

TAKE A STAND BE A BUDDY. NOT A BULLY.



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WELCOME TO DEIRDRE'S HOUSE



Deirdre's House is *the* Center in Morris County for child victims of abuse and/or neglect.

Since opening its doors in 1996, Deirdre's House has provided services to over 28,000 of Morris County's child victims!

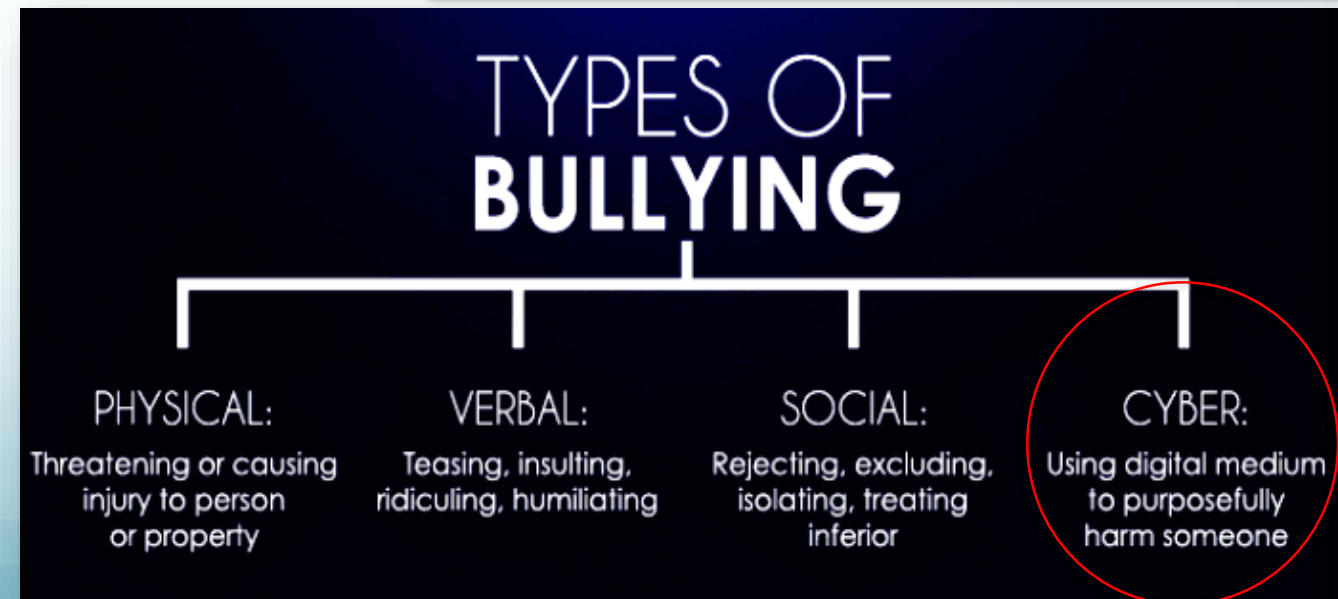
WHY IS DEIRDRE'S HOUSE TALKING ABOUT CYBERBULLYING?

- When a child sends mean messages or writes mean posts, the child who receives them can feel **very hurt** and **alone**.
- Sometimes when a someone feels very hurt or alone they may hurt themselves or others



WHAT IS CYBERBULLYING?

- Cyberbullying is a type of bullying using electronic technology such as cell phones, tablets, computers, and communication outlets like social media sites, text messages, chat, and websites.
- Cyberbullying can happen 24/7, anytime of the day or night.
- Messages and images can be posted anonymously and sent out quickly to a very wide audience.



DON'T BE MEAN BEHIND THE SCREEN

Treat Others the Way You Want to Be Treated

Think about how you would feel if someone texted or posted the same thing about you or your friend or family



DON'T BE MEAN BEHIND THE SCREEN

**Some things we might do or say to someone
that seem funny at the time
are actually pretty hurtful.**

Put yourself in the position of the other person.

Would you find what you are saying funny or mean?

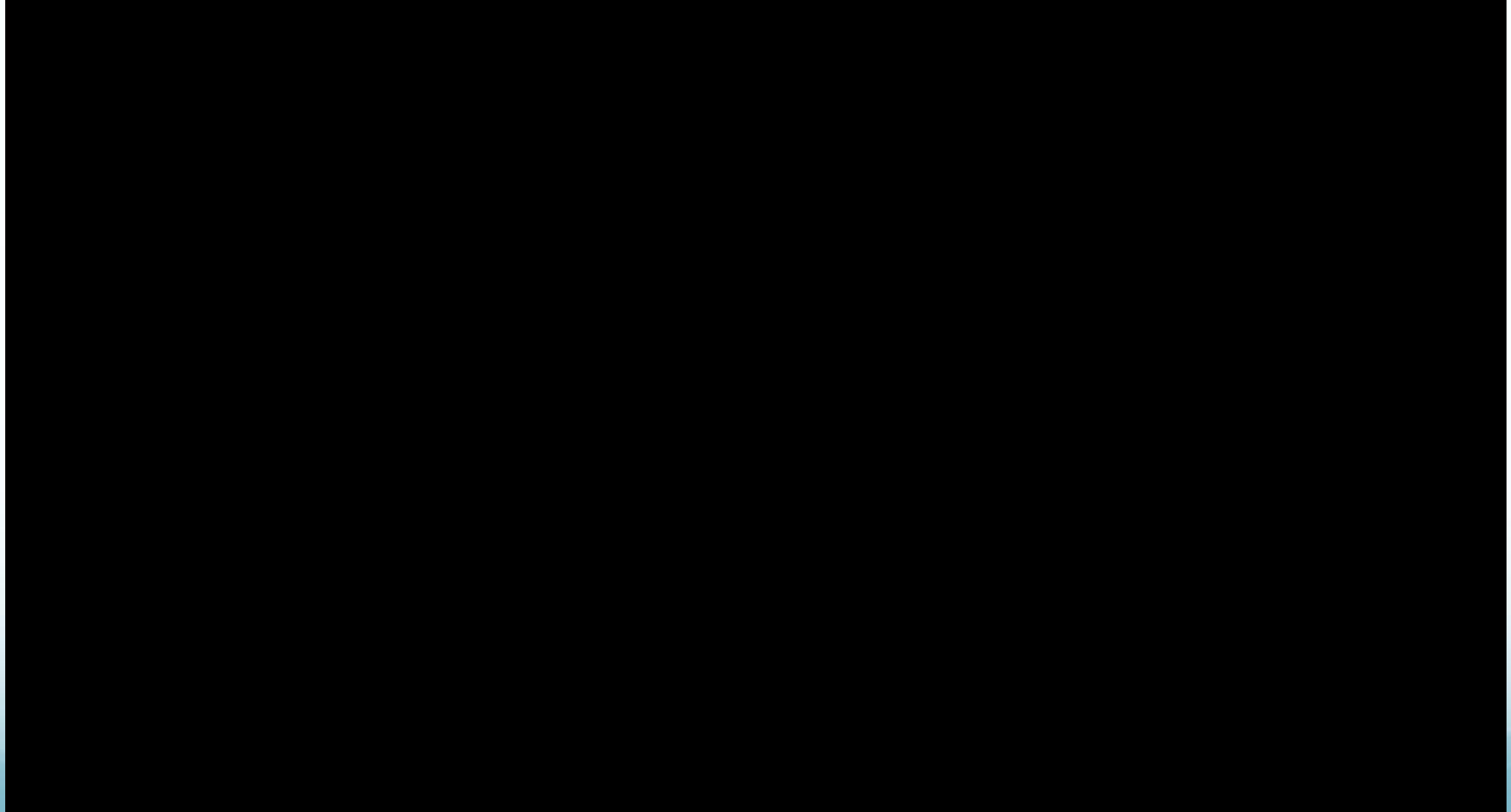
DON'T BE MEAN BEHIND THE SCREEN

Be as polite online as you are in person.

Would you feel comfortable saying what you want to say online directly to the person's face?



WOULD YOU?



THINK BEFORE YOU TYPE

It is NOT okay or cool to intimidate, exclude, harass, make fun of, anyone because of their

RACE, SKIN COLOR, RELIGION, SEXUAL ORIENTATION, GENDER, OR THEIR DIFFERENCES-

This is AGAINST THE LAW



DON'T BE MEAN BEHIND THE SCREEN

**Do not write
OR
forward hurtful messages even if you are angry!**

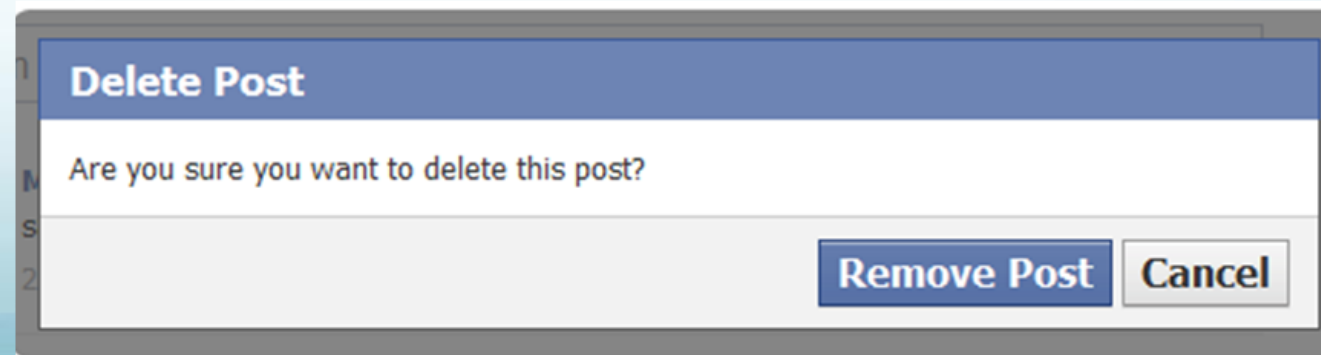
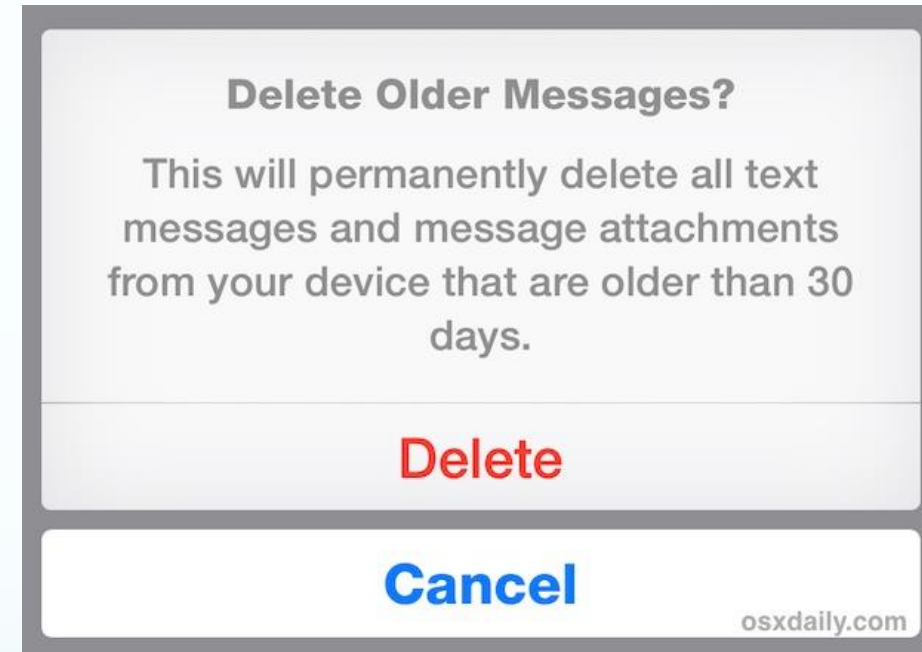
When you are feeling angry:
do not text or post messages until you are feeling more calm.

Is it **T**True
Is it **H**elpful
Is it **I**nspiring
Is it **N**ecessary
Is it **K**ind

**Walk away from your computer or phone
and do something you enjoy doing.**

NOTHING IS EVER “DELETED” FROM TECHNOLOGY

- Deleting inappropriate or harassing messages, texts, and pictures doesn't mean they are gone.
- Even if they are deleted on a device: texts, social media posts, and pictures **can be recovered**.



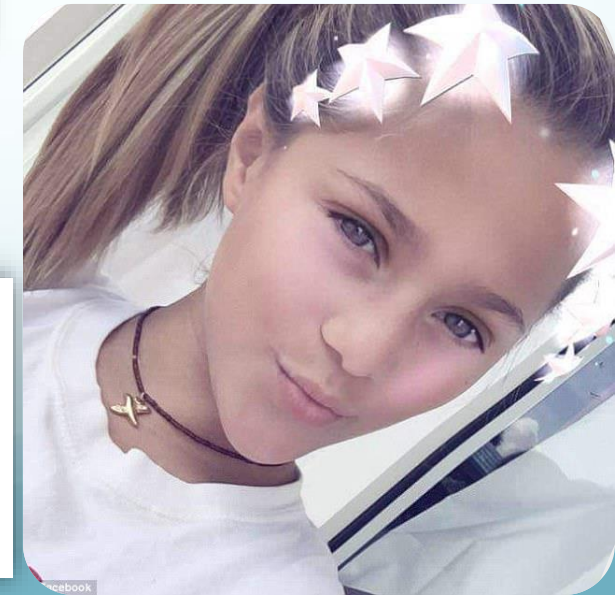
FRIENDS DON'T LET FRIENDS BULLY

- **Don't join** friends who may be bullying someone else.
- If you see bullying online show it to an adult. --
- your counselor, teacher, parents, family members, etc.
- **Ask yourself:** How would you feel if someone did these things to you or someone you love?
- **Remember:** It is okay to say sorry!

Cyberbullying can lead to depression, self-harm and even suicide.



Two middle school students, 12, charged with cyberstalking for 'harassing girl, 12, who told her mother she was getting bullied online just before she committed suicide'



Authorities said cell phones and social media accounts were examined as part of their investigation. Police issued a warning to parents to closely monitor what their kids are seeing and sharing online.

**REMEMBER SUICIDE IS
A PERMANENT SOLUTION
TO A TEMPORARY PROBLEM**

If you see something, say something!

YOU COULD SAVE SOMEONE'S LIFE

REACH OUT.

ALL IT MAY TAKE IS
ONE MOMENT.

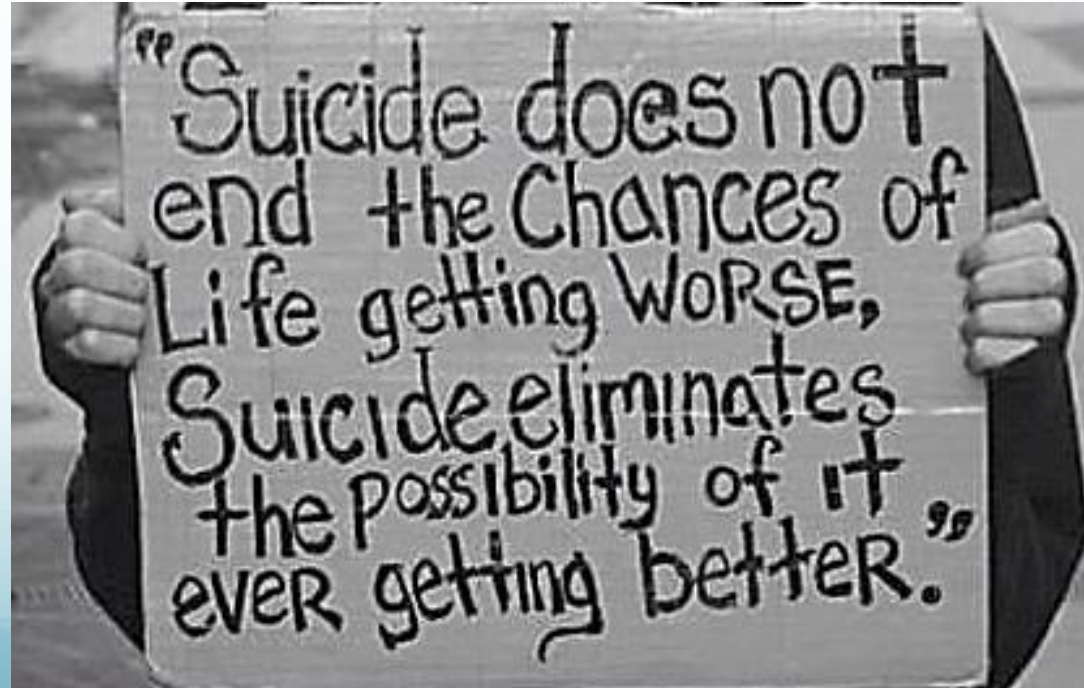
FOR HELP: **CALL**
1-800-273-TALK
(1-800-273-8255)
National Suicide Prevention Hotline

Suicide is not
the answer.



There is **hope.**

#PreventSuicide



BE BUDDIES NOT BULLIES

RUOK?TM

A conversation could change a life.

- Don't join friends who may be bullying someone else.
- If you see bullying online show it to an adult.
- If you see someone needs help & is alone, be there for them
- **A simple conversation can help a friend.**
- Encourage them to get help from an adult they trust.
- Tell them it is okay to ask for help!
- **YOU can tell an adult about it**—they can help!

Help
ask • listen • tell

HEY! WHAT'S GOING ON HERE?

WE NEED YOUR HELP.

I'LL FIND AN ADULT.

WHAT CAN I DO?

BACK OFF!

THIS ISN'T COOL.

THEN SPEAK UP.

I'LL SPEAK UP BY:

- TELLING AN ADULT**
THAT I TRUST, SO THEY CAN STEP IN AND STOP THE BULLYING
- BEING FRIENDLY**
TO THE PERSON WHO WAS BULLIED AND LETTING THEM KNOW IT'S NOT THEIR FAULT
- GETTING INVOLVED**
WITH MY SCHOOL'S BULLYING PREVENTION PROGRAM AND ENCOURAGING EVERYONE TO SPEAK UP

I'LL SPEAK UP →

PLEDGE HERE

IT'S NOT YOU... IT'S THEM!

- **It's not you:** Don't blame yourself. Don't beat yourself up.
- **Lens change:** Try to view cyberbullying from a different perspective.
- **Get help:** People want to help you! Keep talking!
- **Get involved:** Spend time doing things you enjoy.
- **Find support:** Talk to people who aren't involved in the cyberbullying.



WHAT TO DO IF YOU ARE BULLIED

- **Save the Evidence:** Take a **screen shot** of the text messages or webpage.
- **Block and Delete:** Don't keep them on your social media. Block the bully!
- **Tell an adult:** Every time you get a mean message **tell someone** you trust.
- **Report the bullying:** People are taking this **serious**! Ask an Adult to Help You.



WHAT TO DO IF YOU ARE BULLIED

- **Don't respond** to any messages or posts written about you, no matter how hurtful or untrue.

- Responding will only make the situation worse and provoking a reaction from you is exactly what the cyberbullies want, *don't give them the satisfaction.*

...

- **Don't seek revenge** on a cyberbully by becoming a cyberbully yourself. It makes the problem worse & could result in serious **legal consequences** for you.

- **IF YOU WOULDN'T SAY IT IN PERSON, DON'T SAY IT ONLINE.**



LAW ENFORCEMENT & SCHOOLS...

N.J. 9th grader charged after social media school threat, cops say



3 middle school students charged with cyber harassment over Instagram post

Two girls, a 12 and 14-year-old, were arrested in a Florida bullying case after one of them admitted online over the weekend that she harassed a 12-year-old girl who killed herself last month, a sheriff said Tuesday. (Oct. 15) AP

... ARE TAKING A STAND

CYBER - HARRASSMENT

N.J.S.A. 2C:33-4.1

- **Online capacity** via **electronic device** or **social network** w/purpose to harass
 - Threaten to inflict injury or harm to person/property
 - Knowingly send, post, comment, request, suggest, or propose: lewd, indecent, or obscene material to or about another w/intent to emotionally harm or place person in fear of harm
 - Threaten to commit any crime against person/property



BE CYBERSMART!

- Don't like, post, or share offensive, shaming, or abusive comments online.
- Do not arrange to meet anyone online you do not know.
- What you do online is seen by everyone! Including people you don't know.
- Make sure your privacy settings are up-to-date.
- Do not post your other usernames on your bios in social media.
- Don't accept friend requests of people you don't know to get more followers.

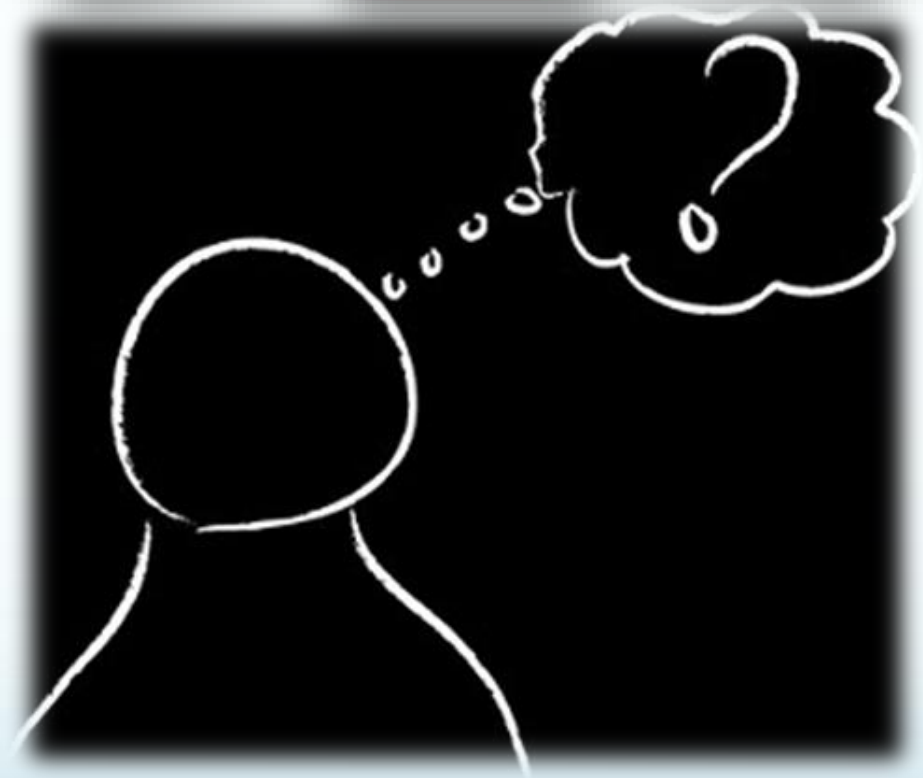
When online, never give your:



- Don't open messages from strangers.
- Never tell others your passwords.
- Don't reply to nasty messages.
- Keep and show an adult any nasty messages.

#GOLDENRULE





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(1-800-273-8255)
National Suicide Prevention Hotline

CONTACT US

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