

# FIRST THINGS

A publication of First Things First

## CyberBullying: Is your child at risk?



### True or false?

- Cyberbullying victims are at increased risk for traditional bullying victimization, substance use and school problems.
- Victims of cyberbullying suffer from anger, frustration and sadness.
- Most victims of cyberbullying tell an adult about their experience.
- Victims report that they are primarily cyberbullied by strangers.

If you answered "true" for the first two statements and "false" for the last two, you are correct. News stories abound about young people and bullying. Cyberbullying is defined as using the computer or other electronic devices to intimidate, threaten or humiliate another. It most commonly takes place on the internet among students from a given school or neighborhood.

Cell phones, emails, instant messaging, websites, blogs, text messages and any other way that your child communicates through electronics all present a potential risk to your child for cyberbullying.

Recently the Cyberbullying Research Center, using data collected from more than 1,500 youth regarding their personal cyberbullying experiences, found that:

- 33 percent of youth have been victimized by cyberbullying.
- Among this percentage, being ignored and disrespected were the most common forms of cyberbullying.
- More than half of study participants feel that cyberbullying is as bad as, or worse than bullying in real life.
- 41 percent of victims do not tell anyone in their off-screen lives about their abuse, but 38 percent told an online friend.
- 17 percent admitted to bullying another individual online.
- Of the offenders interviewed, most considered it fun or instructive; such as a way to strengthen their victims.

Researchers Justin Patchin and Sameer Hinduja, co-directors of the Cyberbullying Research Center, point out that **the most important fact** from this research is that **five percent** of the youth they interviewed claimed to be scared for their own safety.

*Cyberbullying can be a serious threat to the wellbeing of your child. To learn more about cyberbullying, check out our Cyberbullying seminar scheduled for April 18th in the "FAM U" section of this newsletter.*

## TEEN PREGNANCY PREVENTION MONTH

May 2011 marks the tenth anniversary of Teen Pregnancy Prevention Month.

The theme for this year is clear and straightforward: *Sex Has Consequences*. The goal of this message is to get teens to think carefully about what they might do "in the moment" and consider the results of a potentially life-altering decision.

The impact of this message isn't just for teens. Parents are encouraged to talk with their children about the consequences that follow risky behavior. Believe it or not, your kids want to know what you think. Don't disappoint them.

- **FACT:** Teens say parents are the #1 influence on them when it comes to dating and relationships.
- **FACT:** When it comes to relationships, teens say it's all about trust—40 percent of guys and 48 percent of girls say that trust is the most important part of a healthy relationship. Teens say that honesty is the second most important factor in a healthy relationship.
- **FACT:** Almost 1 in 5 teens say they don't know anyone who serves as an example of a healthy relationship.

-from [stayteen.org](http://stayteen.org)



Phone: 423.267.5383

Fax: 423.267.8876

Email: [ftf@firstthings.org](mailto:ftf@firstthings.org)

**Julie Baumgardner**

President & Executive Director

**Dan Summerlin**

Board Chair

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Director of Marketing & Operations

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**Alishea Hixson**

Event & New Media Coordinator


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Office Manager


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**Federal Employee?**

**56975**

You can donate to First Things First through the CFC Campaign!

## “A Tale of Two Families”

**Country singer Billy Ray Cyrus has been in the news lately talking about all the things he regrets in his life.** He lamented making the mistake of being a “friend” to his daughter Miley, even though many people told him she didn’t need him to be her friend, she needed him to be her dad. He regrets turning his daughter’s wellbeing over to her “handlers”, who he claims made decisions based on money versus her best interests. Looking back, he even regrets ever allowing his daughter to do the show *Hannah Montana*. He believes the show destroyed his family.

In contrast, family and friends recently gathered to celebrate and honor Chick-fil-A founder Truett Cathy on his 90th birthday. Mr. Cathy’s son, Dan, stood before the group and thanked his father for setting an example for his three children as a husband, father, employer and friend. Mr. Cathy has lived his life based on Proverbs 22:1 *A good name is rather to be chosen than great riches, and loving favor rather than silver and gold.* Dan thanked his father for never doing anything to dishonor his wife, children, grandchildren or his company. He didn’t thank him for being perfect, but for displaying honor and integrity throughout his life. Surrounded by his family, Mr. Cathy listened to his son’s words with tears coming down his face.

**Two men. Two families. Two very different outcomes.**

There is no question that children need their fathers to be involved in their lives. Unfortunately, career aspirations, money and placing value on things that aren’t lasting can deceive fathers (and mothers) into believing that they are providing for their family, and that time spent away from them is warranted. While your children’s basic needs may be met, how do you model integrity, honor, and respect if you never spend time sharing your expectations, your dreams and your love for them?

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It has been said, “If you don’t know your priorities, the world will tell you what your priorities should be.” Ask your children if they know your priorities. Their answers might be very pleasing to you, OR they may give you pause and encourage you to re-think how you are living life. ***What do you want your children to remember most about you? On your 90th birthday, what kind of legacy will you have built for your children?***



**Julie Baumgardner**  
President &  
FTF Executive Director

## In Honor of/Memory of . . .

**A gift has been received by First Things First “In Memory of”:**

*Challenger Commander Dick Scobee by Lt. General and Dr. Don (June Scobee) Rodgers*

*Mr. Lee Munz, Sr. by Ron and Janet Bales*

*Mr. Lee Munz, Sr. by Anonymous*

***If you would like to make a tribute gift, please contact Karen Godwin at 423.267.5383***

# Flower Fest

## A Record-Breaking Year!!!

**This year's Flower Fest was one of our best campaigns ever!** Our tulip arrangements were again one of the hottest items available for Valentine's Day, and our "Romance Your Mate" gift baskets were also a big hit. Special thanks to our 2011 chairperson Michelle Hunter who did an outstanding job, and our media sponsors, WDEF-News 12 and 107.9 Big FM, who were instrumental in making Flower Fest a huge success.

*We sincerely appreciate your continued support. Monies raised from the event go toward the mission of First Things First to strengthen marriages and families in our community. Thank You!!*



### Thank you to the following companies and coordinators for all your help:

Campbell and Associates  
East Third Street Associates  
Blood Assurance  
Card-Monroe  
Chambliss, Bahner and Stophel  
Chattanooga Bakery  
Chattanooga Police Department  
Comcast  
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Cigna  
Chattanooga Chamber of Commerce  
KMT Creative  
Keller Williams Realty

## LOW-RISK DATING STRATEGIES FOR TEENS

**LOOK FOR A GOOD MATCH**—Look for common interests. Pay attention to how the person acts.

**PAY ATTENTION TO VALUES**—People give off clues all the time as to what their values are. A relationship is doomed if the other person shuns your values.

**DON'T TRY TO CHANGE THE OTHER PERSON**—Believing you are capable of performing an extreme makeover on another person never works.

**DON'T CHANGE YOURSELF**—Don't be somebody you are not just to get somebody's love and attention.

**DON'T RUN FROM CONFLICT**—Expect good communication.

**DON'T PLAY GAMES**—Never manipulate, pressure, be phony or use "power plays" to get what you want.

**ASK YOURSELF IMPORTANT QUESTIONS**—Does this relationship feel controlling, or nurturing and supportive? If physical touch wasn't part of the relationship, would there be a relationship?



Today's families often face a new set of challenges that come with parenting, stepfamilies or fathering from a distance. That's why FTF brings you Family University or "Fam U". This program offers a variety of classes to help you meet these family challenges head on, and get the skills you need to thrive.

For a listing of additional classes, visit [firstthings.org](http://firstthings.org)



**Fathering From a Distance** class held at TAC Air

**Why Kids Do What They Do—Practicing Patience with Your Kids (For Dads only)**

*Kids say and do the darnedest things. . . . but why? This seminar for fathers teaches ways to better understand how their children think and how to exercise patience.*

**Tuesday, April 19th**

UTC McKenzie Arena  
Hall of Fame Room

6:00 p.m. to 7:30 p.m.

*Includes a tour and football film screenings*

**Cyberbullying**

*Modern technology can often be a bully's weapon of choice. Learn how to recognize signs of cyberbullying and how to protect your child.*

**Monday, April 18**

Blood Assurance—  
Executive Board Room  
700 East Third Street  
6:30 p.m. to 7:45 p.m.

**For Moms Only: Balancing Work and Family**

*Today's working mothers have a lot more to deal with than ever before.*

*This class offers ways to help you find the proper balance between work, family and home.*

**Tuesday, May 10**

Blood Assurance—  
Executive Board Room  
700 East Third Street  
6:30 p.m. to 7:30 p.m.

# Parenting in the 21st Century!



**The "Raising Truly Great Kids" Seminar with Dr. Tim Kimmel was a great event.**

Nearly 300 individuals were in attendance and left with a fresh outlook on parenting in today's world. The greatest message from the conference was that parents should understand the concept of grace and how to apply it within the family. Here are just a few of the many comments we received following the seminar:

*Awesome conference! I was given new insight on parenting and reminded what a precious gift children are.* **Dyea R.**

*This is going to change my way of parenting. Excellent Job! So glad I was given the opportunity to receive this message.* **Derek B.**

*In case you missed the seminar, feel free to visit the FTF Marriage and Family Resource Center where you'll find all 11 books written by Dr. Kimmel on a variety of family matters. For more information, call our office at 423.267.5383 or visit [firstthings.org](http://firstthings.org).*



# AMONG TEENS & YOUNG ADULTS



**The latest research on sexual behavior among young Americans has yielded surprising results:**

more than one-quarter of people interviewed in their late teens and early 20s had never had sex. The National Survey of Family Growth found that among 15-to-24-year-olds, 29 percent of females and 27 percent of males reported no sexual contact with another person ever—up from the 22 percent of both sexes when the survey was last conducted in 2002. Additionally, there has been a nearly 40 percent reduction in teen pregnancy since the 1990s. Increased parental involvement may be a factor in this outcome, but clearly, young people are thinking more about their relationship choices. This survey further offers evidence that the work of organizations like First Things First is critically important to our community and our country as a whole.

# 10 WAYS TO BE A BETTER DAD

- 1 RESPECT YOUR CHILDREN'S MOTHER
- 2 SPEND TIME WITH YOUR CHILDREN
- 3 LISTEN TO YOUR CHILDREN
- 4 DISCIPLINE WITH LOVE
- 5 BE A ROLE MODEL
- 6 BE A TEACHER
- 7 MAKE A POINT TO EAT TOGETHER AS A FAMILY
- 8 READ TO YOUR CHILDREN
- 9 SHOW AFFECTION
- 10 REALIZE THAT A FATHER'S JOB IS NEVER DONE



# Family Movie Night

TRUTH  
be TOLD

World Premiere on  
April 16th 8/7c FOX



## What's the secret to a successful marriage?

Another "Family Movie Night" is coming up on the FOX network. *Truth Be Told* is a two-hour movie starring Candace Cameron Bure (D.J. Tanner from *Full House*) and David James Elliott (Commander Harmon Rabb, Jr. from *JAG*). The story focuses on Annie Morgan, a marriage counselor with dreams of hosting a talk show. When single Annie and her "spouse" are invited to a major social gathering, Annie conspires with a long-time friend and recent widower Mark Crane (Elliott) to pose as a married couple—with his two teenage kids.

To find out what happens next, you'll have to watch! Tune in to Comcast Cable Channel 11 on WDSI FOX 61 on Saturday, April 16 at 8 p.m. for *Truth Be Told*, and enjoy!

LEARN TO  
PLAY AT  
AT&T FIELD



## Swing Batter, Batter!!

Dads and kids are invited to the *FTF Big League Dreams* Baseball Camp on June 23-25 at AT&T Field. This year's camp will be taught by Coach Joe Wingate of Chattanooga State Technical Community College. Kids ages 7-12 will learn basic skills to help improve their game, while dads will learn techniques to coach their kids both on and off the field. **Grandfathers, uncles or male mentors are also welcome, and are encouraged to participate in the final day of camp activities.** Registration for this three-day event is \$120.00, with an Early Bird Special of \$95.00 through May 15th. **Fathers and father-figures are encouraged to attend the Saturday session of the camp.**

For complete details or to register online, visit [firstthings.org](http://firstthings.org).

*FTF welcomes Fox Sports as our 2011 Media Sponsor*

Early Bird  
Special  
**\$95**  
Register by  
May 15th

For complete details or to register, visit [firstthings.org](http://firstthings.org).



BASEBALL  
SUNDAYS



## EXCITING NEWS!!

CHATTANOOGA  
  
LOOKOUTS

FTF teams up once again with the Chattanooga Lookouts to sponsor select Sunday afternoon home games. You are invited to arrive early and play catch with your kids on AT&T Field before game time (baseballs are provided, but you'll need a glove). **The gates open at 12:30 p.m., and you will be allowed on the field from 1:15 p.m.-1:45 p.m.** Be sure to listen for our special announcements, and watch the FTF commercials on the video board. Don't miss Baseball Sundays with the Lookouts and First Things First.

**The FTF Sunday games are at 2:15 p.m. on the following dates**

(Subject to change due to weather conditions):

April 10 • May 1 • May 15 • June 5  
June 26 • July 17 • August 14

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First Things First  
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**Sign up for our e-news today!**  
**Visit [firstthings.org](http://firstthings.org)**

## COMING SOON!

### MOVIES IN THE PARK

*Movies in the Park* kicks off this July for the ninth year of fun entertainment for the entire family. **Visit [firstthings.org](http://firstthings.org), to vote for the movies you want to see this year!! To volunteer or for more information, call 423.267-5383.**

### KIDS AND PROS

The 2011 UTC *Kids & Pros* Youth Football Camp takes place July 18-21 from 6:00 p.m. to 9:00 p.m. nightly. The camp offers safe, non-contact football instruction and conditioning for campers ages 7-13. **The cost is \$150.00. For details, visit [kidsandpros.com](http://kidsandpros.com).**

### SPRINT TRIATHLON

Attention athletes!! Registration is now open for the annual SportsBarn Sprint Triathlon on Sunday, August 7th. Participants will meet bright and early at the Chickamauga Dam to swim, ride and run to Chattanooga's Riverfront and downtown district. The event is presented by SportsBarn, Quintana Roo and Citadel Broadcasting. **Register now at [Personal Fitness Specialists](http://PersonalFitnessSpecialists.com) and the SportsBarn.**

### COURAGEOUS MOVIE PREMIER

The highly-anticipated and inspirational film "Courageous" is scheduled for release on September 30, 2011. **For more information about the film, visit [courageousthemovie.com](http://courageousthemovie.com).**

**You can get complete details on all these events at our website, [firstthings.org](http://firstthings.org)**

## Have You Heard the Latest? SAVE THE DATE!



The FTF annual Fall Banquet is scheduled for Tuesday, September 20, 2011. This year's guest speaker will be Dr. Gary Chapman, author of *The Five Love Languages* and *The Five Languages of Apology*. **More details to follow!**

## TENNESSEE'S FIRST LADY VISITS FTF



On Friday, February 11, Crissy Haslam, wife of Tennessee Governor Bill Haslam, visited First Things First to learn more about our initiatives and programs used to strengthen marriages and families in our community.