

Assisting your Son or Daughter

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/Student Affairs..... x 2112
Dave Sibley-Dean of Students..... x 2109
Beth Augustine-Dept. Chair..... x 2143
Melissa Carey – Counselor..... x 2197
Jim Franko- Counselor..... x 2355
Maggie Leiteritz - Counselor.....x 2196
Mike Reingruber - Counselor..... x 2320
Dominic Senese - Counselor.....x2194
Renee Thomas - Counselor..... x 2308
Mari Mortensen –Social Worker..... x 2317
Christine Sutton-Social Worker..... x 2195
Johanna Bruckner-Psychologist.....x 2185

Riverside Brookfield High School

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Important Topics for discussing bullying with your student

Information for RBHS Parents and Guardians on Bullying, Harassment and Cyber-Bullying



Riverside Brookfield High School

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, police liaison, Dean of Students, or one of the Building Administrators. 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.

Websites and resources for additional information:

www.naspcenter.org/factsheets/bullying

www.preventingviolence.org

www.safeteens.com

www.findyouthinfo.gov/bullying

www.charactercounts.com

www.stopbullying.org

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





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.

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, MySpace).
- 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.
- 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, telling an adult, or asking for help from peers).

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. .”