Stop Cyberbullying

- Don't respond to cyberbullying messages.

- Don't forward cyberbullying messages.

- Block the person who is cyberbulling.

- Report the person who is cyberbullying.

- Keep evidence of cyberbullying

Where can I go if I or someone I know is being bullied?
Principal, Assistant Principal, School Counselor, Teacher, Parents, Lunch Aide, Bus Driver, Security Guard

| School	Name	Extension
Gregory School 973-669-5397	Makeida Hewit Assistant Principal	21511
Hazel School 973-669-5448	Leila Tirado Smith	22601
Mt. Pleasant School 973-669-5480	Lisa Struncis	23600
Pleasantdale School 973-669-5452	Florence Chirichiello	24601
Redwood School 973-669-5457	Rebecca Beutel	25601
	Ana Marti	25511
St. Cloud School 973-669-5393	Tara Donatiello	26601
Washington School 973-669-5385	Rene Wells	27601
Edison MS 973-669-5360	Pamela Halstead-Steward	28603
Liberty MS 973-243-2007	Stephanie Nesbitt	29601
	Lauren Volpe	29603
Roosevelt MS 973-669-5373	Michelle Ellingham	30602
	Stephanie Idrobo	30604
West Orange HS 973-669-5301	Amadeo Chirichiello	31552
	Keshia Golding-Cooper	31557

Cyberbullying

WEST ORANGE PUBLIC SCHOOLS
Ms. Cheryl Butler
District Anti-Bullying Coordinator
973-669-5400, Ext. 31611
cbutler@westorangeschools.org

If It's Mean Intervene
West Orange Public Schools
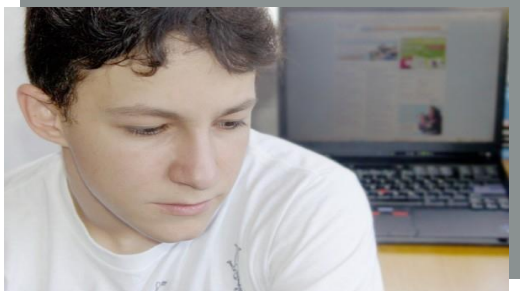
Cyberbullying

Students today use all sorts of devices to communicate with their friends. While electronic communication is easy and fun, it's also easy to misuse.

Cyberbullying is the intentional and repeated use of electronic communication devices (cell phones, computers, etc.) to threaten, harass, or humiliate others.

Who are the cyberbullies?

➢ Cyberbullies are often people who lack the strength or courage to confront someone face-to-face.

➢ While bullies who attack others physically or verbally are motivated by power and control, cyberbullies are often motivated by revenge.

➢ Cyberbullying if often done by students who don't intend to be hurtful or mean – they are "just playing around".

Cyberbullying is different

Because of the following differences, cyberbullying can be more difficult to deal with than either physical or verbal bullying.

Anonymous – Cyberbullies can hide their identity, so they are braver and more daring – and harder to identify and catch.

Convenience – Cyberbullying can be done 24/7, in any location, using any electronic communication device (computer, cell phone, laptop).

Distance – Cyberbullies often do not see the hurtful reaction of their target, making them less likely to understand the pain they're causing, and less likely to feel badly about what they've done.

Entertainment – Some cyberbullies enjoy creating drama, or they think what they're doing is funny or clever. Some are just bored and looking for ways to entertain themselves online.

Fast and Far Reaching – Cyberbullies can reach a large number of people in a matter of minutes. In many cases, a message is sent or posted impulsively, before the sender has weighed the consequences of his/her words or actions.

What to Do

If you are the target of a cyberbully, do not despair. There are things you can do.

➢ Immediately block or delete the cyberbully's number or email.

➢ Don't respond or retaliate. Ignore it. Cyberbullies who don't get a reaction often get bored and quit.

➢ Tell an adult you trust. Also tell your friends. Don't let anyone bully you into silence!

➢ Save, print, and keep all messages or posts.

➢ Keep a record of where the harassment is coming from and when it happens.

➢ Identify and report cyberbullies. Look for clues, and then report them to the service they were using to harass you.

➢ If the cyberbullying is threatening, it's serious. Make sure your parents know, and consider taking legal action or involving law enforcement. School officials also need to be informed.

Most importantly, don't let a cyberbully get you down. Talk to your friends and parents about what's happening, stay busy with activities you enjoy, and focus on the positive people and things in your life!