

START THE CONVERSATION



www.deirdreshouse.org

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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?

- Cyberbullying is a form of **child on child abuse.**
- Some kids that are cyberbullied are feeling so desperate that they are **taking their own lives**



WHY IS DEIRDRE'S HOUSE TALKING ABOUT CYBERBULLYING?

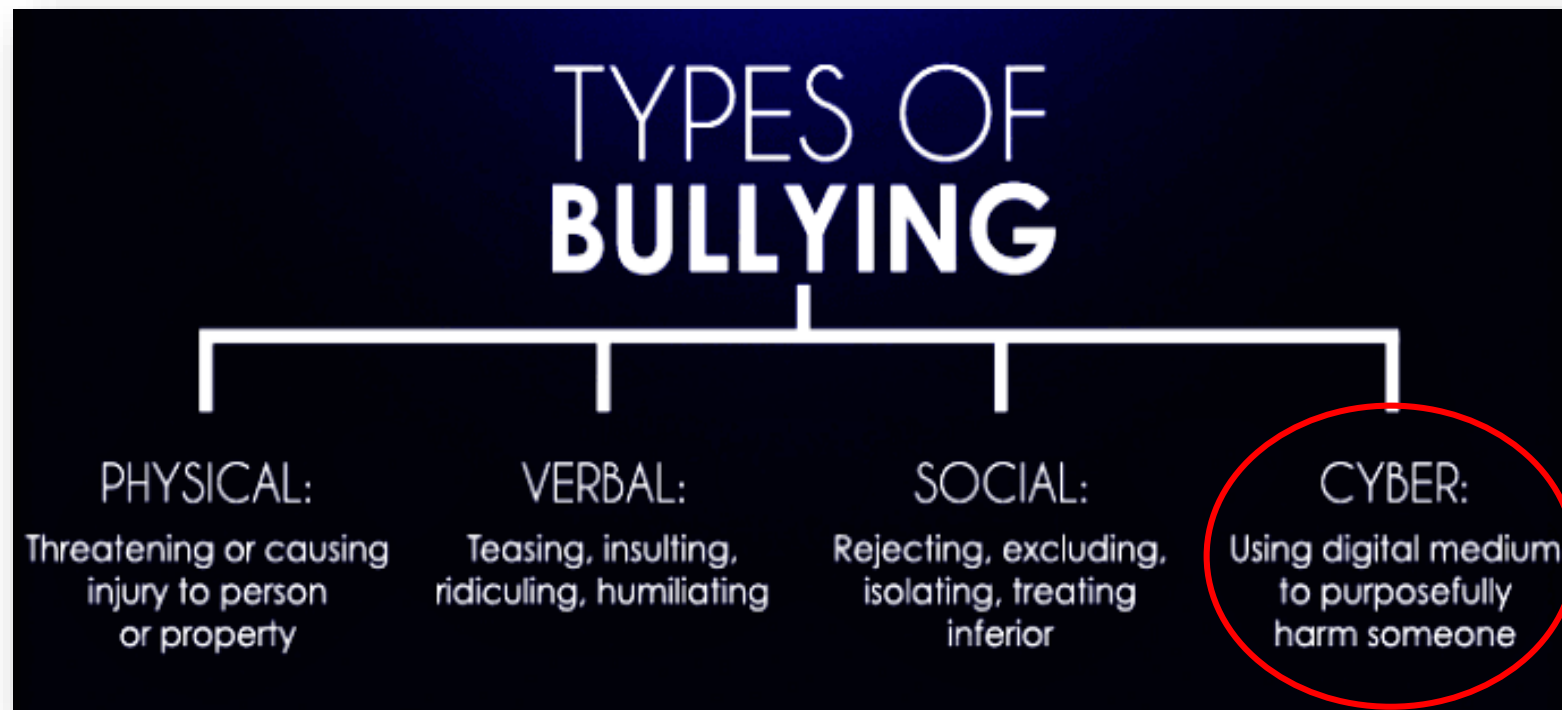
Technology is **NOT** the problem.
Online Behaviors are the problem.

Start talking. Build face-to-face time.

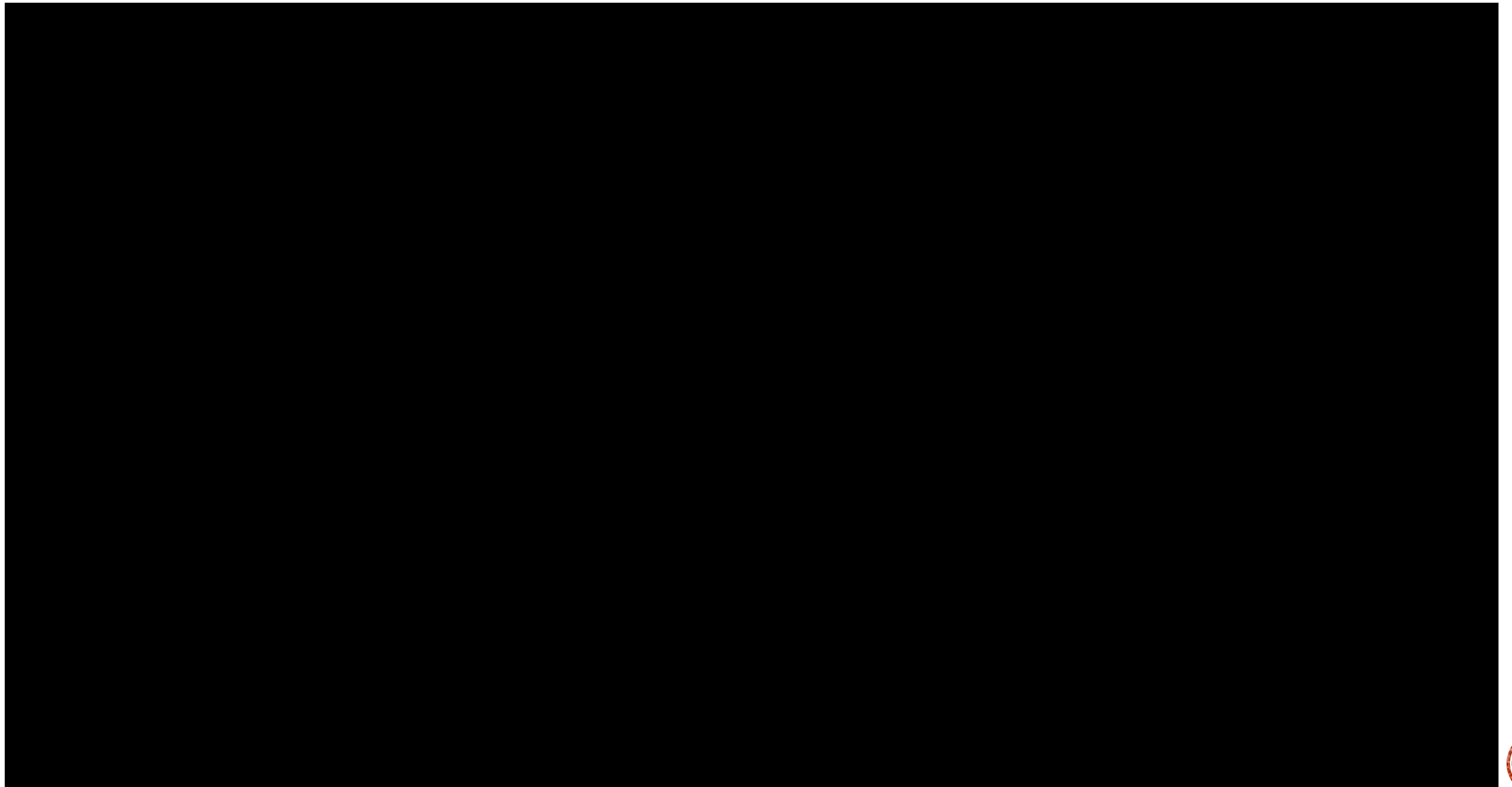


WHAT IS CYBERBULLYING

Cyberbullying occurs when someone uses the Internet, emails, text messages, instant messaging, social media websites, online forums, chat rooms, or other digital technology to harass, threaten, or humiliate another person.



START THE CONVERSATION



WHY IS CYBERBULLYING SO DAMAGING?

Cyberbullies can torment their victims **24 hours a day** and the bullying can follow the victim anywhere so that no place, not even home, ever feels safe, and with a few clicks the humiliation can be witnessed by hundreds or even thousands of people online.



IT'S NOT ABOUT THE TECHNOLOGY, IT'S ABOUT THE BEHAVIOR

Lasting effects on: the victim, the bully, school, and community

Bullying isn't a part of
"just growing up" or *"kids being kids."*



IT'S NOT ABOUT THE TECHNOLOGY, IT'S ABOUT THE BEHAVIOR

Regularly remind them:

- think before typing
- treat others how they want to be treated
- if you wouldn't say it in person, don't say it online.
- things we say or do can be hurtful
- "it's just a joke"* does not make it funny-- it's all about how the person on the receiving end feels
- not to forward hurtful messages
- not to send messages when angry
- not to share, save, or spread inappropriate images
- do not be a bystander
- you will be checking their online behavior.
INCLUDING: cellphones, tablets, social media



THINKING BEFORE TYPING

Teens are receiving the message from media & celebrities that it is a “joke, cool or everyone’s doing it” to intimidate, exclude, harass, make fun of, someone because of their

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

That is AGAINST THE LAW

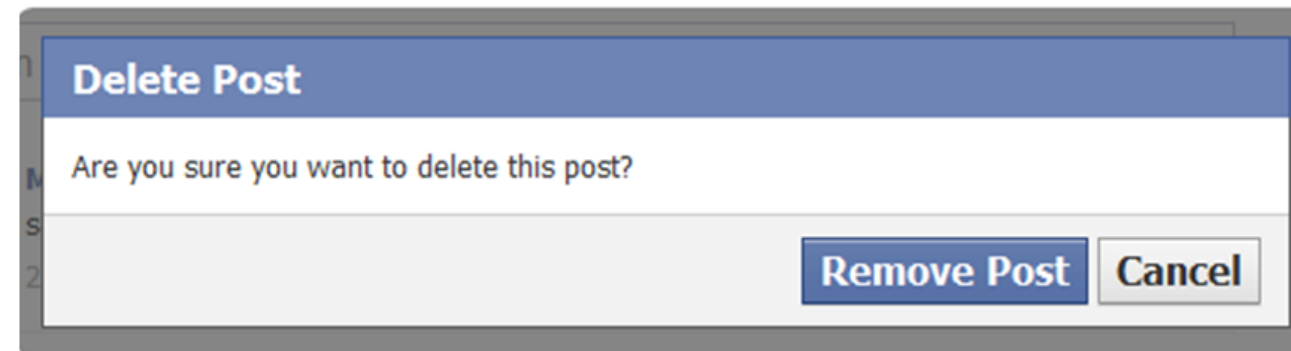
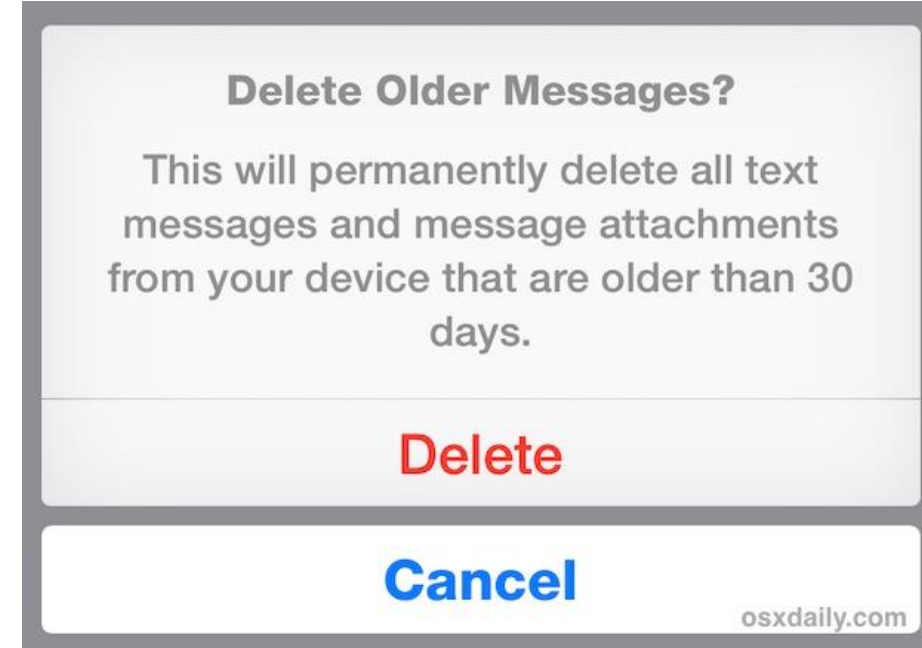


TOLERANCE
mean THAT WE AGREE, OR IGNORE EACH OTHER.
IT MEANS: We make SPACE
for OTHER PEOPLE'S
DIFFERENT INTERESTING ODD WRONG OPINIONS.



REMIND THEM: 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.**



THINKING BEFORE TYPING

Cyberbullying can have lasting effects.

Fear and Anxiety.

- Who will be bullied next
- Often scared to go to school.

Shame.

Victims often feel:

- worthless
- powerless.
- ashamed for not stopping it.
- Bully may feel bad about their behavior.

More Violence.

- Some may respond to fear of bullies by:
 - taking their own lives
 - carrying weapons.

Violence can spread quickly.

Loss of Freedom.

People may:

- avoid certain places
- withdraw themselves
- avoid activities
- show signs of depression
- Some may even stop attending school.



WHEN IT CONTINUES...

Cyberbullying can have lasting effects.

Victims:

- Low self-esteem
- Social isolation
- Academic problems
- Substance abuse
- Depression
- SUICIDE

Bystanders:

- Guilt
- Anger
- Fear
- Sadness
- Helpless

Bullies:

- Academic problems
- Substance abuse
- Trouble with the law
- Increase of repeated cycle with their own children.

Schools:

- Increase rate of drop outs
- Drop in student attendance, grades, test scores
- Decrease in school morale
- “Clicks” and gossiping behavior



IS YOUR CHILD BEING BULLIED

- **Many children keep it a secret: Begin the conversation.**
 - Open up with your child about uncomfortable topics.
 - Building the face-to-face relationship will build trust.
- **Be Relentless:** Don't give up!
 - Find ways to talk to your child: car rides, eating with no phones, before bed.
 - Stop asking how was your day.
 - Instead ask: “who did you eat with today?” or “did anything make you smile today?”
- **Stay calm:** Children/Teens **look for your reaction** to see if they can trust you with this information.
 - Don't overreact– no matter how shocked, mad, or saddened you are.
- **Reassure your child:** Tell them nobody deserves to be bullied.
 - Let them know it's **OK** to feel angry, sad, or afraid and you **WILL** help them.



IS YOUR CHILD BEING BULLIED

- **Ask questions:** Ask them to explain what has been happening
 - What was said, what the bully did, how your child responded
 - Ask yourself: Was this *knowingly, purposely, repeatedly*?
- **Block & Delete:** Prevent communication from the cyberbully.
 - Have your child block them from social media.
 - DO NOT DELETE EVIDENCE—until action has been taken.
- **Guide them:** Don't seek revenge on a cyberbully by becoming a cyberbully.
 - It makes the problem worse & could result in serious legal consequences for your child.



IS YOUR CHILD BEING BULLIED

- **Save the Evidence:** Victims word is enough. Take a **screen shot** of the messages or webpage.
- **Report the Bullying:** People are taking this **serious**! Report threats of harm, intimidation, harassment, and inappropriate **sexual** messages to the police and school officials.
- **Use Specific Language:** Harassment. Intimidation. Seclusion. Discrimination.
- **Paper Trail/Email:** Always follow-up a phone or in-person conversation/meeting with school officials (BOE) via email and 'cc' another recipient (i.e. email the principal/superintendent and c.c. the counselor)



WHEN YOUR CHILD IS THE BULLY

**Parents may sense if their child is bullying others.
You also may have the feeling something is off.**

Saying “*it’s not my kid*” or “*they wouldn’t do that*” blinds you from seeking the **help** your child may need.

■ **Know SOME of the warning signs:**

- ❑ Enjoy putting others down and/or not caring about others’ feelings
- ❑ Need to have power over others
- ❑ Use others to get what they want
- ❑ Disrespects authority and people different than them
- ❑ Disregards rules
- ❑ Tries to hide what they are doing online or with their cellphones
- ❑ Attitude of superiority
- ❑ Makes “jokes” that are not funny
- ❑ Brings other peers and/or siblings down



TIPS TO HELP PREVENT IT...

- **Spend quality time:** Talk and listen to your child. Put all electronics away and spend time doing family time.
- **Use positive discipline:** Set clear rules & fair consequences for breaking them. Always follow through. Never use physical punishment
- **Be a positive role model:** Your child learns by watching you. Respect other and display tolerance.
- **Teach your child to use technology safely:** Keep electronics and cellphones in *common areas* and *set limits*.
- **Teach your child not to be a bystander:** Encourage your child to tell the bully to stop or walk away/get help.
- **Challenge violence in the media:** Talk about *unrealistic* media violence. Come up with other solutions.
- **Teach nonviolence:** Using violence to solve problems only makes things worse.
- **Teach your child to accept differences:** Encourage them to learn from people who are different from them.
- **Encourage healthy relationships:** Get involved in school activities. Unplug from online/cellphones.
- **Help your child feel good about themselves in a healthy way:** Encourage to *set and reach* goals & celebrate!



WHAT CAN I DO FOR THEM?

If your child is bullying others or you know a child who is:

As a parent, I should:

- ❑ **Stay calm.**
 - ❑ Normal to feel angry or ashamed– or want to deny that your child could hurt others.
 - ❑ Kids make bad mistakes. They are not perfect
 - ❑ Turning a blind eye will not help the victim or your child
- ❑ **Talk about it.**
 - ❑ Begin the conversation.
- ❑ **Set clear rules and boundaries.**
- ❑ **Increase my knowledge of technology**
- ❑ **Seek help and share concerns.** Talk with school officials: teacher, counselor, principal to work together
- ❑ **Make sure the bullying stops immediately.**
 - ❑ Make it clear: I take this seriously.
- ❑ **Be compassionate.**
 - ❑ Bullying has effected another child's life and has made them a victim of hurtful words and behavior.
 - ❑ Apologies are also encouraged in an appropriate manner and setting with victim's parents
- ❑ **Consider my own behavior.**
 - ❑ Children often learn by their parents and/or environment.
 - ❑ Consider your own:
 - ❑ fighting
 - ❑ method of discipline
 - ❑ environment the child is in (i.e. seeing domestic violence, aggressive behavior, etc.)



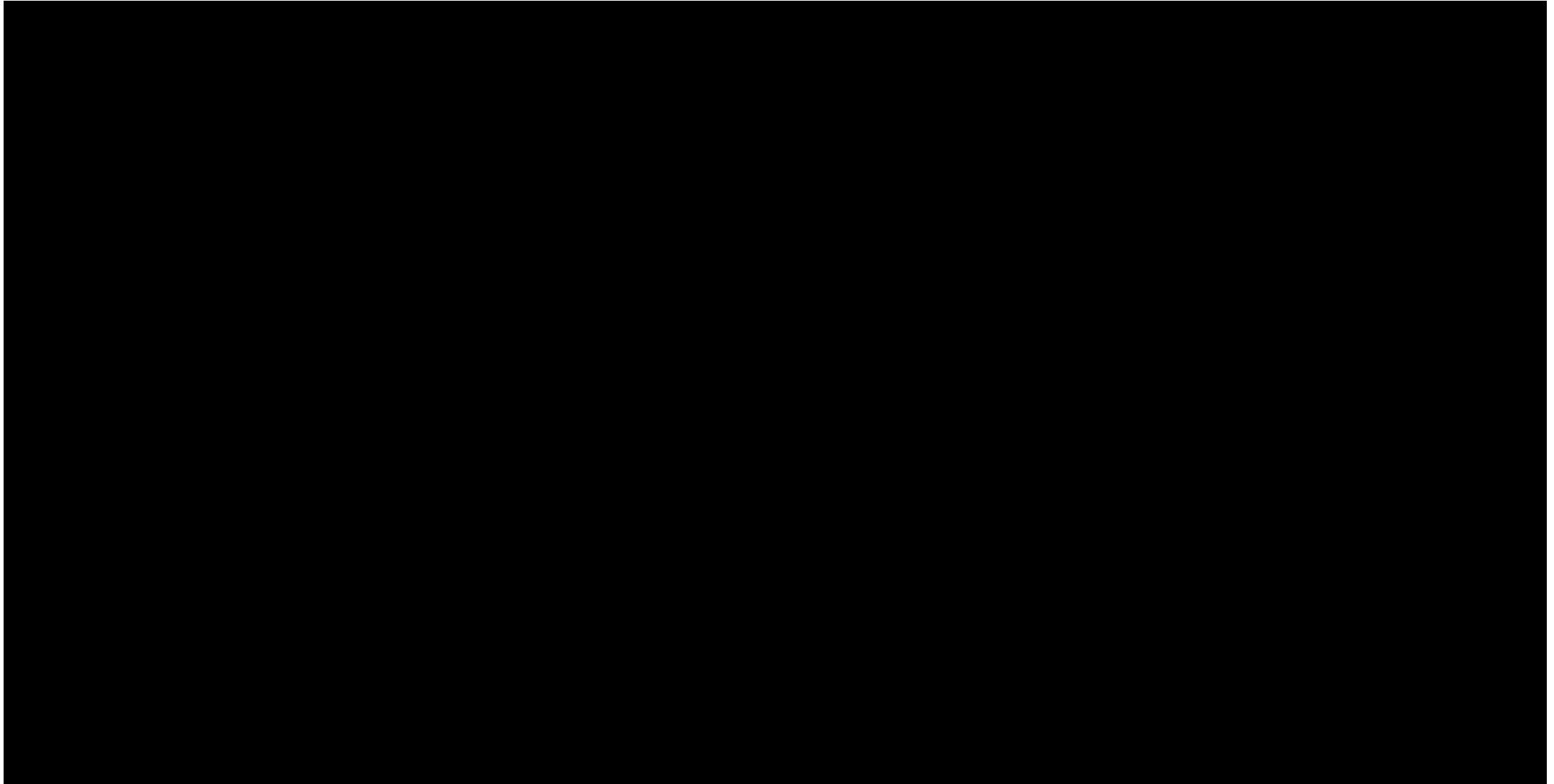
WHAT CAN I DO FOR THEM?

My child is bullying– I should have them:

- ❑ Realize severity of their actions
- ❑ Realize consequences are real and cyberbullying is NOT accepted
- ❑ Stop the bullying immediately
- ❑ Take a break from the media they are using to cyberbully
- ❑ Realize the psychological harm they could cause and can lead to ***children taking their own lives.***
- ❑ Explain to me why they are doing this
- ❑ Understand I will be monitoring the internet and phone activity
- ❑ Identify healthy coping for strong emotions, such as anger.
 - ❑ It's OK to be angry.
 - ❑ It is not OK to take out your anger on other people.



THE EFFECT: FROM THE EYES OF A VICTIM...



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'

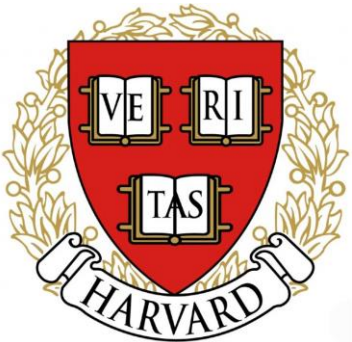


Authorities said cell phones and social media accounts were examined as part of their investigation. Police issued a warning to parents to closely monitor what their kids are seeing and sharing online.

DON'T JEOPARDIZE YOUR FUTURE BY IRRESPONSIBLE ONLINE BEHAVIOR

**Harvard withdraws 10 acceptances for 'offensive'
memes in private group chat**

The students in the spinoff group
exchanged memes and images
“mocking sexual assault, the Holocaust
and the deaths of children,” sometimes directing
jokes at specific ethnic or racial groups,
the Crimson reported.



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*** with ***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.

LOCKED OUT

Reality:

Parents are living in a world that we are not invited to be a part of & they know how to keep us out.

Parent Internet Safety Apps:

- Belly button:** Children to record incidents and send them to adults with a single click of a button.
- My Mobile Watchdog:** Allows parents to monitor their children's interactions on their phones.
- Net Nanny:** Allows parents to filter and monitor their children's activity
- Mobicip:** Web-filtering and parental control service to create a secure internet for your family.
Daily internet time limits. Youtube filter. Strict safe search

KnowBullying by SAMHSA (for parents):

- Get information about bullying for specific ages. Conversation starters.

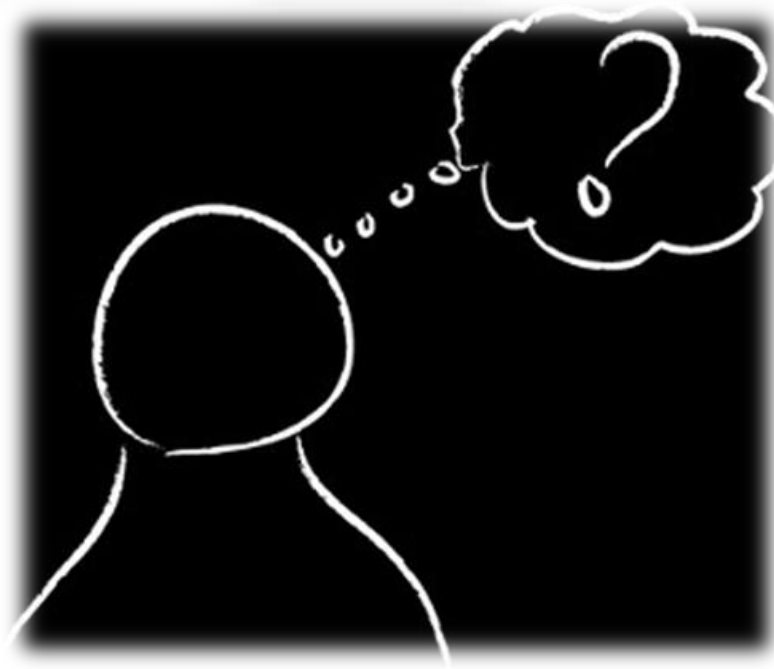
Schools:

- STOP!T/ Bullybox/Sprigeo:** Anonymously report acts of bullying. Schools can sign up for free.



#STOPCYBERBULLYING





1-800-273-TALK

(1-800-273-8255)

National Suicide Prevention Hotline

#BETHEGOOD
#STOPCYBERBULLYING



**REMINDE YOUR CHILD:
SUICIDE IS
A PERMANENT SOLUTION
TO A TEMPORARY PROBLEM**

1-800-273-TALK

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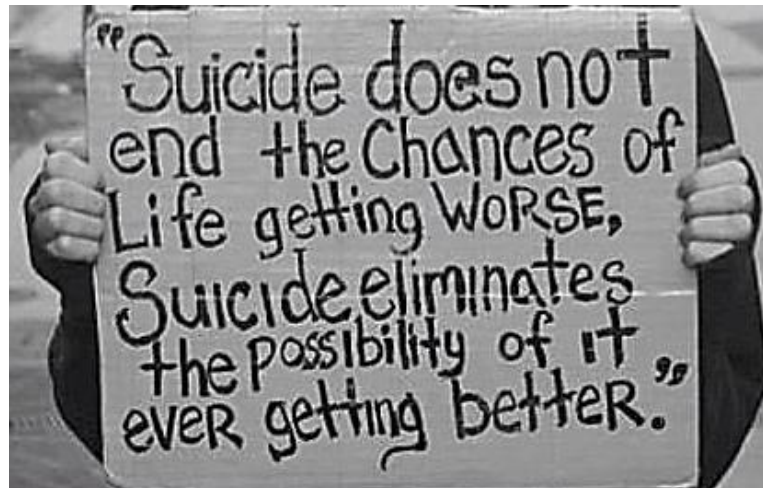
National Suicide Prevention Hotline

Suicide is not
the answer.



There is hope.

#PreventSuicide



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