

## WHAT CAN PARENTS DO?

- Monitor computer use.
- Increase communication with children.
- Expect and demand adequate school action.
- Report incidents to school and encourage your children to speak up about bullying.
- Ask your child how they are treated at school.
- When your child speaks badly of another student, gently express discomfort and empathy for the scorned child, discourage retaliation.
- Never ignore bullying, don't walk by; if you can't intervene directly, report it.
- Empathize with your child and don't just tell them to ignore it if they are being bullied.
- Support bullied kids in every possible way.
- Be consistent and fair with discipline, show warmth and spend time with children.
- Limit exposure to violent media.
- Provide praise that includes what they did and what positive results their actions have (ex. "You studied so hard that you got an A. I am so proud of you")
- Encourage your child not to be a bystander but to be an "upstander" and stand up for themselves and others and not to laugh or join in with bullies
- Teach tolerance, empathy and patience
- Be a good role model



## RESOURCES

[stopbullying.gov](http://stopbullying.gov)  
[girlshealth.gov](http://girlshealth.gov)  
[parentsagainbullying.com](http://parentsagainbullying.com)  
[kidshealth.org](http://kidshealth.org)  
[comonsensemedia.org](http://comonsensemedia.org)  
 West Orange Board of Ed website

## Where can I go if I or someone I know is being bullied? District Employee Anti-Bullying Specialists

School	Name	Extension
Gregory School 973-669-5397	Sarah McIntosh	21601
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
St. Cloud School 973-669-5393	Tara Donatiello	26601
Washington School 973-669-5385	Rene Wells	27601
Edison MS 973-669-5360	Pamela Halstead-Stewart	28603
Liberty MS 973-243-2007	Stephanie Nesbitt	29601
	Lauren Volpe	29603
Roosevelt MS 973-669-5373	Michelle Ellingham	30602
West Orange HS 973-669-5301	Amadeo Chirichiello	31552
	Keshia Golding-Cooper	31557

## HARASSMENT, INTIMIDATION AND BULLYING (HIB)

### PARENT'S RESOURCE



***If It's Mean  
Intervene***  
**West Orange Public Schools**

Mrs. Cheryl Butler  
 District Anti-Bullying Coordinator  
 973-669-5400, Ext. 31611  
[cbutler@woboe.org](mailto:cbutler@woboe.org)

## WHAT ARE THE DIFFERENT TYPES OF BULLYING?

- **Physical Abuse:** pushing, shoving, knuckling, kicking, beating
- **Verbal / Emotional Abuse:** teasing, taunting, insulting, threatening, using sarcasm and derision
- **Relational Abuse:** gossip, rumors, slander and social exclusion
- **Cyber-Abuse:** e-mail, social websites, text messaging
- **Criminal Abuse:** extortion, theft, blackmail, harassment, terroristic threats, assault, bias crimes, dating violence, sexual assault

### TEASING / NORMAL CONFLICT VS HIB

Teasing/Normal Conflict	HIB
Variability in roles (negative acts in both directions)	Always the same target
Primary goal is not to harm	Intent to harm
Playful or limited in extent, because participants equal in power	Harmful, directed at vulnerabilities, negative acts increase with target's distress
Relationship valued for mutual benefit, concern for others	Seeking power, control or material gain as primary motive for relationship
Remorseful, takes responsibility, makes effort to address problem	No remorse, blames victim, discounts target's point of view



### HOW CAN I TALK WITH MY CHILD IF HE OR SHE BULLIES SOMEONE ELSE?

- Help your child to tell you exactly what they did without excuses or blaming others.
- Remember that your child made a choice to do what they did
- Encourage them to talk about how that behavior affected the other person
- Find out the goal he/she was trying to reach through hurting the other person—Power? Attention? Fun? To be left alone?
- If your child has been punished at school, it will probably not be necessary to punish him again at home (unless behavior was severe)
- Encourage your child to behave better next time and to treat others with respect
- Have open communication with your child.

### HOW CAN I SUPPORT MY CHILD IF HE OR SHE IS BULLIED AT SCHOOL?

- Avoid blaming your child
- Listen, gather information, show empathy, and support
- Encourage your child to keep telling your and other adults at school, advocate for your child and report to school
- If your child is isolated, help make connections through activities, hobbies, or clubs
- Help your child to see that the cruel behavior was a choice made by those who bullied and not something that he or she caused.

