an active listener. It's also important to communicate in an emotionally neutral manner, especially when we are upset or angry. While it might make us feel better to communicate our emotions, it very rarely results in clear and effective communication.

"But communication is two-sided – vital and profound communication makes demands also on those who are to receive it... demands in the sense of concentration, of genuine effort to receive what is being communicated."

Roger Sessions

Our children cannot reach their potential without this partnership of staff and parents. It is a partnership that requires mutual respect, trust, and empathy between parents and school staff. It requires both groups to accept that we all want what's best for the child even if we don't always agree on how to achieve that.

"If you promise not to believe everything your child says happens at school,
I'll promise not to believe everything he says happens at home."

Anonymous Teacher

WSD Birthdays



September

- 8 Ka Youa Xiong
- 10 Stephanie Schuyler
- 13 Wyatt Stoller
- 14 Brady Bostwick
- 19 Alicia Arispe
- 20 Alvin Horton
- 23 Keisha Payne
- 29 Jasmine Perkins

October

- 1 Lyssa Matsche
- 3 Michael Lawson
- 7 SarabJeet Singh
- 8 Taylor Koss
- 9 Amanda Feliciano
- 10 Brandaun Carter
- 11 Faith Sims
- 13 Charlotte Fleege
- 19 Jazmin Victorino
- 22 Lucero Uriostegui
- 26 Montaro Walker

November

- 6 Jordan Gatch
- 9 Merrick Frei
Wyatt Keller
- 18 Jesus Romero
- 22 Kadedra Jackson
- 23 Michael Schulze
- 26 Veronica Duran
- 27 Pricilla Needs
- 29 Sandra Murguia



WSD Sports

Fall Sports at WSD

The fall sporting season has gotten underway with a bang as WSD's athletes jumped into the fall schedule. The WSD Football Team is currently 7-0 with one game left.

WSD – 36 Minnesota State Academy for the Deaf - 2
 WSD – 30 Stockbridge – 8
 WSD – 56 Oneida Nation – 44
 WSD – 50 Valley Christian – 0
 WSD – 70 Iowa School for the Deaf – 0
 WSD – 60 Abundant Life – 22

WSD also has a forfeit from the Kansas School for the Deaf as KSD had to cancel due to injuries. WSD has one game left with the Oklahoma School for the Deaf in Sulfur Springs on Wednesday, October 19. Go Firebirds!

The Girls Volleyball Team, while not as dominate as the Football Team has done well against a very difficult schedule. The Firechicks placed 2nd in the Central States Schools for the Deaf Tournament and currently sport a 4-12 record. The girls will travel to the Iowa School for the Deaf in Council Bluffs to complete in the Great Plains Schools for the Deaf Tournament October 14-15. Go Firechicks!

Special Olympics News

Special Olympic Bowling

Bowling practice has started with 18 bowlers ranging in ages from 8 to 20. The Firebird team is strong again this year with bowling averages between 40 and 145. The first competition is Sunday, October 16 at Guttormson's Recreation Center in Kenosha. There will be two shifts of WSD bowlers. One will start at 8:30 and the other at 11:30.

Bowlers who place well enough in the Kenosha tournament will move on to the regional tournament on Sunday, November 6 at AMF Bowlero in Wauwatosa. Competition will be stiff to move on to the next round.

Finally, bowlers who do well at regionals will move on to the Fall State Games Competition on Saturday, December 3 again at AMF Bowlero in Wauwatosa.

Good luck to all the WSD Special Olympic bowlers!

Parent Staff Association (PSA)

Welcome back to school! We are hoping you have been collecting your Boxtops4Education, Campbell's Soup labels, and milk caps. Feel free to send what you have collected to WSD and write PSA on the envelope.

Do you shop online? If you do, your shopping can help earn money for PSA. If you go to the Boxtops4Education website and sign up to use their Marketplace for your online purchase, WSD gets a designated amount of Boxtops for each purchase. There is no extra cutting or remembering to send things to school. You buy and we earn money! Check it out.

We have been busy already selling t-shirts, sweatshirts, and various other items during registration and at the volleyball and football games during homecoming.

You will see included in this mailing an order form for you to purchase items you have been thinking about for holiday gifts or for the upcoming cooler weather. If you would like to order something, just return the form to WSD/PSA.

Remember, all PSA sales help fund two scholarships to deserving graduating seniors.

Thank you for supporting PSA.





Logo 1

WSD/PSA Firebird Spirit Wear 2011



Logo 2 Red only



Logo 3 Blue only

Item Description	Colors (logo 1 only)	Child (Circle Size)	Adult (Circle Size)	Circle Design (See Above)	#	Price	Total
Child short sleeve T-shirt	R W G B	S M L XL		1 2 3		\$17.00	
Adult short sleeve T-shirt	R W G B		S M L XL XXL-\$2.00 extra	1 2 3		\$20.00 \$22.00	
Child crewneck sweatshirt	R W G B	S M L XL		1 2 3		\$25.00	
Adult crewneck sweatshirt	R W G B		S M L XL XXL-\$2.00 extra	1 2 3		\$30.00 \$32.00	
Child hooded sweatshirt	R W G B	S M L XL		1 only		\$30.00	
Adult hooded sweatshirt	R W G B		S M L XL XXL-\$2.00 extra	1 only		\$35.00 \$37.00	
Adult sweatpants	Red or Black		S M L XL XXL-\$2.00 extra	Outline W firebird		\$35.00 \$37.00	
Embroidered Blanket	Red or Black			Embroidered logo		\$35.00	
Scarf	R W B			Embroidered logo		\$22.00	
SHIPPING (Flat fee)						\$10.00	
						Total	\$

All proceeds from Spirit Wear sales go WSD/PSA Scholarships given each year to graduating seniors.

Name: _____ Address: _____

Phone: _____ Email Address: _____



CELL PHONES DURING SCHOOL HOURS?

Last spring, the Student Body Council approached Principal Marla Walsh asking for permission for cell phones to be used during lunch time. An experiment was begun for approximately the last month of school. The students passed their test, and so this year, cell phones may be used, with guidance, during the 7th period lunch hour. This is from 12:23 p.m. until 1:05 p.m. on regular school days, and from 11:53 a.m. until 12:30 p.m. on Homegoing days. There are rules, however, for the use of cell phones at lunch time.

Who can use cell phones?

- Students in grades 9,10,11,12 & 12+
- FRESHMEN
- SOPHOMORES
- JUNIORS
- SENIORS
- 2ND YEAR SENIORS

What about cell phones?

- You must use your **OWN** cell phone.
 - Not your friend's cell phone
 - Not a staff member's cell phoneand
 - Your parents must have given permission

When can cell phones be used?

DURING 7TH PERIOD LUNCH (Not at Breakfast or at bus time)

- **As soon as you leave the school building on your way to lunch, you may use your phone**
- **As soon as you leave the locker room hallway or the Health/PE classroom hallway on your way to lunch, you may use your phone**
- **Follow all cell phone rules...remember Zero Tolerance**
- **Your phone is OFF and put away when you enter the building after lunch**
- **Your phone is OFF and put away when you enter the hallway for the locker room or Health/PE classrooms**
- Monday through Friday, **lunch time**
- On the regular school day or on field trips
- Use during Athletics is determined by coaches
- ECA activity phone use is determined by sponsor

Why can we use cell phones?

- **Last year's experiment was a success!! NICE JOB!**
- **BE CAREFUL and follow the rules**
- **Not following the rules? Consequence? Your phone will be taken and held in the office until the end of the day.**
- **If you lose your phone often, you may lose your privilege.**

DID YOU KNOW



That WSD has instituted Homeroom and a three minute passing time again? Homeroom takes place the first ten minutes of each day from 7:45 a.m. until 7:55 a.m. It's a great way to start the day off by meeting your teacher who has a big smile waiting for you! Announcements, the Pledge of Allegiance, attendance, and centering for the day begins in Homeroom. Homeroom is followed by 1st Period, which occurs in the same room. It was such a great idea before; I don't know why we ever dropped it!

Three minute passing time? Yes, that's right parents! WSD originally changed from three minutes to five minutes some years ago at the request of the Student Body Council. The students felt that there just wasn't enough time to get from one end of campus to the other in three minutes. What we found was that five minutes allowed too much time for socialization in between classes which caused students to be tardy. They didn't want to stop their conversations, so five minutes became six, and well, you get the picture.

A "Cool Tool" video starring our Superintendent and Director, Mr. Slappey (as a high school student), Karibella Ouimet, pre-K (as a budgeting teacher), and Laela Chapin, Kdgn (as a science teacher, was developed showing how it was possible for Mr. Slappey to leave Karibella's classroom on the far end of the top floor of Walker Hall, go to his locker on the ground floor, talk with his girlfriend, stop for hearing aid batteries, make lunch plans with his buddies to talk football, and STILL arrive at the opposite end of the school in Laela's classroom with five seconds to spare. Now, if Mr. Slappey can make it, surely our spry young students will have no problems at all arriving on time!



2011-2012 School Year Asbestos Notification

As a result of federal legislation (Asbestos Hazard Emergency Response Act-AHERA), each primary and secondary school in the nation is required to complete a stringent inspection for asbestos and to develop a plan of management for all asbestos-containing building materials. The Wisconsin School for the Deaf has a goal to be in full compliance with this law and is following the spirit, as well as, the letter of the law. As a matter of policy, the district shall continue to maintain a safe and healthful environment for our community as well as our youth and employees.

In keeping with this legislation, all buildings (including portables and support buildings) owned or leased by the Wisconsin School for the Deaf were inspected by EPA accredited inspectors and in independent laboratory analyzed samples. Based on the inspection, the school prepared and the state approved a comprehensive management plan for handling the asbestos located within its' buildings safely and responsibly.

This past year, the Wisconsin School for the Deaf conducted the following with respect to its' asbestos containing building materials:

- Continuance of our Operations and Maintenance Program
- In conjunction with the water and sewer lines upgrade project, insulation containing asbestos was removed from piping and fittings under the administration building as well as other underground tunnels on the west side of campus.

Federal law requires a periodic walk-through (called "surveillance") every six months of each area containing asbestos. In addition, the law requires all buildings to be re-inspected three years after a management plan is in effect. MacNeil Environmental Inc. will accomplish this under contract.

Short-term workers (outside contractors i.e., telephone repair workers, electricians and exterminators) must be provided information regarding the location of asbestos in which they may come into contact. All short-term workers shall contact the lead maintenance person, before commencing work, to be given this information.

The Wisconsin School for the Deaf has a list of the locations(s) and type(s) of asbestos-containing materials found in that school building and a description and timetable for their proper management. A copy of the Asbestos Management Plan is available for review in the school office. Copies are available at 25 cents per page. Questions related to the plan should be directed to your Account Manager under contract with MacNeil Environmental, Inc., Burnsville, Minnesota, at 800/232-5209, or by contacting the Wisconsin School for the Deaf.



State of Wisconsin
DEPARTMENT OF PUBLIC INSTRUCTION

State Superintendent's Council on Special Education

Announcement

Public Forum on Special Education in Wisconsin

November 14, 2011
5:00 - 7:00 p.m.

The State Superintendent's Council on Special Education is pleased to announce it will hold, as part of its November meeting, a public forum to obtain broad-based input on special education. This public forum will be held November 14th from 5:00 to 7:00 PM at the Madison Marriott West, Salons A-D (1313 John Q. Hammons Drive (Middleton, Wisconsin); 608/831-2000).

The purpose for this forum is to gather input from families, school administrators, educators, community representatives, and others, on the unique challenges and successes of special education in Wisconsin. Information gathered will be used by the council in advising the Department of Public Instruction (DPI) on matters affecting the education of Wisconsin's children and youth with disabilities. The council is receptive to hearing about any topic upon which people may choose to comment.

The mission of the council is to promote the education of children with disabilities by providing broad-based input to DPI. The council is comprised of adults with disabilities, parents of children with disabilities, regular and special education teachers, school administrators and school board members, as well as representatives of various agencies that provide services to the school-age children and youth with special education needs.

Please join us and share your experiences. For more information, contact Peggy Koehler, Council Chair, at 1005 Ellis Avenue, Ashland, WI 54806; 715-682-2300; mkoehler@ashland.k12.wi.us; or Council Vice-Chair Jenny Stonemeier at 2714 North Dr. Martin Luther King Drive, Milwaukee, WI 53212; 414-374-4645; or jstonemeier@wifacets.org.

Sign language interpreters will be available.

Wondering about how buildings are named at WSD?

WHO CAN WE NOMINATE?

HONOREE CRITERIA:

~ Honorees can be former WSD employees with 15 or more years of service here that have been retired for 5 or more years or are deceased.
OR

~ Honorees can also be individuals who have contributed greatly to WSD through their support and/or finances.

~ Either of the above must have been a citizen that provided leadership and support.

~ The committee may add additional criteria they see appropriate for the landmark being named.

LANDMARK GUIDELINES:

- Former landmark names will not be transferred to other landmarks.

- An honoree description will be included on/near the landmark.

- The name of the landmark must not lend itself to unwanted abbreviation, acronym or nickname.

WHO SITS ON THE WSD LANDMARK COMMITTEE?

YOUR COMMITTEE MEMBERS ARE:

- Bobby Beyer (EA)
- Maria Rivera (Adm Ass't)
- Vaughn Hallada (WSDAA)
- Nell Flemming (Archivist)
- Dan Natalie (CCC)
- Jeff Rawlings (CCC3)
- Alex Slappey (Director)
- Karen Turcsany-Lopez (Teacher)
- Chris Woodfill (Teacher)
- The presidents of WSD's Student Body Councils (SBC & MSSBC)

HOW IS THE NAME CHOSEN?

NAMING PROCEDURE

- * We announce what landmark will be named & collect any nominations.
- * We put together a list of all the nominees that meet the criteria along with a bio of each person.
- * We share the list with students, staff, alumni & families and ask them to vote on the name.
- * The landmark committee will then confirm and recommend the name to DPI.
- * The naming happens at a naming ceremony, usually held in connection with our homecoming.

Did You Know???

*This committee has worked to see the following named:
Laurent Clerc Circle
Frank Turk Lane
William Hoy Drive
Mark Aleksinski Weight Room
John S. Shipman Administration Building
Cordano Field*

DID YOU KNOW?

Alex Slappey, the director of WSD, established this committee. Our first meeting was in March of 2004.

We are asking for your help!
See how on the next page.

Nomination form for the honorary naming of the old gym

The WSD Landmark Committee voted that the old gym in Hannan Hall should be named.

Please tell us who you think we should name the old gym after and why.

Please answer the questions below by November 22nd to nominate an individual.

If you want to nominate more than one person, you can.

Remember to nominate only those people that meet the criteria for landmark naming that we described.

NOTE: Since WSD has had more than one old gym in its history, to clarify we want to name the one that is in Hannan Hall and has a stage.

If you would rather answer these questions online, go to

<https://www.surveymonkey.com/s/OldGymSurvey>

1. Are you WSD alumni? YES NO If no, how are you connected to WSD? _____

2. Who do you think the old gym be named after? _____

3. Why do you think this person is deserving of this honor? _____

4. Share any information you think the committee might not know, which we need to include in the person's bio that we will send out. _____

5. What was/is this person's character and personality like? _____

6. If you would like, share with us why you have been inspired by this person. _____

7. Share any other specifics you want about this person: special memories, any common things the person said etc.... _____

Any additional comments or questions _____

Mail this form to: Maria Rivera, WSD 309 W. Walworth Ave., Delavan, WI 53115

Or email your answers to Maria Rivera at: maria.rivera@dpi.wi.gov

This spring, the committee will let you know who was nominated,
and we will ask you to vote on the name for the old gym.
THANK YOU FOR HELPING TO MAKE WSD HISTORY KNOWN!

Cyber-Stalking

1. [PREDATORS CLASSIFICATION: Cyber-Stalkers](#)
 2. [PREDATORS CLASSIFICATION: Cyber-Stalking](#)
 3. [A Quick Insight on Cyber-Stalking](#)
 4. [Healing Thoughts from a Cyber-Stalking Victim](#)
 5. [Tips for Staying Safe Online](#)
 6. [Cyber-Stalking](#)
 7. [Cyber-Stalking or Harassment](#)
 8. [Cyber-Stalking Laws](#)
 9. [All About Cyber Criminals](#)
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PREDATORS CLASSIFICATION: Cyber-Stalkers

The recent phenomenon of "cyber-stalking" is the use of the Internet as a tool to exploit victims. These predators, usually male, go on-line to harass, stalk, and eventually assault their victims. With the Internet, the possibilities for cyber-stalking are endless. In 1993 there were 5000 websites on the Internet. Today there are over 2.5 billion, with more than 25,000 websites devoted exclusively to pornography and 12,000 websites run by pedophiles. Chat rooms are frequented by a variety of people, including children who are restless and women who are looking for companionship. Both are easy targets for the cyber-predator.

In many cases, child molesters enter chat rooms pretending to be children. These molesters have perfected the art of cyber-stalking: they even write like 12-year olds, spelling mistakes and all, in order to exploit their prey. They set up a meeting, and before the child realizes it, he is abducted.

The Internet allows predators to deceive others and pretend they are something they're not. Since image is everything on the Internet, people on chat rooms can live in a fantasy world, where the line between fantasy and reality is often blurred.

Source: Dr. Eric Hickey

Cyber-Stalking

Cyberstalking is best viewed as a method of stalking employed by either domestic or stranger stalkers. Typically, we find that most cyberstalking appears to be committed by strangers given the vast number of sexual predator, celebrity, and nuisance stalkers currently using the Internet. The stalking landscape will continue to fluctuate as more individuals from all socioeconomic statuses, ethnic/racial backgrounds, political persuasions, and religious belief systems embrace the ether world. For example, the fastest growing group of persons now gaining access to the Internet is that earning a wage of under \$25,000 per year.

The greatest focus surrounding those who cyberstalk and their victims involves sexual predators. Most commonly noted are pedophiles and child molesters.

Differentiating between pedophiles and child molesters is not an easy task because they are not mutually exclusive in their fantasies and behaviors.

Pedophiles prefer the company of children both socially and emotionally.

Although many pedophiles work in adult settings, they always prefer the company of children. They usually are not married and live alone or with a relative. Their fantasies involve being emotionally attached and, if

possible, physically involved with a child. They appear on a continuum from reclusive and self-gratified (where the pedophile does not actually seek out children but instead uses movies, props, photographs, etc., to fulfill fantasies and sexual desires) to the aggressive pedophile who seeks out children for sexual purposes, including murder. The child molester also prefers children but is more likely to be married and have a family. The key distinguishing factor is sexual contact with children. Once the pedophile begins to approach children, he is no longer in a benign status engaged in only sexual fantasies involving children. Pedophiles and child molesters can be found affiliated with NAMBLA (North American Man-Boy Love Association), Free Spirits, the Renee Guyon Society, Pedophile Liberation Front and other organizations of similar ilk.

The Internet has become a labyrinth in which such predators lurk. Internet chat rooms, especially those designed for younger persons, have become virtual playgrounds for sexual predators. Pedophiles who may have kept their fantasies to themselves now have a forum to discuss their thoughts with other pedophiles as well as daily opportunities to visit chat rooms and begin relationships with unsuspecting victims. In California, a 60-year-old ophthalmologist contacted a 13-year-old girl and after a few e-mail exchanges began sending her sexually explicit photographs. Eventually the doctor asked to meet the girl and she agreed. The girl turned out to be a police officer working Internet sex crime cases. The doctor felt that law enforcement was overreacting because there was no proof of intent to harm the child. In his words "I only sent her a couple of photos and asked to meet her." The Internet now provides the predator with a plethora of tools and options to use in the process of stalking children. Photographs, drawings, e-mail, online chats, chat rooms, videos, and music are some of the devices now available via the Internet that allow predators to connect with children. Potential rapists can use the same tools in hunting victims. From a criminal's perspective, barrooms have been places of gathering for men seeking women to rape.

The advent of the Internet now provides a forum for would-be rapists to stalk women. Unfortunately people find themselves more willing to talk openly about personal topics on the Internet than if they were face-to-face with a stranger. The computer provides a false sense of anonymity and security that leads potential victims into sharing too much information.

In one case the predator used his computer to lure victims to his home for sexual activities or promises of employment. Thus far the bodies of eight of these women have been located after the predator raped, tortured, and murdered them.

Source: Dr. Eric Hickey

A Quick Insight on Cyber-Stalking

"It's important that people understand that cyberstalking is more prevalent than they can imagine. The lack of all communications cues which normally might tip off someone as to a person's intent are absent, and aid the stalker in furthering his desires. People need to be aware of the information that can be obtained about THEM online, often for free, and need to understand that they can avoid becoming a victim in many instances, and what to do should it happen despite their efforts. The series helps in alerting the public to many of the issues in today's society."

Source: Associate Professor Christopher Malinowski
Program Director/Graduate Programs
Computer Science Department

Healing Thoughts from a Cyber-Stalking Victim

It took a long time to find any sort of healing. I finally went to see a psychotherapist for almost a year. She helped me put everything in perspective, encouraged me to do more media interviews and get the word out and was my "cheerleader" whenever something good happened on my case. As a stranger, she was

removed from the situation, which helped me more than any of my family or friends could do, including my husband. I learned how to focus, let negative comments pretty much not bother me and to never give up.

Jayne

Tips for Staying Safe Online

by J. A. Hitchcock, author of Net Crimes & Misdemeanors

1. **Select a gender-neutral username, email address, etc.** Avoid anything cute, sexual, diminutive, or overtly feminine.
2. **Keep your primary email address private.** Use your primary email address ONLY for people you know and trust.
3. **Get a free email account** and use that for all your other online activity. Make sure you select a **gender-neutral username** that is nothing like anything you've had before. There are many, many free email providers, such as Hotmail, Juno, Yahoo! and Hushmail. We suggest that you do a search using your favorite search engine and choose the email provider that best suits your own needs.
4. **Don't give out information simply because it is requested.** Countless web sites ask you to give them your full name, date of birth, address, phone number, email address, etc. when you might just want to search their catalogs or read messages on a discussion forum. Give as little information as possible, and if they insist on information that doesn't seem justified, leave to go elsewhere. Some people give false information at such sites, especially if they don't plan to return in the future. Be especially cautious of "profiles" and "directory listings" for instant messaging programs or web sites.
5. **Block or ignore unwanted users.** Whether you are in a chat room or using IM, you should always check out what options/preferences are available to you and take advantage of the "Block all users except those on my buddy list" or adding unwanted usernames to an Ignore list in chat. If anyone bothers you and won't go away, put them on block or ignore!
6. **Don't allow others to draw you into conflict.** That may mean that you don't defend yourself from personal attacks. It's safer to ignore them and keep yourself above the fray. When you respond to a harasser in any way, you're letting him know that he has succeeded. No matter how hard it is to do, do not interact with a harasser. When he realizes that he isn't getting a reaction from you, in most cases he'll move on to find an easier target.
7. **Lurk in a new forum to learn local customs.** Read mailing list or discussion board postings for a week or more without responding or posting anything yourself. In chat rooms, just sit quietly for 10-30 minutes to see if the discussions that are going on are truly something in which you wish to engage. Don't respond to private messages in that time, either.
8. **If a place becomes stressful, leave it.** There are many stressors we cannot avoid easily in our lives, so why put up with those we can avoid? If someone is being asinine in a chat room or on a discussion board, there are countless others that are likely to be more pleasant. If another visitor to a chat room or forum is harassing you and the forum owner/moderator refuses to take decisive action, why would you want to be there? Don't allow yourself to get tied up in battles over territory.
9. **When you change, really change!** If you need to change your username or email address to break off contact with a harasser, using a variation on your real name or anything you've used in the past leaves tracks allowing the harasser to find you again fairly easily. If you've always been "Kitty" and you change your handle to "Cat," you haven't really changed. The harasser knows that you have particular hobbies or interests. For instance, perhaps you like to play Scrabble. If he's really obsessed or simply has too much time on his hands, he's likely to poke around in different Scrabble-related fora looking for feline names to see if he can find you again.
10. **Watch what you "say" online.** When you do participate online, be careful--only type what you would say to someone's face. If you wouldn't say it to a stranger standing next to you in an elevator, why in the world would you "say" it online?
11. **Know what's in your signature file.** Don't put your company name, title, email address, address, phone/fax number, etc. there unless your employer requires that you do so. If you must provide that information, restrict use of that email account to business interactions with co-workers and customers. Do not ever use it to participate in any public forum (mailing list, newsgroup, web-based discussion board, etc.).

12. **Never use a business account for personal use.** Simply leaving messages on a discussion board will reveal your IP address to others. That information can easily lead to a stalker knowing where you work and finding you offline. Restrict personal internet use to home and public access computers.
13. **Ego Surf.** Put your first name and last name in quotes in a search engine such as Yahoo!, Google or Dogpile and see if there are any results regarding you. You just might be surprised at what you find. Also put in the names of your spouse, loved ones and/or children. Remember to put their names in quotes to refine the search results. Better yet, use TracerLock or a similar service to do it for you on a regular basis.
14. **Never give your password to anyone.** Your ISP will never, ever ask you for your password while you are online or via email. In fact, they shouldn't ever contact you to ask you for your password, period. They can get it from their own records, if they really need it for any reason. If you call them for support, there are a few rather rare instances in which the support person might ask you for your password - but you called them, right? So you know it's really a support person from your ISP that you're talking to. There's no legitimate reason for anyone to ever contact you to ask for your password.
15. **Don't provide your credit card number or other identifying information** as proof of age to access or subscribe to a web site run by any person or company with whom you are not personally familiar or that doesn't have an extremely good, widespread reputation. Check consumer advocacy resources before giving out your credit card number to anyone, just to be sure that your trust is justified.
16. **Personally monitor children's internet use, even if you have trained them in what information they can and cannot give out.** There is no software in the world that can replace the active involvement of a concerned parent.
17. **Instruct children to never, ever give out personal information** - their real name, address, or phone number online without your permission. Consider posing as a stranger to befriend them just to see what you can learn.
18. **Be very cautious about putting any pictures of yourself or your children online anywhere, or allowing anyone else (relatives, schools, dance academies, sports associations) to publish any photos.** Some stalkers become obsessed because of an image. A random email address or screen name is simply much less attractive to most obsessive personalities than a photograph.

Cyberstalking and the Law

With personal information becoming readily available to an increasing number of people through the Internet and other advanced technology, state legislators are addressing the problem of stalkers who harass and threaten their victims over the World Wide Web. Stalking laws and other statutes criminalizing harassment behavior currently in effect in many states may already address this issue by making it a crime to communicate by any means with the intent to harass or alarm the victim.

States have begun to address the use of computer equipment for stalking purposes by including provisions prohibiting such activity in both harassment and anti-stalking legislation (Riveira, 1,2). A handful of states, such as Alabama, Arizona, Connecticut, Hawaii, Illinois, New Hampshire and New York have specifically including prohibitions against harassing electronic, computer or e-mail communications in their harassment legislation. Alaska, Oklahoma, Wyoming, and more recently, California, have incorporated electronically communicated statements as conduct constituting stalking in their anti-stalking laws. A few states have both stalking and harassment statutes that criminalize threatening and unwanted electronic communications. Other states have laws other than harassment or anti-stalking statutes that prohibit misuse of computer communications and e-mail, while others have passed laws containing broad language that can be interpreted to include cyberstalking behaviors (Gregorie).

Recent federal law has addressed cyberstalking as well. The Violence Against Women Act, passed in 2000, made cyberstalking a part of the federal interstate stalking statute. Other federal legislation that addresses cyberstalking has been introduced recently, but no such measures have yet been enacted. Consequently, there remains a lack of legislation at the federal level to specifically address cyberstalking, leaving the majority of legislative prohibitions against cyberstalking at the state level (Wiredpatrol.org).

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