

Connect and Respect

A look into HIB and Cyberbullying in South Brunswick



Complete the Do Now questions.

This information will be collected and used later in the evening.

Tonight's Goals:

- The Law
- HIB in SB
- Cybersafety
- Resource Sharing
- What Can We Do?

Let's Begin with a Shared Viewing...

Create No Hate

By Luke Colhane

TIP #1: Understand HIB and Cyberbullying, and know your child's rights

HIB means any gesture, any written, verbal or physical act, or any electronic communication, whether it be a single incident or a series of incidents, that:

- Is reasonably perceived as being motivated either by any actual or perceived characteristic, such as: race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability,

or by

any other distinguishing characteristic,

Takes place on school property, at any school-sponsored function, on a school bus, or off school grounds...that substantially disrupts or interferes with the orderly operation of the school or the rights of other students, and that

A reasonable person should know, under the circumstances, that the act(s) will have the effect of physically or emotionally harming a pupil or damaging the pupil's property, or placing a pupil in reasonable fear of physical or emotional harm to his/her person or damage to his/her property;

or

Has the effect of insulting or demeaning any pupil or group of pupils;

or

Creates a hostile educational environment for the pupil by interfering with a pupil's education or by severely or pervasively causing physical or emotional harm to the pupil

What is the School Safety/Climate Team?

- Formed to develop, foster, and maintain a positive school climate, including HIB issues
- Meets at least 2 times per a school year
- Consists of the principal (*or designee, preferably a senior administrator*) and principal appointees:
 - a teacher in the school,
 - the anti - bullying specialist (serves as chair),
 - a parent (as defined in N.J.A.C. 6A:16-1.3) of a student in the school, and other members determined by the principal

TIP #2: Recognize the
signs of bullying

Signs a Child is Being Targeted

- 0 Reluctance to attend or discuss school
- 0 Change in routines
- 0 Changes in eating/sleeping habits
- 0 Disconnect from friends and activities
- 0 Behavior changes after being online
- 0 Physical manifestations of stress

“Bullying” as a verb

VS.

“Bully” as a noun

Signs a Child is Bullying

- 0 Secretive or evasive behavior
- 0 Multiple accounts
- 0 Excessive use of computer/cell phone
- 0 Behavior changes, Moodiness
- 0 Slipping grades
- 0 Tagging unflattering photos of friends
- 0 Lack of empathy: overhear insults, put-downs

TIP #3: Start a conversation
about bullying at home

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News stories, websites, videos, children's literature (Berenstain Bears, Trudy Ludwig), etc. can help start the conversation!

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<http://www.tolerance.org>

www.cyberbullying.us

www.nonamecallingweek.org

How are we addressing Internet safety and cyberbullying in the schools?

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Counseling lessons, incorporated in daily instruction, BYOD/AUP policies, talking about HIB during opening assemblies, parent academies, etc.

HIB #'s In South Brunswick

2014-15: 43 investigations

23 were confirmed HIB

2015-16: 34 investigations

11 were confirmed HIB

Are our students under-reporting cyberbullying?

How can we improve the reporting process for students?



2016-2017

Cyberbullying study: Rutgers Partnership



Collaborating to study and prevent cyberbullying in South Brunswick!

How can results be used?

- ❑ Results will directly relate to the School's Safety/Climate Team Action Plan which addresses trends & bullying prevention
- ❑ We can gain insight as to our students' experiences during this time of BYOD (Bring Your Own Device), and understand if cyberbullying is being underreported (and why)
- ❑ We can educate our school community on trends and prevention, and improve our BYOD and HIB procedures.

Some Types of Cyberbullying:

Gossip: Damages a person's reputation

Exclusion: Leaving someone out of an online group

Harassment: Repeatedly posting offensive or rude messages/Photos

Cyberstalking: Sending intimidating messages or threats

Outing: Tricking someone into revealing information, then sharing

How to stop cyberbullying?

Log Off the site where the bullying is happening
Block e-mails /messages and don't respond
Save the message and show an adult



TIP 4: Teach & model prosocial, upstander behaviors at home

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(intervening when witnessing bullying can typically end the situation within 10 seconds)

Teach Prosocial Behaviors:

- Teach children to label feelings and help them identify feelings in others, as well as characters in books and TV. Role play various scenarios.
- Teach them to help target by removing them from the situation, standing up to the person who is bullying if they are able to, and then getting an adult to help.
- If your child is bullying, talk about empathy and how to make amends.

Model Prosocial Behaviors

*“Don’t worry that your children never listen to you.
Worry that they are always watching you.”*

- Robert Fulghum

Parent Academy Choice Board

HIB: Connect & Respect

Be thinking about...

Based on this evening's conversations, what thought/idea/goal are you hoping everyone in this room leaves here with?

Wrapping up

Based on this evening's conversations, what thought/idea/goal are you hoping everyone in this room leaves here with?

Wrapping up

Queen Bees & Wannabees by Rosiland Wiseman