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**: National Bullying Prevention Month
- **Sept. 15 - Oct. 15th**: Hispanic Heritage Month
- **Oct. 23 - 27th**: Homecoming Week
- **Oct. 27th**: Homecoming Game @ Butler Stadium - POMS vs Lawson
- **Oct. 18th**: Unity Day/Anti-Bullying Day - Wear Orange
- **Oct. 16 - 20th**: Red Ribbon Week

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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.
Hispanic Heritage Month (HHM) began as a week celebration, but then turned into a month long tribute under President Reagan in 1988. This special month celebrates the history and customs of the Latino culture. HHM also recognizes the independence days of Central American countries, such as El Salvador, Mexico, Guatemala, Nicaragua, and Chile. HHM will be highlighted at POMS via announcements, projects, and fine arts.

How Do I Differentiate Bullying VS Conflict?

<table>
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<tr>
<th>Conflict vs. Bullying - What’s the difference?</th>
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<td><strong>Conflict</strong></td>
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<tr>
<td>• Disagreement or argument in which both sides express their views</td>
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<tr>
<td>• Equal power between those involved</td>
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<td>• Generally stop and change behavior when they realize it is hurting someone</td>
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* “Power” can mean the person bullying is older, bigger, stronger, or more popular.

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.