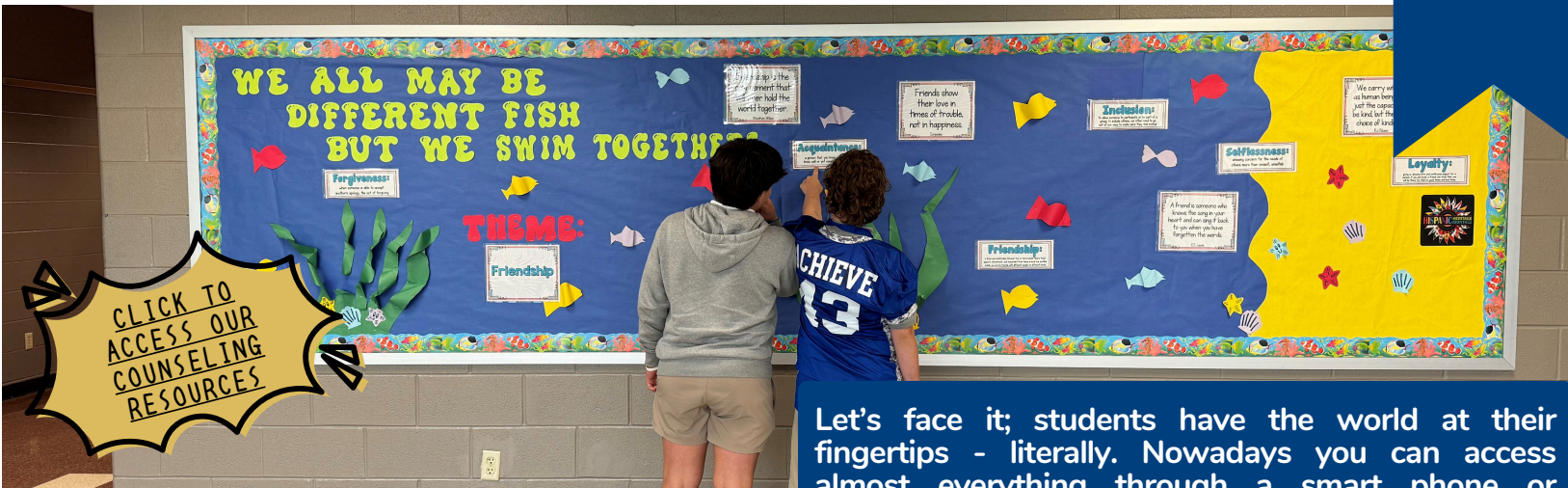


# PIN OAK MIDDLE SCHOOL COUNSELING CORNER



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## LET'S END CYBERBULLYING

### THINK BEFORE YOU POST

What you post on social media can permanently affect relationships and reputations. The second something is posted, it can reach thousands by the end of the day. Make sure what you post is worth posting, and remember the golden rule: treat others how you would want to be treated. There are other ways to resolve conflict, and the best way for students to "" is in person with the support of an adult.

### BE AN UPSTANDER

If you see that someone is getting bullied online or in person, do not sit back, watch, OR record. You are just as much of the problem as the bully. Teach your children to report the bullying to a trusted adult if they witness negative behavior. Being a bystander only magnifies a conflict instead of ending it.

### PURPOSEFUL PLATFORMS

What is the purpose of the social media apps in your students phone? Are they to keep in touch with friends, be in the know of important information, or to be involved in other people's business? Be mindful of which profiles students follow as they may promote drama and conflict.

Let's face it; students have the world at their fingertips - literally. Nowadays you can access almost everything through a smart phone or computer. For example, students can simply Google information, while previous generations perused multiple textbooks to complete assignments. News outlets and media platforms provide outlets for spreading news and information in a matter of seconds. Technological advances have also allowed opportunities for one to speak on their opinions, whether others agree or disagree. For children who are still refining their skills in social and self awareness, this open accessibility needs to be approached with caution. Unfortunately it is common for teenagers to use social media as a mask to hide behind when antagonizing others. This feature makes cyberbullying more accessible because it easily avoids personal confrontation. It is our responsibility as a community to promote cyberbullying awareness and model internet etiquette.

## Upcoming Events

- October: Bullying Prevention Month
- Oct. 3: Staff PD Day
- Oct. 4: Fall Holiday
- Oct. 16: Unity Day/Anti-Bullying Day - Wear Orange
- Oct. 17: C1 Honor Roll
- Oct. 17: Orchestra Haunt-Cert
- Oct. 21-Oct. 25: Red Ribbon Week
- Oct. 28-Nov. 1: Homecoming Week
- Oct. 29th: Homecoming Pep Rally and Game - POMS vs Lanier @ Butler

# BULLYING VS PEER CONFLICT

Although bullying and peer conflict may seem similar from an outsider's point of view, the context of the issue varies greatly. Bullying is defined as a "repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power." (Anti-Bullying Alliance) By differentiating bullying and conflict, school personnel can handle a situation appropriately based on the circumstances. On the contrary, conflict resolution is part of every day life, and can be quickly resolved. Bullying is intentional and NOT tolerated at POMS.

## How Do I Differentiate Bullying VS Conflict?

### Conflict vs. Bullying - What's the difference?

#### Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone

#### Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power\*
- Continue behavior when they realize it is hurting someone.

\* "Power" can mean the person bullying is older, bigger, stronger, or more popular.



**PACER's National Bullying Prevention Center.**  
Create a World Without Bullying | [PACER.org/Bullying](http://PACER.org/Bullying)

### Upstander vs Bystander

Be an Upstander by calling out the bully and assist in stopping the situation. If students do not feel comfortable, they may assist by notifying an adult. Bystanders who ignore or do not do their part in stopping the situation are just as part of the bullying problem.

### Who Do I Report Bullying To and How?

Students should always report bullying to a trusted adult, even when they are unsure. Ways they can report bullying to an adult is having a conversation, submitting a Student Assistance Form (SAF), or sending an email.

# UNITY DAY OCTOBER 16TH



Unity Day, which is usually celebrated on the third Wednesday of October, is a day to recognize the community members that come together to put a stop to bullying, promote kindness, empathy, and inclusion, and make this world a safer place. Unity Day is celebrated by wearing the color orange to promote "safety and visibility" (Pacer Center).

# RED RIBBON WEEK: OCT. 23-31



Nationally, Red Ribbon week is celebrated on Oct. 23 to Oct. 31 this year, but at Pin Oak MS we have a week's long celebration from Oct. 21st to 25th. Red Ribbon Week aims to educate young people and communities about the dangers of drug abuse and promote healthy, drug-free lifestyles. Please click HERE to access the POMS Red Ribbon Week flyer. Spirit themes only apply to tops; make sure all students are still in compliance with dress code bottoms.