

Poder personal y resiliencia

Por Renee Ruffin-Price
Para AL DIA TODAY

Muchos niños pasan más tiempo en las redes sociales y pueden experimentar un aumento en su exposición al acoso cibernético o "cyberbullying". Darles a nuestros hijos y nietos algunas herramientas para aumentar su capacidad de resistencia es una forma en que los padres, abuelos, y tutores pueden ayudar a sus hijos y adolescentes a navegar estas experiencias, para que puedan recuperarse del impacto de ser tratados de una manera hiriente. Si un estudiante aprende a "recuperarse" de los desafíos que enfrenta, también podría comenzar a recuperar su sentido de poder personal.

Dos investigadores

líderes en el campo del acoso en línea (cyberbullying.org) recomiendan el Modelo ABC de resiliencia, propuesto por primera vez por el psicólogo Albert Ellis, como un enfoque para ayudar a aumentar la capacidad de un niño o un adolescente y recuperarse de situaciones estresantes.

A = Adversidad (Adversity) / la situación de acoso (un niño / adolescente lee una publicación hiriente en las redes sociales)

B = Nuestras creencias de por qué sucedió (Beliefs) (un niño / adolescente puede pensar que "A nadie le gusto" en lugar de pensando "_____ debe ser una persona infeliz")

C = Los sentimientos consiguientes (Con-

sequential Feelings) (un niño / adolescente puede deprimirse, sentirse impotente, enojarse, autoherirse, etc.)

Algunos estudiantes en este ejemplo pueden pensar en sí mismos como una persona de quien nadie gusta; se van a poner por el suelo ellos mismos y pueden pensar que la intimidación continuará. En lugar de creer en los pensamientos negativos acerca de sí mismo, una manera diferente de reaccionar es recordar que tienen amigos comprensivos y que los aprecian, y tal vez la persona que escribió el acoso siente que debe intimidar a los demás porque son infelices. La persona que escribió el "post" es la que ha hecho algo mal. Este proceso de pensamiento



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más positivo permite que un niño / adolescente comience a recuperarse de la situación hiriente.

Para obtener más información sobre la resistencia, visite <http://cyberbullying.org/the-abc-model-to-build-resilience-against-cyberbullying>.

Personal Power and Resiliency

Many children are spending additional time on social media and may be experiencing an increase in their exposure to cyberbullying. Giving our children/grandchildren some tools to increase their ability to be resilient is a way parents/grandparents/guardians can help their child/teen navigate these experiences, so they might be able to recover from the impact of being treated in a hurtful way. If a student learns to "bounce back" from the challenges they face, they might also begin to regain their sense of personal power.

Two researchers on online bullying (cyberbullying.org) recommend the ABC Model of Resilience, first proposed by Psychologist Albert Ellis, as one approach to help increase a child/teen's ability to recover from stressful situations.

A = Adversity / the Bullying Situation (A child/teen reads a hurtful post on social media)

B = Our Beliefs of Why It Happened (That child/teen might think "No one likes me" instead of thinking "_____ must be an unhappy person")

C = The Consequential Feelings (That child/teen might become depressed, feel powerless, get angry, engage in self-harm, seek revenge, etc.)

Some students may think of themselves as a person no one likes, will put herself/himself down and may think that the cyberbullying will continue. Rather than believe the negative thoughts about herself/himself, a different way to react is to remember that they do have caring and supportive friends/family and maybe the person who wrote the post feels they must bully others because they are unhappy. The person who wrote the post is the one who has done something wrong. This more positive thought process enables a child/teen to begin recovering from the hurtful situation. Visit one of many websites with guidance on resiliency, <http://cyberbullying.org/the-abc-model-to-build-resilience-against-cyberbullying>.

The importance of local news

By Joe Steckler
Guest Columnist

Dear Friends,

Most of us have grown up with some type of newspaper or magazine supporting our community. Sadly, many of these publications are now in a decline due to cost, lack of reader support, and expansion of the internet. Does that mean that we do not need a local news outlet? Far from it.

As the president of a small nonprofit advocating for the expansion of programs and information to seniors, I am very much aware of the need for community publications. When Helping Seniors was founded in 2011, we realized that the public needed to be better informed about the importance of senior services, especially in a community with so many seniors. We have come a long way in community awareness, but still have work to do to ensure all understand how a united community can support funding and information for services vital to the people of Brevard County.

With the decline of government financial aid, the non support of United Way, and the inability of many to donate to non-profit operations, it will be inevitable that needed programs serving elders will be diminished. This

reduction of services will impact many seniors living on fixed incomes. The State of Florida currently has 64,000 seniors on waiting lists for services to help them with activities of daily living such as meal preparation, bathing or toileting, household cleaning, and transportation, activities that most of us can do without assistance.

Recently I had a call from a lady who had fractured her leg, then fell and re-fractured it. Luckily she had a spouse who could help her, but what would happen if he fell (as he was also frail) and could not assist her? The woman could not walk, bathe, or go to the bathroom by herself. Fortunately the family had financial resources to pay for aid, so we helped them develop a plan to line up those services should they be needed. I can assure you that there are many living in our community who cannot make such plans, nor are there any financial services available to fund such emergencies.

While we do have some government programs that will provide the services described above, they are facing cuts in both state and federal budgets. Legislators have mainly been able to forestall them. But what if state and federal funds are cut off, as happened to local charities two years



ago when our Commissioners eliminated county support for nonprofits (saving only \$500,000 in a budget of \$1.2 billion)? Any loss of already minimal services when you are living on a fixed income of \$950 a month is horrendous.

I have talked to many seniors, trying to find them affordable housing, dental help, medical help...you name it. So many times I have asked myself what has caused all this, and I assure you it is not because these people do not want to work. When you are sick, hurting, and of a certain age, there are many things you can not do. This I know from my own medical problems.

A senior endow-

ment managed correctly and used only when necessary can initially assist many in need. Will it help all? No, but it will be a good start in the right direction. Though it will take time to fund the endowment, we have many who will help and perhaps your visual inspection of its growth will cause your support. Together, we can make a difference and cause others to read local newspapers and magazines.

Joe Steckler is the President of Helping Seniors of Brevard, a non profit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at: info@helpingseniorsofbrevard.org or calling: 321-473-7770



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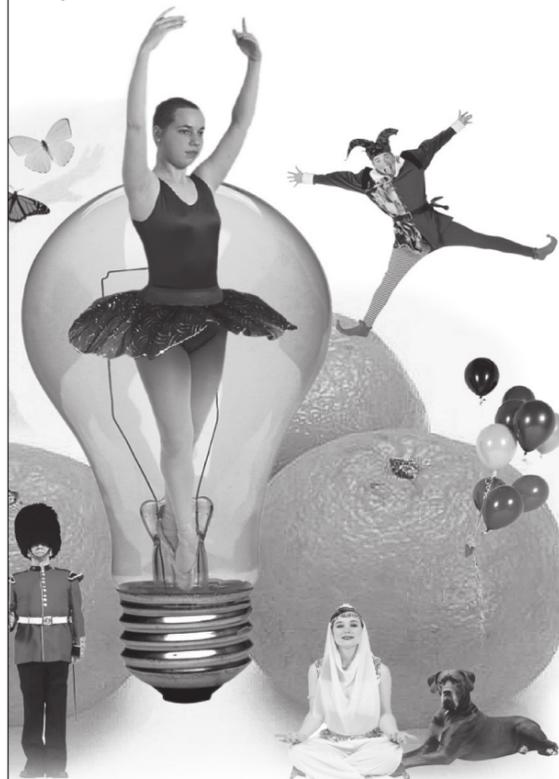
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