

"The most effective, timely information on helping young people. Intended for schools, institutions and home."

Dr. Mayer's Memo

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Feel free to send this Memo to a colleague, friend or parents. I just ask to always do so in its entirety.

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To get on the email list for these Memos, send Dr. Mayer an email. There is no charge for this resource.

Caring and commitment through excellence.

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Please visit my web site for more information and back copies of Mayer's Memo:

www.DrJohnMayer.com

Dr. Mayer is available to personally care for troubled youth and families, crisis calls, consultations, and presentations.

SPECIAL ANNOUNCEMENTS

WWW.NOGGINPOWER2.COM

Downloadable Books for Parents:
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BULLYING & TEASING

Downloadable books for Schools:
A SAFE AND WELCOMING SCHOOL

A COMPREHENSIVE PROGRAM TO PREVENT AND END BULLYING AND TEASING.

Dr. John Mayer is also President of the International Sports Professionals Association (ISPA)
www.TheSportsProfessionals.com

FaceBook Follies *More Tips for Parents*

- * Link your account to your child's account. This way if they secretly change the password then you still have access.
- * Set rules that MUST be followed by your child-otherwise they lose their Facebook privilege. Make it clear that it's for their safety and there are NO exceptions.
- * NO ADULT FRIENDS! Other than mom, dad, grandma + grandpa (and gram and gramps are iffy) they don't need to be friends with the parents of their buddies from school. One option in the safety settings allows friends of friends to view stuff, so if little Johnnie is friends with little Jimmy's mom, then they technically are "a friend of a friend" to little Jimmy's mom's entire friends list. Now your child sees all of those adults' pages too!! Nip it in the bud from the get-go. No Adults!!
- * Basic rule of thumb-if you don't want your child doing it then "lead by example." You don't want your child playing those games on Facebook or using the apps (applications), then you shouldn't do it either. It shows your child that you actually practice what you preach and online safety yourself! Beside, if your settings are not tight then the apps have use of your personal information too and that defeats the purpose of everything we have talked about thus far.
- *Which brings me to my next subject, those dog-gone apps in Facebook. They are a third party app and they can shoot your info out all over the Internet, including your photos. Call me crazy-but I don't want my child's photo blasted all over the Internet. There are people out there who are real crafty with photo-shop and the things that they can do with your child's pictures would make you cringe.
- *Best advice I can give is to tighten all of the security controls and stay on top of your child when they are using these social networking sites!!

Please pass this on to the parents in your community!

Please also let parents know about my latest book:
Family Fit

It will be in the bookstores in April, 2010

It is already available on www.Amazon.com
And is at: www.FamilyFitBook.com

Visit: www.NogginPower2.com
For more parent and school manuals.