

AL-AIN ASSAHIRA



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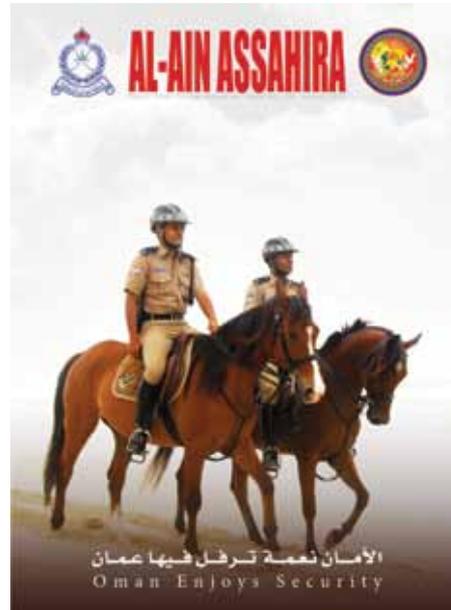
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His Majesty receives a cable of thanks from Inspector General

Lieutenant General Malik bin Sulaiman Al Ma'mari, Inspector General of Police and Customs, Chairman of the National Committee for Civil Defence, and members of the committee raised a cable of thanks and gratitude to His Majesty Sultan Qaboos bin Said on the occasion of the Royal orders issued to constitute a national committee to deal with the natural and environmental adverse conditions and their outcomes.

Following is a translation of the cable: Your Majesty Sultan Qaboos bin Said, the Supreme Commander,

"The National Committee for Civil Defence would like to express to Your Majesty its thanks and gratitude for the sound Royal directives and the close and continuous follow up while the Sultanate was affected during the past days by the adverse weather conditions.

Your Majesty were, as usual, with us at the heart of the event following the details at first hand although Your Majesty had been outside the Sultanate on a visit to dear brothers. This close follow up had a good impact on everyone's response to Your Majesty's wise guidance and on the concerned authorities performance of roles.

It also contributed to alleviating the sufferings and reducing the losses to the lowest possible level. This had been achieved, thanks to Allah, and to the efforts initiated before the adverse conditions affecting the Sultanate. Precautionary measures, were taken, then rescue and search operations carried out during and after the adverse weather conditions and the restoration to normalcy.

Your Majesty's Royal orders following the adverse weather conditions in 2007 for the government to take measures

to avoid the recurrence of the damage by the construction of dams, roads, bridges, building of vital utilities in places away from the risks of floods. These measures contributed to reducing the damage resulting from the recent adverse weather conditions.

Every thing was normal. The loss of life was limited to a single case due to electric short circuit. The other deaths took place after the adverse weather conditions cleared and most of them were attributed to personal mistakes, such as, driving across flooding wadis or leaving children playing in water pools unattended or ignoring warnings publicised by the authorities concerned. Your Majesty's Royal orders to constitute a committee chaired by ROP and including members of the National Committee for Civil Defence to provide all needs, take necessary precautions, ensure



full preparedness for such adverse weather conditions now in all waks of life and medical services will help the Sultanate avoiding hazards and protecting life and property in future.

Your Majesty, The National Committee for Civil Defence and its sub-committees in the governorates and regions worked as an integrate active team. After the roads had been cleared, water and electricity restored and people have resumed their normal businesses, the committee has concluded its works related to this extraordinary condition. The committee assures Your Majesty its readiness to carry out its national duty properly at your Majesty's instructions and guidance.

We pray to Allah Almighty to protect Oman against all harms and grant Your Majesty good health and long life to remain a source of our pride.

Your Majesty kindly accept our sincere pledge to be loyal and obedient.

Chairman and Members of the National Committee for Civil Defence.



Road Safety Symposium



His Highness Sayyid Shihab bin Tareq bin Taimorr Al Said opened on Saturday, 15 May 2010 the Road Safety Symposium under the banner "Yes to Reducing Road Accidents."

The Symposium, which was held during the period 15 – 19 May 2010, came in response to His Majesty Sultan Qaboos bin Said's instructions in his speech to the dignitaries of Al-Batina Region last October, when he called on all groups of

the community to act towards minimizing road accidents. His Majesty's advices at that meeting were re-broadcast at the opening session.

His Excellency the Minister of Justice, Sheikh Mohammed bin Zaher bin Abdullah Al-Hinai gave a speech, and said that international statistics of deaths due to traffic accidents were appalling. Globally, about 1,025,000 deaths on the roads were recorded in one year. Economically, the annual loss

resulting from road accidents worldwide were estimated at around \$ 518 bn. This meant that road safety was an international crises with socio-economic consequences.

His Excellency pointed out that in the legal aspect, the legislative authority and the judiciary would play a role in the control of road traffic to ensure good conduct and observation of the rules on the road. "Laws will be developed, or amended to



introduce more severe punishments on violators of traffic rules. Special courts would be established for road traffic cases as necessary”, he emphasized.

Then His Excellency Shaikh Abdullah bin Mohammed bin Abdullah Assalmi, Minister of Endowments and Religious Affairs addressed the symposium reminding that people were bound by religion to safeguard life and property, and that a person should never, for any reason whatsoever, harm themselves or others. “Loss of lives and destruction of properties are the main consequences of traffic accidents and, therefore, must be avoided. It is a religious and ethical obligation to avoid such consequences by any means.”

Then His Excellency the Minister of Health, Dr. Ahmed bin Mohammed Assaidi, delivered a speech and said that The Sultanate of Oman’s concern for road traffic accidents was apparent at the international level, where efforts



of Oman’s delegation to the United Nations produced four decisions on road safety between 2003 and 2005. The Global Health Council adopted Decision No 5710 in 2004 underpinning the issue.

Within this context, the Regional Office of the World Health Organization, Middle East selected the Sultanate of Oman as a hub for launching the regional celebration of the International Health Day, 2004. It was an unprecedented step, and appreciation of Oman’s role in bringing the road accidents issue to the attention of the world countries.

He pointed out that the Ministry of Health realized early on the magnitude of the health problem resulting from road accidents. It adopted since 1991 a three-point programme for minimizing road accidents: 1. Preparation of the main health institutions for receiving victims of accidents. 2. Training of special staff for dealing with these accidents and 3. Participating



with organizations concerned in the public awareness efforts.

His Excellency the Minister reminded that in all referral hospitals throughout the country the Ministry of Health established well-equipped and manned trauma sections and provided qualified surgical staff. At Khawla Hospital, the main trauma and emergency infirmary, special sections for orthopedics, blood vessels surgery, reconstructive surgery and neurosurgery were established and provided with advanced examination and treatment equipment. Sections for physiotherapy, prosthesis workshop and occupational diseases sections were also founded at this hospital to support the needs of road accidents victims.

Then General Victor Kiryanov, Head of the Department of Road Safety, Ministry of Home Affairs, Russia, spoke at the opening ceremony commending Oman’s concern with road safety. He said that Oman upraised the international



interest in road safety to a new standard, when it made an initiative at the United Nations in 2003, according to which the General Assembly adopted a decision. Thereafter, the General Assembly took 5 other decisions with the participation of Oman.

He added that the whole world attended to road safety, and that the World Health Organization's statistics indicated that about 1.3 million died and 250 injured annually around the world.

In his speech the Russian official said that Moscow's conference was the first ministerial international symposium on road safety. It contributed to improving road safety issues to the present level. He called upon international organizations to take part in this issue in order to organize intensive, collaborative international efforts.

A documentary film on road safety was shown at the opening ceremony. It showed Oman's development in road network, traffic legislature,

the increase in the number of vehicles, road accidents, and the ROP's traffic awareness efforts.

The Symposium aimed at studying the traffic awareness materials and programmes, how to communicate them, gauging their efficiency and their effect on all sections of the society, and producing recommendations that would contribute immediately to minimizing accidents, and which can be used in a future national strategy.

On the next day, Sunday, the symposium started working sessions, and discussed the traffic awareness programmes and how to communicate them to the public. Working papers were presented by the Ministry of Information, Public Prosecution, the Establishment of the Arab Gulf Countries Joint Programme Production.

On the third day, the discussion was focused on the effectiveness of training on improving the road users' skills. Working papers were presented by Royal Oman Police, Ministry of Education, Ministry of Transport and Communications, Sultan Qaboos University.

Activation of the private sector's institutions, national organizations and the society as a whole to contribute to spreading traffic awareness was the subject of discussions on the fourth day.

On the last day, Wednesday, the symposium issued the recommendations, which were approved by His Majesty

Sultan Qaboos bin Said. His Excellency the Inspector General said that His Majesty had ordered their implementation. He emphasized that all government authorities concerned would soon put them into effect, and that many steps would be taken for that. Then he read the recommendations as follows:

1. The National Committee for Road Safety shall work out a national traffic safety strategy for the years 2011 – 2020, including unification of efforts, carrying on work in participation of all parties concerned to minimize traffic accidents in line with legislations in force and international standards.

2. The National Committee for Road Safety shall establish a national centre of road traffic statistics and information to provide comprehensive information for those concerned and researchers in road safety.

3. Establish 18 Oct. , the occasion of His Majesty's Royal command, an annual Traffic Safety Day. A trophy and valuable prizes will be awarded to any governorate, region, wilaya, institution or individual initiative which excels in enhancing the traffic safety.

4. Promote and intensify traffic awareness in new, effective manners and convey them through media and modern techniques to all sectors of the society.

5. Enhance the traffic education in the curricula



of public and private education, colleges and universities in order to bring up a well informed generation that complies with traffic rules and contributes to spreading traffic awareness.

6. Expand ambulance and initial medical help on the road, after injury treatment at the emergency sections, medical and psychological rehabilitation, to reduce their social impacts.

7. Organizations concerned shall study and assess the traffic laws and rules in force, and review the punishments (court rulings, violations) in order to deter those who commit dangerous acts.

8. Create traffic departments at courts for the trial and urgent settlement of traffic related cases, and imposing immediate punishment on violators and those who cause accidents.

9. Enforce more control on road traffic in line with the expanding network of roads and heavy motor traffic to ensure safe flow of traffic, and to seize reckless drivers who

tend to commit accidents.

10. Find engineering solutions for spots where frequent accidents occur, set up clear policy for correcting them according to international standards.

11. Organizations concerned shall review, assess the regulations of the speed limits on main roads, in districts, residential and commercial areas in order to minimize road accidents.

12. Make roads more safe for pedestrians by providing more facilities in line with road specification to ensure safe crossing of pedestrians and minimize running-over accidents.

13. Remind organizations in charge of the assessment and construction of roads to carry on the construction of roads according to the approved Road Design Manual in order to accommodate and minimize human errors.

14. Remind the physical development organizations to go on maintaining road boundaries, traffic flow requirements and to keep land planning away from the roads.

15. Develop the means and mechanisms of driving learning by using a unified, systematic driver instruction system throughout the country to improve the standard of training and enhancing the output of the driving schools.

16. Consider the car driving instruction a fulltime job

governed by rules, requirements, and be included in the record of the Ministry of Labour Force, Public Authority of Social Insurance, and be approved after passing a special course at the Road Safety Institute.

17. Activate the Road Safety Institute and establish branches thereof in governorates, and regions to play effective role in the training of drivers and other road users.

18. Promote the national associations, social initiatives and other collective and individual initiatives, encourage the society to demonstrate its significant role and responsibility in spreading traffic awareness.

19. Activate the private sector institutions (insurance, petroleum, transport, communications and car dealers etc) to contribute to the training of road users, support and produce traffic awareness.

20. Scientific, academic and research institutions shall adopt more studies and researches on traffic safety, encourage and provide appropriate support for those interested or studying traffic matters.

Then His Excellency concluded thanking the participants for attending the symposium and for their contribution. He also thanked all those who took part in organizing it.

Inspector General presides over graduation ceremony



Lieutenant General Malik Bin Sulaiman Al Ma'mari, the Inspector General of Police and Customs, presided over the graduation ceremony of police platoons comprising different ranks and some security apparatuses on June 16 at the parade ground at the Sultan Qaboos Academy for Police Sciences in Nizwa.

The ceremony began with the graduates entering

the parade ground and the Royal Anthem was played followed by the march past in front of the main dais. Later, the Inspector General distributed prizes to top graduates, after which he congratulated the graduates and encouraged them to exert more efforts to serve their country. He also said that despite police being a security service; it was also a service body that

offered different services to all segments of society. The ceremony was attended by Major General Salim Bin Musallam bin Ali Qatan, the Assistant Inspector General of Police and Customs, a number of senior officers from some security services and ROP.

Contract signed for audiovisual effects, fireworks at tattoo



His Excellency Lt. General Malik bin Sulaiman Al-Ma'mari, Inspector General of Police and Customs signed on Satr. 4/9/2010 a contract with a number of international companies for the provision of audiovisual effects and fireworks for Oman military music festival (tattoo games). The amount of the contract was RO2,496,000.

The signing ceremony, which took place at His Excellency's office at the Police Headquarters was attended by Major General Salem bin Musallam bin Ali Qatan, Assistant Inspector General of Police and Customs.



BAHAR DUA

ROP signs service pact



Lt Gen Malik bin Sulaiman Al Ma'amari, the Inspector General of Police and Customs signed on June 14 an agreement of advisory services with Cossem Safety and Security Services Company of Singapore.

The agreement provided for training civil defence staff on searches and rescues. The agreement also aimed at developing the capacity of staff of civil defence to

meet with local needs and carry out humanitarian tasks. The cooperation with the Singaporean company would also enhance the efforts of ROP to coordinate with the national rescue and search team in the framework of the United Nations.

From the Singaporean side, the agreement was signed by James Tan, CEO of Pension Fund at Singaporean Civil Defence and former

Commissioner of Singapore Civil Defence Force.

The signing ceremony was attended by Major General Salim bin Musallam Qatan, the Assistant Inspector General of Police and Customs, Colonel Yazid Abdullah from the Singaporean Civil Defence, and a number of senior ROP officers.

ROP guests

Lieutenant General Malik bin Sulaiman Al Ma'mari, the Inspector General of Police and Customs received on May 11 His Excellency Anatoly Kolishov, Belarusian Minister of International Affairs at his office in Qurum.



His Excellency received on May 22 His Excellency Syed Kharsheed Ahamed Shah, Pakistan's Minister of Labour and Manpower at his office in Qurum. The meeting was attended by His Excellency Sayyid Hamad bin Hilal al Busaidi, Undersecretary for Labour Affairs, Ministry of Manpower.

His Excellency also received the delegation of the committee in charge of a draft project for establishing an AGCC centre for control of disasters which would be based in Kuwait. The delegation visited the Special Taskforce Police and the DG of Operations.



His Excellency received the Delegation of the Royal College of Defence Studies in the UK headed by Sir Jeffery James during their visit to the Sultanate.

His Excellency received on June 23 at his office in Qurum His Excellency Mr. Sergio Tamm, Brazilian Chief of Mission in the Sultanate and his delegation.



His Excellency received His Excellency Mr. Cho Sung Hwan, Ambassador of the Republic of Korea to the Sultanate and his delegation on June 23 at his office in Qurum.

His Excellency Lt General Malik bin Sulaiman Al Ma'mari, the Inspector General of Police and Customs receives on July 17 at his office in Qurum Dr Jihan Tawilah, the World Health Organization's representative in the Sultanate.

During the meeting they discussed matters of joint concern especially the efforts being exerted to reduce traffic accidents. His Excellency also reiterated ROP commitment to implement the Traffic Safety Symposium recommendations.



The meetings were attended by a number of ROP officers. Matters of joint concern and aspects of mutual cooperation were also discussed especially in the security field.



ROP, PDO tie-up to train instructors and taxi drivers



The Royal Oman Police signed with Petroleum Development Oman (PDO) on June 15 a contract to finance the training of 150 driving instructors and taxi drivers by Traffic Safety Institute. For Royal Oman Police, Major General Salim bin Musallam bin Ali Qatan, the Assistant Inspector General of Police and Customs, signed the contract, while John Malcolm, Petroleum Development Oman's managing director, signed from PDO's part. Major General Salim said that

this agreement comes with in the framework of cooperation between the Royal Oman Police and Petroleum Development Oman in various fields especially in the field of traffic safety. "The rehabilitation of driving instructors and taxi drivers will undoubtedly enhances traffic safety on the road," he said. John Malcolm pointed out that traffic safety is a top priority of PDO as the company believes that the public should work together to find appropriate solutions to raise awareness and reduce traffic accidents.

A number of officers from Royal Oman Police and officials from PDO attended the signing ceremony.



Food for Thought



by: 1st Lieutenant
Abdullah Said Al-Harthy
Directorate of Public Relations

- 1- The Great Fire of London was in 1666.
- 2- Calcium Carbonate is the chemical name for chalk.
- 3- The black box on a plane is orange
- 4- Tiber is the river which flows through Rome
- 5- Michael Crichton

wrote the novel Jurassic Park

6- Thomas Edison said the famous words «Genius is 99% perspiration and 1% Inspiration».

7- The brain consumes 40% of the blood's oxygen.

8- The death penalty in England was abolished in 1969

9- The Python is the world's longest snake.

10- Feedback is the shortest word in the English language which contains A, B, C, D, E and F.

Have a good a laugh

- A woman is walking along a beach when she finds an old oil lamp. She picks it up and rubs it, and out comes a genie.

The genie says to the woman, "Thank you for freeing me from the oil lamp.

I will grant you three wishes, but whatever you wish for, your horrible

ex-husband will get twice as much. What is your first wish?"

The woman says, "I'd like a million dollars in my bank account, please!"

The genie says, "You now have a million dollars in your bank account, and your ex-husband now has two million dollars. What is your second wish?"

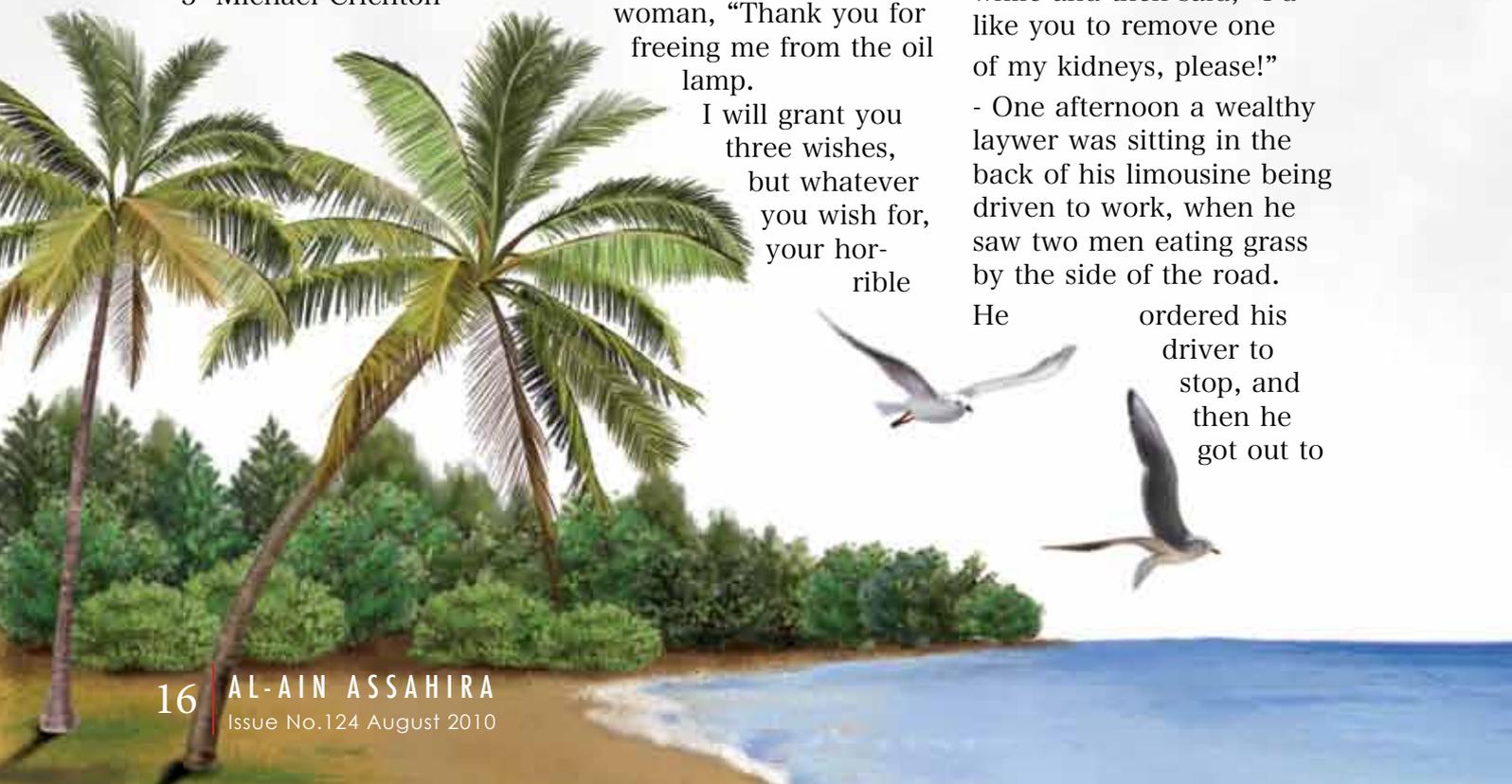
The woman says, "I've always wanted a nice car. I'd like a brand new Rolls-Royce, please!"

The genie says, "You now have a new Rolls-Royce in your garage at home, and your ex-husband now has two new Rolls-Royces. What is your third wish?"

The woman thought for a while and then said, "I'd like you to remove one of my kidneys, please!"

- One afternoon a wealthy lawyer was sitting in the back of his limousine being driven to work, when he saw two men eating grass by the side of the road.

He ordered his driver to stop, and then he got out to





investigate.

“Why are you eating grass?” he asked the men.

“Sir, we don’t have any money for food,” one of the men replied.

“Come along with me,” instructed the lawyer.

The first man said, “But sir, I have a wife and two children. They are also hungry.”

“Bring them along too,” replied the lawyer.

The second man said, “Sir, I have a wife and six children. Can they come as well, please?”

“No problem, bring them as well,” answered the lawyer as he climbed back into his limo.

Finally, they were all in the limo - the lawyer, the two men, their two wives and eight children.

One of the men said, “Sir, you are too kind. Thank you for taking all of us with you.”

The lawyer replied, “No problem, there will be plenty to eat at my home. The grass is almost half a metre tall.”

Mirror

by

Sylvia Plath

I am silver and exact. I have no preconceptions. Whatever I see, I swallow immediately.

Just as it is, unmisted by

love or dislike

I am not cruel, only truthful –

The eye of a little god, four-cornered.

Most of the time I meditate on the opposite wall.

It is pink, with speckles. I have looked at it so long I think it is a part of my heart. But it flickers.

Faces and darkness separate us over and over.

Now I am a lake. A woman bends over me.

Searching my reaches for what she really is.

Then she turns to those liars, the candles or the moon.

I see her back, and reflect it faithfully

She rewards me with tears and an agitation of hands.

I am important to her. She comes and goes.

Each morning it is her face that replaces the darkness.

In me she has drowned a young girl, and in me an old woman

Rises toward her day after day, like a terrible fish

I carry your heart with me

by

E. E. Cummings

I carry your heart with me(I carry it in

my heart)I am never without it(anywhere

i go you go, my dear; and whatever is done

by only me is your doing, my darling)

I fear

no fate(for you are my fate, my sweet)i want

no world(for beautiful you are my world, my true)

and it’s you are whatever a moon has always meant

and whatever a sun will always sing is you

here is the deepest secret nobody knows

(here is the root of the root and the bud of the bud

and the sky of the sky of a tree called life; which

grows

higher than the soul can hope or mind can hide)

and this is the wonder that’s keeping the stars

apart

I carry your heart(I carry it in my heart)

Ah, Are You Digging On My Grave?

by

Thomas Hardy

“Ah, are you digging on my grave,

My loved one? -- planting rue?”

-- “No: yesterday he went to wed

One of the brightest wealth has bred.

‘It cannot hurt her now,’ he said,





“That I should not be true.”

“Then who is digging on my grave,
My nearest dearest kin?”
-- “Ah, no: they sit and think, ‘What use! What good will planting flowers produce? No tendance of her mound can loose Her spirit from Death’s gin.”
“But someone digs upon my grave?
My enemy? -- prodding sly?”
-- “Nay: when she heard you had passed the Gate That shuts on all flesh soon or late,
She thought you no more worth her hate,
And cares not where you lie.
“Then, who is digging on my grave?
Say -- since I have not guessed!”
-- “O it is I, my mistress dear,
Your little dog , who still lives near,
And much I hope my movements here
Have not disturbed your rest?”
“Ah yes! You dig upon my grave...
Why flashed it not to me
That one true heart was left behind!
What feeling do we ever find
To equal among human kind
A dog’s fidelity!”

“Mistress, I dug upon your grave
To bury a bone, in case I should be hungry near this spot
When passing on my daily trot.
I am sorry, but I quite forgot
It was your resting place.”

Sonnet To Liberty
by
Oscar Wilde

These are the letters which Endymion wrote
To one he loved in secret, and apart.
And now the brawlers of the auction mart
Bargain and bid for each poor blotted note,
Ay! for each separate pulse of passion quote
The merchant’s price. I think they love not art
Who break the crystal of a poet’s heart
That small and sickly eyes may glare and gloat.
Is it not said that many years ago,
In a far Eastern town, some soldiers ran
With torches through the midnight, and began
To wrangle for mean raiment, and to throw
Dice for the garments of a wretched man,
Not knowing the
God’s

wonder, or His woe?

The Best Thing In The World

by
Elizabeth Barrett Browning

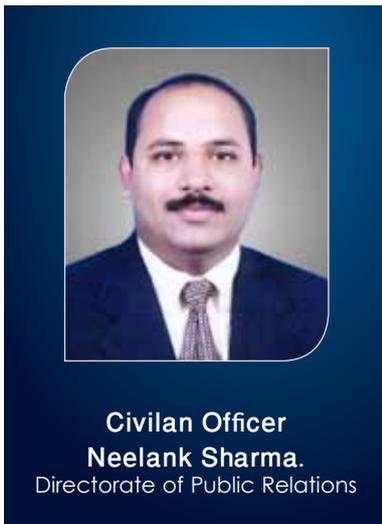
What’s the best thing in the world?
June-rose, by May-dew impearled;
Sweet south-wind, that means no rain;
Truth, not cruel to a friend;
Pleasure, not in haste to end;
Beauty, not self-decked and curled
Till its pride is over-plain;
Light, that never makes you wink;
Memory, that gives no pain;
Love, when, so, you’re loved again.
What’s the best thing in the world?
—Something out of it, I think.







Cyber Crimes... Cyberbullying ...



**Civilian Officer
Neelank Sharma.**
Directorate of Public Relations

The Internet is a wonderful thing and the sort of invention that we all wish we had when we were at school. Revising for tests and completing homework would have been so much easier with sites like Wikipedia and Google to help us out. Staying in touch with our friends would also have been so much easier had we been able to use Facebook and Twitter.

Of course, with the immediacy that these websites offer, come the inherent dan-

gers too. Safety online is of paramount importance and it's vital to realize that just because someone claims to be one thing, such as a friend or teenager, they may not necessarily be so.



The instant nature of the Internet also means that you can reach people within seconds, and they can reach you "whether you want them to or not. This has helped in many ways, but has also caused problems with an increase of bullying. Online bullying is

known as Cyberbullying, and is just as big a problem as bullying at school or on the street. In fact, Cyberbullying can be worse because the bullies can reach you wherever you are.

If someone you do not want to speak to is attempting to bully you online you should



block all contact with them. Remove them from Facebook, adjust your privacy settings so they can't contact you and never contact them. Block them from chat programs such as MSN and Yahoo as well. If you ignore Cyberbullies, they will give up as they will have



no way of bullying you. If you have given out any personal details, be sure to tell an adult and change your mobile and email address if need be.

I have read many stories where people who were bullied online actually experienced some very negative



consequences.

It is almost as dangerous as being bullied in person and many people say that it is worse. It is imperative that parents all over the world are aware that cyberbullying exists. It is important that we take cyberbullying seriously and that if it is happening to



someone that you know or your child that you do something about it.

It may be worse. It is devastating to know that the victims of cyberbullying experience many similar effects as children who are bullied in person, although cyber bullying is more extreme to victims due to various factors:

- * People say things online that they may not say in real life. The element of being behind a computer screen may give bullies a sense of power and this may make them go to verbal extremes.

- * The damage is far reaching. Children can send emails saying nasty things about someone else and send it to their entire class, or alternatively post it on a website for the entire world to view.

- * It occurs in the child's actual home. Due to the aspect that the internet is universal, being bullied online means that children can be bullied in their own homes. This could cause children to feel unsafe where ever there is a computer, with the inclusion of their own homes.

- * Anonymity is another issue. Cyberbullies tend to sometimes hide behind email addresses and nick names that don't identify who they are.

Today's generation is more



openly connected than any other that came before it. All thanks to the Internet and Digital Technology. Our kids understand a great deal about the internet and cell phones. They spend a large part of their day on both of these devices, maintaining a constant connection with the world. They don't ever want to lose either one, so they expertly hide any evidence of internet bullying from us while keeping their anxieties a well-guarded secret.

Unfortunately, today's parents have far too many responsibilities to attend to and they often feel they are no longer connecting with their kids, especially when it comes to their online activities and exchanges.

They are unfamiliar with the new tools and technology that kids are spending so much time on.

Like most parents, they have absolutely no idea what their

kids are experiencing these days.

They wouldn't know exactly what to do about cyber bullying when it finally strikes their home.

Some frightening statistics we should be aware of:

1 in 7 children who regularly use the Internet is sexually solicited

1 in 11 is harassed or threatened

31 percent receive an aggressive sexual solicitation or are asked to meet

79 percent of solicitations occur in the child's home

56 percent of children do not tell anyone about the solicitations

Internet tips for parents:

Explore the Internet with your children. It's the best way to know what they see and to help them find kid-friendly sites.

Once you're at the sites remind kids to be careful in giving out their real name, address or other personal information in a chat room, to online pen pals or on electronic bulletin boards.

Use an online filter. Most Internet providers offer a filter to their customers. If they don't, consider purchasing software that can filter their activity when you're not around.

Set online rules (when, why and with whom present) and let your children know that using the Internet for personal reasons is a privilege and not a right.

Teach your children the meaning of private and personal – even family – information. Encourage them to post messages only with your permission and supervision.

Show your child the difference between advertisement and entertainment. A young child may not realize when a favorite cartoon is gathering market data or trying to sell them something.

Internet Resources for Parents

<http://www.familyguidebook.com> – A Family Guide to the Internet.

<http://www.getnetwise.com> - A resource for parents to educate themselves and their children about how to use the Internet safely. They provide information on filtering software and recommend safe web sites for children of all ages.

<http://www.cyberangels.org> - An Internet safety organi-

zation with a mission to be a cyberspace neighborhood watch and to fight Internet crime.

<http://www.protectkids.com> – A site dedicated to protecting children on the Internet and educating parents.

<http://www.netsmartz.org> – A comprehensive website full of information, suggestions, websites, and tips for Internet safety.

<http://www.cybersmartcurriculum.org/> - A free K-8 curriculum empowering students to use the Internet safely, responsibly and effectively.

Know What Your Kids Are Saying-

The New Digital Language-To Protect Your Kids, Speak Their Language Whether it's text messaging, e-mails, or in chat rooms, young people have developed a digital language all their own. Do you know what your kids are saying online? Internet predators do. Below are some acronyms that are being used by young people today, and what you see will surprise you!

Fact: 84% Of Today's Parents Don't Know How To Help Kids Conquer The Threat Of Cyber Bullying, Turning Them Into Unfortunate Victims As Well.

Too Many Kids & Parents Are Left hanging Without the Right Tools to Help Them Protect Their Children, allowing these attacks to get worse daily... It's Time This Changed!



121	One To One	IWALU	I Will Always Love You	PA	Parent Alert
A/S/L?	Age, Sex, Location	KOC	Kiss On Cheek	PAL	Parents Are Listening
CID	Crying In Disgrace	KOL	Kiss On Lips	PANB	Parents Are Near By
CRBT	Crying Real Big Tears	LMIRL	Lets Meet In Real Life	POS	Parents Over Shoulder
F2F	Face To Face	NIFOC	Nude If Front Of Computer	SWAK	Sealed With A Kiss
FUD	Fear, Uncertainty And Doubt	NP	Nosy parents or No Problem	TAW	Teachers Are Watching
ILU	I Love You	OLL	Online Love	WTGP	Want To Go Private?
IPN	I'm Posting Nude	P911	My parents are coming	TOS	Teacher Over Shoulder
WUF	Where Are You From?	LOL	Laughing out loud	YBS	You'll Be Sorry

Source: National Center for Missing and Exploited Children, US

You always want to make absolutely sure that you're doing everything you can to protect your kids, especially when it comes to bullying. Things aren't the same, simple way they used to be. Now, instead of just being confined to the schoolyard, bullying has found a new way to torment your kids by following them everywhere they go... even at home when you think they're safe. That's because bullying and harassment have been fully modernized and supercharged, and they're much more dangerous now than ever before. Parents, knowing very little about this secretive problem, are struggling to help their kids cope with cyber bullying.

It's time to learn about what's really going on in your home. Find out what it really takes to be sure your kids are safe from internet harassment. Help them find a way out of this nightmare, before things get totally out of control. Computers, cell phones, and the internet are becoming very important aspects of our kid's lives. It opens up a whole new world of communication and learning tools for them, but how do we make sure that they're safe? All this new technology has given bullies even greater power to victimize our kids. That old rhyme, "sticks and stones may break my bones, but names will never hurt me", wasn't helpful to you back then, and it's even less helpful to today's youth still struggling to gain acceptance with friends while also having to deal with aggressive online bullying.

Recent studies have shown us that 13% of teens have already received threatening emails and text messages.

Did you know? Up to 43% of teens have already had some kind of cyber bullying experience!

Over 15% of teens say they've had their private conversations posted online for all to see.

Over 13% of teens have had false rumors spread about them somewhere online.

The situation is already pretty bad, and it continues to grow worse every day like cancer spreading through the body. Internet Bullying is turning millions of kids and their families into helpless victims of online harassment. This sad story is being repeated in homes all over the world, so let's not let yours be the next. Most parents are completely unaware of the potential harm their kids may suffer. They clearly have no idea what this problem is or what their kids are dealing with. They don't know enough about the technology or where to get expert help. They don't think the problem of cyber bullying is bad enough to worry about yet. It's bad alright, and quickly getting worse. With so many responsibilities on their plate, they don't have the time.

Traffic safety recommendations- A quantum leap towards ZERO accidents in the Sultanate



By Kabeer Yousuf,
Reporter, Oman Observer

The recently approved traffic safety recommendations aiming at the “Yes to Reducing Traffic Accidents” at the traffic safety symposium is termed as a quantum leap towards achieving zero accidents on the Sultanate’s roads.

His Majesty Sultan Qaboos has approved the recommendations of the Traffic Safety Symposium (TSS) held under the theme ‘Yes to Reducing Traffic Accidents’ which concluded in the capital recently.

This was announced by Lt Gen Malik bin Sulaiman Al Ma’mari, the Inspector General of Police and

Customs, who said that His Majesty the Sultan ordered to implement these recommendations.

Al Ma’mari affirmed that all respective government departments would implement these recommendations and soon there would be a number of procedures to activate them.

“The symposium witnessed great input from local and international expertise on road safety with hope of reaching fruitful recommendations, which would contribute to finding solutions to increase road safety in the Sultanate, in the region and in the world over”, said Al Ma’mari in his opening speech.

In this context, recommendations of the TSS Muscat 2010 resulted in comprehensive steps of action from all segments of the community to accord significant efforts on road safety.

The 1st recommendation called for the National Committee for Road Safety (NCRS) to work out a national traffic safety strategy for the years 2011-2020, including unification of efforts, in participation of all parties concerned to minimise traffic accidents in line with legisla-

tions in force and international standards.

The 2nd recommendation called for the NCRS to establish a national centre of road traffic statistics and information to provide comprehensive information for those concerned and researchers in road safety.

The 3rd called for establishment of October 18, the occasion of His Majesty’s Royal command, an annual Traffic Safety Day. A trophy and valuable prizes will be awarded to any governorate, region, wilayat, institution or individual initiative which excels in enhancing traffic safety.

The 4th recommendation aims to promote and intensify traffic awareness in new and effective ways through media and modern techniques to all sectors of the society.

The 5th recommendation calls for the enhancement of traffic education in the curricula of public and private education, colleges and universities in order to bring up a well informed generation that complies with traffic rules and contributes to spreading traffic awareness.



The 6th recommendation focuses on expanding ambulance service, initial medical care on the road, post injury treatment at the emergency sections, medical and psychological rehabilitation, and on reducing the social impacts of road traffic accidents.

The 7th recommendation calls on organisations concerned to study and assess the traffic laws and rules in force, and review the punishments (court rulings and violations) in order to deter those who commit dangerous acts.

The 8th recommendation urges for creation of traffic departments at courts for speedy trial of traffic violations and creation of deterrence, on violators and those who cause accidents.

The 9th enforces more control on road traffic in line with the expanding network of roads and heavy motor traffic to ensure safe flow of traffic, and to seize reckless drivers who tend to commit accidents.

The 10th aims at finding engineering solutions for black spots where frequent accidents occur, set up clear policy for correcting them according to international standards.

The 11th recommendation calls on organisations concerned to review, assess the regulations of the speed limits on main roads, districts, residential and commercial areas in order to minimise road accidents.

The 12th recommendation calls for making roads more safe for pedestrians by providing more facilities in line with road specification to ensure safe crossing of pedestrians and minimise running-over accidents.

The 13th of the Symposium's recommendations urges organisations in charge of assessment and construction of roads to construct roads according to the approved Road Design Manual in order to accommodate and minimise human errors.

The 14th urges organisations concerned with urban planning to continue on maintaining road boundaries, traffic flow requirements and to keep land planning as away from the roads as possible.

The 15th recommendation calls for developing means and mechanisms of teaching the best driving practices using a standard driver instruction system throughout the country to improve the level of training and enhancing the output of the driving schools.

The 16th calls for considering the car driving instruction a full-time job governed by rules, requirements, be included in the records of the Ministry of Manpower, the Public Authority of Social Insurance, and be approved after passing a special course at the Traffic Safety Institute.

The 17th recommendation calls for enhancing the Traffic Safety Institute's role and establishing branches in

governorates, and regions to play an effective role in the training of drivers and other road users.

The 18th recommendation focuses on the enhancement of the roles of civil society associations, community initiatives and other collective and individual initiatives, and to involve the community to reveal its significant role and responsibility in spreading traffic awareness across the country.

The 19th recommendation activates the role of private sector institutions such as the insurance, oil, transport, communications and car dealers and so on to contribute to the training of road users, support and produce traffic awareness programmes.

The 20th and the last one in the list of recommendations for better traffic and 'Zero' accidents calls on scientific, academic and research institutions to adopt more studies and researches on traffic safety, and to encourage and provide appropriate support for those interested or studying traffic rules and regulations.

In all, the symposium addressed three major themes of discussions in which 18 working papers were presented by local and international experts on road safety besides the participation of the private and government organisations, Lt Gen Al Ma'mari noted.