

Town of Bedford, Town Center, 12 Mudge Way, Bedford, MA 01730-2171

Telephone: 781-275-7727

Fax: 781-275-7767

Web Site: [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth)



## Special points of interest:

- *Navigating the Cyber World for Parents of Teens*
- *JGMS After School Program Fall 2016*
- *Safe Homes*
- *Safe Routes to School*
- *How Should my Children Get to and from School?*
- *Park and Pedal*
- *Bedford Dash*
- *Youth and Family Donors*
- *Parent Tips to Stop Enabling Kids & Start*
- *Veterans' Services District*
- *Youth and Family Services Committee 2016-2017*
- *Job Match*

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## Navigating the Cyber World for Parents of Teens

Why do teens take approximately 1,000 selfies each day? What is YikYak and why should I be concerned? New social media platforms are giving our children more access to one another than ever before, and often parents can feel confused and cut off. As children have access to powerful devices younger and younger, it is necessary for parents to be aware of the trends in criminal behavior online, popular apps, and programs used by youth, and understand the issues and consequences of cyber bullying and sexting.

If you are a parent of a Bedford middle or high school age youth and are concerned, join other parents for an up to date version of **Navigating the Cyber World**. This interactive, insightful parent education workshop will be presented on two different nights

by Middlesex Assistant District Attorney Kristen Noto. ADA Noto is a member of Special Investigations Unit and oversees the office's Cyber Protection Program, where she investigates and prosecutes cyber-related crimes.

**Navigating the Cyber World** for BHS parents will be offered **Thursday, September 22nd** from **5:30 p.m. to 6:30 p.m.** at **Bedford High School** prior to Back to School Night. This workshop reviews the challenges and dangerous situations that may arise through use of the Internet, social media, and smart phones. It is important for parents to be aware of the popular apps, social media sites and programs used by youth online. This workshop explains the issues and possible

consequences from cyber bullying, sexting, and revealing identifying information to strangers.

**Navigating the Cyber World** for parents of JGMS students will be offered **Thursday, October 6th**, from **5:45 p.m. to 6:30 p.m.** at **John Glenn Middle School** as part of Open House night. The program will also be valuable for parents of younger children who may be considering getting their child a cell phone. As children have access to powerful devices younger and younger, it is necessary for parents to be aware of the trends in criminal behavior online, popular apps and programs used by youth, and understanding the issues and consequences of cyber bullying and sexting.

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## JGMS After School Program Fall 2016

**BABYSITTER TRAINING**

**FITNESS AFTER SCHOOL**

**GIRL TALK**

**SHOOTING & EDITING FOR TV**

**ADVANCED VIDEO PRODUCTION**

Attention all students that will be attending the John Glenn Middle School in the Fall!

Bedford Youth and Family Services in collaboration with John Glenn Middle School is gearing up

for another successful Fall after school program with a focus on the most popular activities including Babysitter Training with Maureen McDermott, Girl Talk with Wendy Tanahashi-Works and

and Bedford High School student leaders, Fitness After School with Marcy Beinart and our always popular Shooting &

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## JGMS After School Program Fall 2016

## Cont'd from Page 1

Editing for TV and Advanced Video Production with Greg Dolan.

Monday activities begin September 26th, Tuesday activities begin September 27th, Wednesday activities on October 5th, and Thursday activities begin September 27th.

The registration deadline for all programs is September 21st. Space is limited; be sure to sign up as soon as possible to secure your spot.

You can find our flyer and registration form at: [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) (click

on Youth Development). Flyers are also available in our office and at the JGMS Main Office.

Feel free to call Jessica Wildfong at 781-275-7727 ext. 262 or email at [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov) with any questions or concerns.

### Newsletter Credits:

Layout & Design  
Fran Stander

Editor  
Sue Baldauf

Contributors  
Sue Baldauf  
Jessica Wildfong  
Bill Linnehan  
Carla Olson



### Sign Up For Bedford's SAFE HOMES Program



The Safe Homes program is a support network for Bedford parents with children in grades 6-12 who are concerned about alcohol and drug use at pre-teen and teen parties and gatherings. Through Safe Homes, we are encouraging parents of Bedford middle school and high school students to make a pledge that they will provide a safe environment for youth when they have parties or gatherings in their homes - safe from alcohol, drugs, firearms, and other hazardous items. Underage drinking is harmful to kids. Love them enough to say no.

Safe Homes brochures were included in middle and high school mailings in mid-summer. This is a reminder that you can complete the form on the back of that brochure, or you can sign up online via our website [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) by clicking on "Safe Homes" under the Homepage menu options. Participating families will receive a directory booklet in November containing contact information of others who have joined Safe Homes. Let's join together to keep all our youth healthy and safe.

#### Pledges Due By September 30th

For more information or questions call Prevention Services Coordinator Jessica Wildfong at 781-275-7727 ext. 262, or email [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov)

## Navigating the Cyber World for Parents of Teens Cont'd from Page 1

These events are both FREE thanks to Bedford's membership in Middlesex Partnerships for Youth (MPY), a private, non-profit organization affiliated with the Middlesex District Attorney's Office and designed to foster collaboration among community

leaders, public safety agencies, and educators to safeguard students in Middlesex County. This community education event supports Middlesex District Attorney Marian Ryan's continuing school safety initiatives and is part of training offered by MPY to their

member communities. Bedford Public Schools is a longstanding member of the MPY and is co-sponsoring this event in collaboration with Bedford Youth and Family Services, Bedford High School, John Glenn Middle School, the Bedford High School Parent

Association, and the Middle School Parent Association.

Questions? Call Youth and Family Services at 781-275-7727.



Watch our website for the 2016 Youth Risk Behavior Survey results release in November!

## Healthy Bedford



### *Safe Routes to School*

Bedford's Safe Routes to School (SRTS) initiative strives to facilitate safe, convenient, and fun opportunities for students and their families to bike and walk as part of their regular school commute. The SRTS goal is to reverse the decline in children walking and bicycling to schools, to increase kids' safety while building life-long pedestrian and bicycle skills, and to reverse the alarming nationwide trend toward childhood obesity and inactivity.

In an effort to address some of these issues, the Healthy Bedford Task Force has worked with various stakeholders to provide students with yearly pedestrian and bicycle safety training, to add bike racks at school locations, to organize special events, and to develop a town-wide Pedestrian and Bicycle Master Plan, which can be viewed at [www.bedfordma.gov/sites/bedfordma/files/u133/bedford\\_bicycle\\_pedestrian\\_plan.pdf](http://www.bedfordma.gov/sites/bedfordma/files/u133/bedford_bicycle_pedestrian_plan.pdf) Bedford SRTS also applied for a Safe Routes to School Infrastructure Grant several years ago and which we were pleased to hear was accepted for funding. The project is currently in process and will improve our walking and biking infrastructure around John Glenn Middle School through Mudge Way. Construction is expected to start in summer 2017. To view the proposed plan check out this link:

[www.bedfordma.gov/sites/bedfordma/files/u133/srts\\_bedford\\_jgms\\_dph\\_021116.pdf](http://www.bedfordma.gov/sites/bedfordma/files/u133/srts_bedford_jgms_dph_021116.pdf)

Meanwhile, please join us for **International Walk and Bike to School Day on Wednesday, October 5, 2016!**

More details on these efforts can be found at: [www.bedfordma.gov/healthy-bedford](http://www.bedfordma.gov/healthy-bedford) or on our Facebook page: Healthy Bedford. Questions? Call Healthy Bedford Coordinator Carla Olson at 781-275-7727, x260.

### **HOW SHOULD MY CHILD GET TO & FROM SCHOOL?**

#### **BICYCLE OR WALK.**

WHY? It promotes physical activity and reduces traffic congestion around schools.

\*Students who walk or bike to school are more alert and ready to learn.

\*Walking or biking with parents or classmates helps kids learn independence and valuable safety lessons.

\*The Center for Disease Control (CDC) recommends a minimum of one hour a day of physical activity for school-age children. Plus walking or biking to school with a parent fosters communication. You and your kids will **love** it!

#### **RIDE THE SCHOOL BUS.**

WHY? It can save you time and resources. Fewer cars on the road is better for all of us.

\*There is no fee for bus service in Bedford.

\*Most school related accidents are in parking areas during drop off and pickup time.

\*Idling cars contribute emissions, reducing air quality around schools.

\*If you must drive, consider carpooling with other neighborhood kids, and or picking a location a few blocks from school to pick up and drop off. Even a 5-minute walk will be good for your child and your school.

## Healthy Bedford



### Can You Park and Pedal?

Maybe you have already heard about Bedford's recent partnering with "Park and Pedal," a free program that identifies preferred parking for commuters to park a car in a designated spot and pedal a bike to their final destination? Park and Pedal can avoid "last-mile" congestion while also supporting efforts to address the growing problems related to driving, such as air quality and lack of opportunity for physical activity. Officials believe the Massachusetts park and Pedal Program to be the first of its kind in the country.

According to the US Department of Transportation, the average round-trip commute in the United States is 24 miles and increasing all the time. While this is an unmanageable distance for most of us to commute by bicycle, Park and Pedal provides a viable and convenient option for bike commuting. Flexibility is perhaps the biggest strength of the Park and Pedal program, as individuals are able to choose how far they ride on any given day. You drive part of the way to your destination, park the car in a designated spot, and bike the remaining distance that works for you.

With Selectman encouragement and collaboration with town leadership, Bedford initially identified Depot Park, Concord Road at the Rail Trail, and the boat landing off Route 225 as locations for initial Park and Pedal locations. Most recently, Bedford is delighted to partner with Middlesex Community College for use of their overflow lot adjacent to the VA as a fourth location. For more information on Park and Pedal visit:

[www.parkandpedal.org](http://www.parkandpedal.org)

## HOW SHOULD MY CHILD GET TO & FROM SCHOOL? Cont'd from Page 3

### DRIVE, BUT ONLY IF YOU MUST.

WHY? Traffic congestion around our schools is dangerous for students.

- \*Competition for parking creates unsafe situations, especially in inclement weather.
- \*Emergency vehicles must have prompt access to our schools.
- \*Most school related accidents are in parking areas during drop off and pickup time.
- \*Idling cars contribute emissions, reducing air quality around schools.
- \*If you must drive, consider carpooling with other neighborhood kids, and or picking a location a few blocks from school to pick up and drop off. Even a 5-minute walk will be good for your child and your school.

**For more information contact: [healthybedford@bedfordma.gov](mailto:healthybedford@bedfordma.gov)**



## Bedford DASH local transit service starts Monday, September 12, 2016!

The DASH is a new pilot program which will operate between September 2016 and June 2018, offering transportation service between noon and 6 PM on weekdays during the school year, excluding holidays.

TransAction Associates is providing a 14 passenger, handicapped accessible vehicle which will accommodate a combination of fixed route service and “on

demand” rides. This new program will complement services already provided by Bedford Local Transit.

Adult riders ages 18-64 will pay \$2.00 each way for in-town services and \$4.00 each way for out-of-town destinations. Currently, the bus will go to locations in Bedford, Concord, and Burlington. Youth, seniors, Veterans, and Medicare card holders will pay \$1.00 each way in-

town and \$2.00 each way out-of-town. Riders must pay exact change as they board the bus.

Come visit us on Bedford Day, September 17, to see the vehicle and learn more. For additional information, check out [www.bedfordma.gov](http://www.bedfordma.gov), or Healthy Bedford at [www.bedfordma.gov/healthy-bedford](http://www.bedfordma.gov/healthy-bedford).



### Parenting Tips to Stop Enabling Kids & Start Empowering Them

#### *Stop Enabling Your Child with These Tips*

“Enabling” is a process that occurs when well-meaning parents allow or even encourage behavior that might be irresponsible or even destructive from their children. Maybe you shield your child from consequences or rescue them from a problem or situation. In fact, you may be so used to stepping in and taking care of things for your child that you don’t even realize what is going on anymore. Perhaps you have realized that you are enabling your child with your actions. Here are a few tips to help stop enabling your child.

#### *Tip #1 – Stop Fixing the Problems*

In order to stop enabling your child, you need to stop fixing the problems for your children all the time. By fixing their problems, you don’t allow them to admit they even have a problem. If you constantly do their homework, they don’t realize that they are having a problem in school. Until you stop fixing this problem for them, they’ll never realize where they are having problems and get the help they need to truly succeed academically. You cannot do everything for your child or fix all their problems. They must learn to deal with their problems.

#### *Tip #2 – Let Things Get Worse*

Sometimes the best thing you can do is to let things get worse. If you’re constantly cleaning up the mess and bailing them out, you’re simply enabling them and they never will learn to stand on their own. While it is tough, sometimes you have to allow things to get tough for them so you can stop enabling and start empowering your child.

#### *Tip #3 – Avoid Feeling Guilty*

When you are trying to empower your child instead of enabling them, it is tempting to feel guilty. It’s tough to give your child a bit of tough love. However, even though it is tough to hold back and let them deal with their own problems, in the future it will be worth it. Stop those feelings of guilt in their tracks and realize that you are doing the best thing for your child.

Adapted from [www.more4kids.info](http://www.more4kids.info)

### Thank you to our Donors:

American Legion  
Women’s Auxiliary

Anonymous (4)

Bedford Motel

Bedford Post Office  
Employees

Bedford Schools  
Administration  
Employees

Callahan’s Kenpo  
Karate

Cambridge Savings  
Bank

Carleton Willard  
Village Resident’s  
Association

Carriage House

Doubletree Bedford  
Glen

First Parish in Bedford  
Social Responsibility  
Council

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Knight

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Millipore Corporation

Moison Ace Hardware  
of Bedford

O’Malley and  
Colangeli CPA’s

Staples

FWF Post 1628

Whole Foods

&

The Residents of  
Bedford through  
your Taxes

## Veterans' Services District

**\*\*\*Save the Date\*\*\***

Annual Veterans' Breakfast  
 Saturday, November 5th at 8:30 a.m.  
 Keilty Hall, St. Brigid Church,  
 Lexington

This event honors Lexington and Bedford Veterans and is open to any Lexington/Bedford Veteran and one

guest. Tickets are \$5 and available for purchase September 1st at the Community Center in Lexington or in Bedford from Veterans Agent Bill Linnehan. For more information call Gina Rada at 781-698-4848.

Veterans Day  
 The Patriotic Holiday Committee is planning its annual Veterans Day

event for Friday, November 11th, 2016 with guest speakers as well as local and state officials. Watch for more information later in October! Call 781-275-1328 for more information.



### Bedford/Lexington Veterans Services

781-698-4848  
 Lexington  
 Monday-Friday 8:30-4:30 Lexington  
 781-275-1328  
 Bedford  
 Tuesdays & Thursdays 8:30-4:30 Bedford

#### 2016-2017 Youth and Family Services Committee:

Alison Malkin, Chair ♦ Tom Pinney, at Large ♦ Peter Ricci, at Large ♦ Marcia Morgan, at Large  
 Caroline Fedele, Selectman & Recreation Liaison ♦ Jeff Wardwell, Police  
 Dan Brosgol, School Committee

#### BYFS Staff Queries - Main Number: 781/275-7727

- Sue Baldauf, Director, x263 - Counseling referrals or questions ~ General dept. questions ~ Community concern ~ Issue related to Violence Prevention Coalition, Bedford Community Partnership, Business Diversity Training, Progress Fund ~ Parenting Education Topic
- Fran Stander, Administrative Assistant, x264 - General questions ~ General community & Resources ~ Job Match ~ Events & Press Releases ~ New Resident Packets ~ Volunteer Opportunities
- Jessica Wildfong, Youth Development/Prevention, x262 - JGMS After School ~ Peer Mentoring ~ Youth Website ~ Other youth related issues - Alcohol, tobacco, or drug education ~ Diversion ~ Youth Risk Behavior Survey ~ Safe Homes ~ Fuel Assistance
- Carla Olson, Healthy Bedford Coordinator, x260 ~ Safe Routes to School & Healthy Bedford initiatives
- Bill Linnehan, Veterans Agent, 781/275-1328 - Any veterans related question
- Eliot Counselors: 781-275-7727 Lynne Chapas x261; 978-369-1113 Kristen Herlihy x4132, Lindsey Kalendar x4134, Holly Boker x4117

### Job Match

Applications Online or at BYFS Office  
 Teens looking for part-time employment?  
 Residents looking for help with child care, yard work, snow shoveling, odd jobs?  
 Youths may register and enjoy the flexibility of not being locked into a job giving them the freedom to be involved in other activities.  
 After completing an application the teen is matched to a resident's request depending on their capability.  
 Applications can be downloaded at [www.bedfordma.gov/youth](http://www.bedfordma.gov/youth) under Job Match or in hardcopy at our office.  
 Residents with a job can call Fran Stander at 781/275-7727 or [frans@bedfordma.gov](mailto:frans@bedfordma.gov)

