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Impair Healthy Healing In People Over The Age Of 30!

Should I Monitor My Son Or Daughter's Online Activity?

By Wendy McLellan MA, LCDPPII

This has become an increasingly sensitive question with parents. Some parents believe that they

should not infringe on their child's privacy under any circumstance, some parents believe that they can infringe on their child's privacy at any time, and other parents are somewhere in between. Finding the balance of what a parent should do is often times very tricky. In my experience, if you believe that your child is going to harm themselves or another person, or if your child has been harmed by someone, then the answer is very simply, yes.

Let's explore what I mean by a child harming themselves. This means that your child is in POTENTIAL Danger of becoming hurt, harmed or killed. Some of the things that would fall into this category, but not limited to, is: drug use and abuse, thoughts of committing suicide, gang related activity, unprotected sex with multiple partners, running away from home, prostitution, drunk driving, increased depression, poor/lack of attendance at school, having possession of a firearm or weapon, cutting behavior and the list could go on. All of these behaviors should be addressed promptly either with family counseling, individual counseling or group counseling. In the event that your child has made threats to commit suicide, this requires Immediate Treatment. No threat should be considered an idle threat. Girls are more likely to attempt suicide and boys are more likely to complete suicide, due to the ways they attempt suicide. Girls are more likely to attempt to overdose on drugs and boys are more likely to use firearms or hanging.

Let's explore what I mean by a child harming another person. If your child has been making threats that they are going to hurt, bully, fight, terrorize, frighten, stalk or harm someone, then counseling would be advised. Anger management counseling would be most appropriate. Again, if your child threatens they have homicidal thoughts and would like to kill someone or has fantasies of killing someone, then Immediate Treatment is required.

Finally, if your child has been harmed by someone. This would include your child being the victim of bullying, cyber bullying, molestation, rape, mental or physical torture, stalking etc. Counseling for all types of victimization is necessary. The need to rebuild self esteem in victims is important. Identifying feelings, processing past trauma and coping with the past and present are critical factors in this counseling process.

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In recent years, all of these events are on the rise. We are seeing more violence, and completed suicides than ever before. Children usually tell others what they are thinking. They may tell a friend over the phone, at school or on the computer. They may write it down in a journal or a diary. Finding these pieces of information are important in being able to prevent further loss and damage.

Wendy McLellan is a licensed mental health and substance abuse counselor, with more than sixteen years of experience. She has recently devoted time to the efforts of

<http://www.safecomputerkids.com>

in their goal to provide parental internet safety tools and resources to the public.

Web Statistics

By Clare Lawrence

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By Clare Lawrence 15th August 2004

Web statistics are a vital part of promoting your website.

On the Internet it's very easy to spend dollars on advertising and pay per click and be disappointed with the results.

By using web statistics properly, you can monitor what works and what doesn't.

Web servers collect logs of site activity but you need software such as the great free product webaliser to monitor and interpret them.

Webaliser turns these `rawlogs' into a helpful Html format. This tells you a lot of helpful and interesting things, such as:—

How many visitors does your site actually get a day and per month?

Where are they coming from?

How did they get to your site?

Which pages on your site are getting visitors and which are not?

Which search engines are bringing in traffic?

What key-phrases are being used?

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By carefully monitoring these results, you can experiment with promotional campaigns, monitor the results and hopefully refine your campaigns.

Its much harder to benchmark your site against rival sites, but there are a number of sites that can give you an approximate idea of other sites traffic such as Alexa, www.alexa.com

Alex uses the activity of 100,000's of users toolbars to record visits and shares this information on its website.

If your sites not showing up on Alexa, then use their add url feature
<http://pages.alexa.com/help/webmasters/>

Clare Lawrence is CEO of Discount Domains Ltd - A leading UK provider of Domain name registration and Web Hosting services. Please feel free to re-publish this article provided this reference box remains together with a hyperlink to <http://www.discountdomainsuk.com> Clare can also be contacted on clare@discountdomainsuk.com



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