



Family Insider — Summer Vacation

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"If you want your children to improve, let them overhear the nice things you say about them to others."

~ Dr. Haim Ginott

Hit the Information Superhighway to make memories that will last a lifetime

Summer is finally here. And, while the rising gas prices may be making us all think twice about traveling, the fact is that most of us will take some sort of vacation over the summer months, even if it is one closer to home than in past years. Using the Internet to plan your summer vacation is a great way to make the most of your time and money. You can gather information and costs about travel destinations, hotels, airline tickets and other recreational pursuits. Using your computer to document your summer fun and the excitement you find on your vacation is also very easy, rewarding, and a great activity to entertain your kids.

The Travel Industry of America reported that "79 million Americans turned to the Internet for travel or destination information in 2005." Comparing airline, hotel and car rental prices on sites such as Expedia, Travelocity, or Priceline, and making reservations and purchases are the things that vacationers most often do online.

Finding your destinations and activities for your vacation is easy. Using a search engine, enter the name of the state and 'tourism' into the search bar. This should give you lots of tourist sites in the state, as well as the official visitor's bureau for the state and cities within. The state tourism bureaus provide information on all visitor resources, large and small, in the state. You can also search for specific interests or cities if you know what you would like to do in that state. Just enter the search terms for your interest, such as "theme parks" or "fishing," or the city name.

Portable technology, such as laptops, PDAs, cell phones, and digital cameras gives travelers the ability to find locations for dining and entertainment, maps to get



to their destinations and ways to instantly communicate and share vacation photos with family and friends while still away from home. Many travelers also report that they use their laptops and cell phones to check/send e-mail and to keep in touch with their office. Webcams and technology also offer travelers a way to check on their homes and pets they left behind.

As we all know, time can fade memories and journaling your family vacations will help to remind your kids of past trips. Journaling also serves to keep your child's mind fresh and active using language, spelling, and creative skills while they are away from school. Using a little forethought and planning, students can relieve the boredom associated with long

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NAC Tracks

Have you established rules for your children to follow when they use the Internet?

A: Yes

B: No



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hours in the car or hotel room by creating their journal or scrapbook of the vacation as they travel. Before the trip or in the hotel, if you have Internet access, students can download clipart, webpage design templates, and backgrounds to create their digital scrapbooks and journals. Students can pretend they are the producer of a reality TV program and journal the vacation through video. Make sure you don't forget the accessories needed to download your photos and videos from your camera and camcorder to your computer! And remember if you plan on posting anything online, that you should not include any personal details—no real names, or frontal photos of yourself or your family.

To help your children get started with their journal, encourage them to answer some basic questions as they write:

Where did you go?

Why did you go there?

How did you get there?

How long did it take you to get there?


How long did you stay?

With whom did you go?

What were some highlights of the trip?

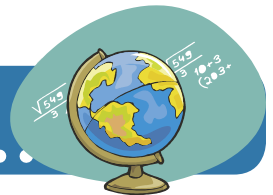
What were some of the most difficult parts of the trip?

Would you recommend the trip you took to your friends or family?

Make your summer vacation one that you and your kids will never forget! 



Site Spotlight



Summer is the time of year for which every child longs. But, after the newness of summer vacation wears off and they have become bored with the typical summer activities, students often turn to the Internet for something to do.

Here are some great ideas for things to do online this summer:


Look to the stars for educational entertainment. Take a look at “Astronomy for Kids” to get started—<http://www.dustbunny.com/afk>.

Do you have a baseball lover in your home? There are lots of Web sites about baseball and the teams that we all love. www.mlb.com is the place to go to learn more about Major League Baseball, the players, stats, games, and much more.

The Exploratorium explores the science behind the game—<http://www.exploratorium.edu/baseball>.

Watch the world with the fun, educational webcams on the “EarthCam for Kids.” Features include nature, space, animals, world landmarks, and much more. Check it out at

<http://www.earthcamforkids.com>.

<http://www.funology.com> offers plenty of ideas for things to do over the summer such as games, recipes, craft projects, and science experiments. It's a great place to spark the imagination and creativity of your child. 



NAC Corner—My Kid Does That on the Internet?


Summer break means that children will have the opportunity to spend much more time on the Internet. In observance of Internet Safety Month in June, i-SAFE would like to remind everyone of the dangers lurking on the Internet and the importance of talking to your children and students about Internet safety. Learning to make good choices regarding what to do and where to go on the Internet is paramount to staying safe. From a pool of approximately 21,000 5th-8th grade students nationwide this academic year, respondents have reported the following risky behavior:

- 49% of students say that they “rarely” or “never” discuss Internet safety with their parents.
- 27% of students report that their parents have not established Internet rules for them to follow.
- 31% of students said that they tell their parents little, if anything, about their Internet-only friends.
- 19% of students said that their parents would punish them if they knew about their Internet activities, and another 16% said their parents would simply disapprove.
- Of the 62% of students who report they meet people on the Internet, these students say they have shared the following personal information: first name–12%, last name–3%, gender–13%, age–7%, home address–1%, and phone number–2%.
- Of the 32% of students who said they have made Internet friends, these students report the following number of “good” Internet friends: 57% have



between 1-5 good friends, 14% between 6-10 good friends, and 29% have more than 10 good friends

- 15% of students say that they believe they have been fooled by things people on the Internet have told them.
- 12% of students said that someone from the Internet has sent them a gift: money–3%, gifts –4%, drugs–2%, alcohol–1%, pornography–2%.
- 7% of students report that someone from the Internet has tried to get them to talk about sex, when they did not want to.
- 5% of students say that an Internet-only friend has asked them to keep their friendship a secret.
- 11% of students said that they have met someone from the Internet in person.

NAC 5-8 grade pre-assessment query of the 06-07 database on May 21st, 2007, 11:00 a.m., PST 

Get Involved

June is Internet Safety Month—what better time to get involved in spreading the word about Internet safety.

Summer is a great time to introduce the topic of Internet safety to your community and local school board. Here are a few ideas for things you can do to raise awareness and educate others in your community about staying safe online (and which Implementation Plan to select).

- Host an Internet safety information table at your community center or pool. (Select Information Table)
- Invite your neighbors to an Internet safety block

party—distribute tip sheets and show the i-PARENT videos. (Select i-PARENT Program) (Check out last month’s i-PARENT newsletter for more about conducting an i-PARENT Program.)

- Contact your local school board and encourage it to incorporate i-SAFE’s Internet safety lessons into next year’s classroom curriculum. (School Board Orientation)

To obtain materials for any of the above activities, visit the i-SAFE Web site (www.isafe.org) and submit an Implementation Plan for the specified event. 