

### Assisting your student:

As a parent or a family member, you may be the first person to recognize that your son or daughter needs help. Please contact us for further support and guidance as to what appropriate steps need to be taken.

Please talk to your son or daughter about the issues highlighted in this brochure.

### Staff Directory

John Passarella – Assistant Principal of Student

Affairs..... x 2112

Dave Sibley - Dean of Students..... x 2109

Neil Dughetti - Assistant Dean..... x 2207

Lori Sullivan - Assistant Dean..... x 2242

Beth Augustine - Director of Student

Services..... x 2143

Melissa Carey – Counselor..... x 2197

Jim Franko- Counselor..... x 2355

Maggie Leiteritz - Counselor.....x 2196

Mike Reingruber - Counselor..... x 2320

Renee Thomas - Counselor..... x 2308

Mari Mortensen – Social Worker..... x 2317

Chrissy Tappert - Social Worker..... x 2195

Johanna Bruckner - Psychologist.....x 2185

### Riverside Brookfield High School

Township District 208

160 Ridgewood Road

Riverside, IL 60546-2408

Phone: 708-442-7500

Fax: 708-447-5570



### Important information for discussing bullying with your student

## Information for RBHS Parents and Guardians on Bullying, Harassment and Cyberbullying



**Riverside Brookfield**

### RBHS Handbook Bullying Policy

Bullying occurs whenever a student intentionally, repeatedly and over time inflicts or threatens to inflict physical or emotional injury or discomfort on another person's body, feelings or possessions. Bullying is an unwanted behavior including, but not limited to, name calling, nicknames, making fun of, making noises at, talking about behind their back, saying mean things, threats, inviting to fight, staring, following around, physical contact, sexual gestures/remarks, phone calls, cyber, etc.

Should a student feel that any of these situations could not be resolved on a personal level, she/he is directed to immediately seek the help of an adult whom they trust, such as a teacher, counselor, social worker, parent or guardian, dean, or an Administrator. Students are encouraged to forward information about any inappropriate behaviors to a trusted adult. The discipline office will conduct an investigation protecting the identity of any and all students.

### Resources:

*Bullying Beyond the Schoolyard* By: S. Hinduja and J. Patchin

*Cyberbullying and Cyber threats: Responding to the Challenge of Online Social Aggression, Threats and Distress* By: N. Willard and K. Steinard

### How does RB prevent bullying?

- 9th graders are taught conflict resolution and negotiation skills by their peers
- 9th and 10th graders are exposed to anti-bullying curriculum and guest speakers, including national cyberbullying expert Tina Meier
- Teachers support character education and embrace the 6 Pillars of *Character Counts!* (respect, citizenship, responsibility, trust, fairness, and caring) by making these core ethical values visible in their teaching and in their classrooms
- SEL lessons focusing on social awareness and interpersonal skills are integrated in core curriculum
- Bullying victim groups are available through Student Services
- Students, who voluntarily serve on an anti-bullying group, plan informational activities for the school and meet regularly with the Principal, social workers, and teachers
- An online anonymous bullying reporting system is available on the RB website and monitored daily

### Websites

[www.naspcenter.org/factsheets/bullying](http://www.naspcenter.org/factsheets/bullying)

[www.preventingviolence.org](http://www.preventingviolence.org)

[www.safeteens.com](http://www.safeteens.com)

[www.findyouthinfo.gov/bullying](http://www.findyouthinfo.gov/bullying)

[www.charactercounts.com](http://www.charactercounts.com)

[www.stopbullying.org](http://www.stopbullying.org)



# A Guide to Bullying

## What is Bullying?

- Bullying occurs when a student is repeatedly harmed, psychologically and/or physically, by another student or a group of students.
- Bullying can come in different forms, including physical assaults, verbal taunts and threats, intentionally excluding someone from activities, and spreading rumors.
- Bullying is a civil rights violation when a person harasses someone for their “race, color, national origin, sex, sexual orientation, religion, or disability.”

## What is Cyberbullying?

- Cyberbullying is willful and repeated harm inflicted through the use of computers, cell phones & other electronic devices.
- Internet usage that sends harassing emails or instant messages, the posting of obscene, insulting or slanderous messages to social networking sites (FaceBook, Twitter, Instagram).
- The sending of malicious or continuous harassing text messages.

## What are the warning signs if this is happening to my child?

- Does my child fear or have anxiety towards going to school? Does my child complain about not feeling well as a way of avoiding school?
- Have I noticed bruises on my child? When I ask my child about the bruises, what is the response?
- Does my child have friends? Is my child submissive or withdrawn from other children?

- Does my child seem unhappy or insecure? Does my child talk about “nobody liking him/her” or “not having any friends?” Does my child talk about wanting to hurt someone or get back at someone?
- Does my child seem to have low self-esteem or self-confidence? Does my child have difficulty being assertive?

## What are the warning signs that my child is engaging in bullying behavior?

- Has my child gotten into trouble for fighting (physically or verbally) with other children at school?
- Does my child become easily frustrated when he/she does not get his/her way?
- Who are my child’s friends? Is he/she dominant or aggressive with other children?
- Does my child speak about other children as “stupid” or use other negative terms to describe others? Does my child talk about certain children “deserving” bad things to happen to them or showing little consideration for others in bad situations?
- Become familiar with the anti-bullying policy at the school. Discuss school rules and expectations with your child.
- Find out exactly what it is your child is doing. What have they been accused of doing? What are they admitting to doing?
- Talk to you child, calmly, about why such behaviors are being engaged in. Your child may be experiencing social or emotional

difficulties that are difficult to handle. Some children may feel pressure to participate in bullying in order to fit in with peers or avoid being bullied themselves.

- Discuss alternatives to aggressive behavior (i.e. asking for help, respecting others, and showing tolerance for those who are different).
- Explain consequences at home and school for participating in aggressive behaviors.
- Talk to a school staff member about the situation in order to receive additional suggestions and support.

## Tips for Parents to Prevent Cyberbullying

- Talk about internet safety & appropriate online etiquette on the computer and on a cell phone or smart phone.
- Keep your home computer in a place in which it can be monitored.
- Restrict the people who can send messages to your child.
- Restrict others from being able to add your child to their “friend” list.
- Block a sender if inappropriate messages or pictures are being sent.
- Check the phone bill for repeated and continuous calls/text messages & the time of the messages.
- Talk to your child about not gossiping about others as it can quickly be used against them.

## Tips for Parents if you think your child is being bullied or harassed

- Do not confront the suspected bully or bullies on your own. This may only serve to escalate the situation.
- Talk to a school staff member about the situation.
- Ask your child what takes place in school and how they are feeling.
- Role play with your child and discuss ways they can respond to a bully (i.e. walking away, making a public statement such as “Leave me alone” so others can overhear, telling an adult, or asking for help from peers).
- An anonymous bullying reporting system is available on the RB website at [www.rbhs208.net](http://www.rbhs208.net) under both the student and parent tabs. All reports will be investigated.

## When Your Child Is A Bystander

- Teach your child how to help without getting hurt.
- Tell your child not to cheer on or even quietly watch a conflict—this only encourages the bully who is trying to be the center of attention.
- Encourage your child to tell a trusted adult about the bullying. Talking to an adult is not ‘tattling’—it is an act of courage, strength, and safety.”
- Direct your child to fill out a website bully report on what he/she witnessed.