

## Helping Your Child:

- ◆ Set a good example. Model how to treat all people respectfully, even those who are frustrating or different. Children who experience threats, hitting, and rough play repeat this behavior with peers.
- ◆ Encourage your child to make friendships and to be kind to others. Point out kind acts. Model kind behavior.
- ◆ Identify “small” versus “big” problems with your child to avoid over reacting to conflict.
- ◆ Teach respectful assertiveness. Being able to stand up for oneself firmly, yet respectfully, can discourage bullying behavior. Practice how to do it at home.
- ◆ Empower your child to solve problems by advocating for him or herself. Teach your child to actively ignore, then stand up for him/herself with assertive words, and to seek adult help when it is needed.
- ◆ Keep an open mind. Your child may not know or have shared the whole story.
- ◆ Build social skills and confidence. Poor social skills and low self-esteem can make a child a target for bullying.



## Contact Us

### Secondary School Counselors

Mr. Todd Arft

Ripon Middle School and Catalyst Charter

(920) 748-4638

Extension 2234

Mrs. Jolene Schatzinger

Ripon High School and Lumen Charter High

(920) 748-4616

Extension 3761

Ms Samantha Daun

Ripon High School & Lumen Charter High

(920) 748-4616

Extension 3721

### Principals

Ripon Middle School and Catalyst Charter

750 Tiger Drive

Ripon, WI 54971

(920) 748-4638

Mr. Rick Bunge

Ripon High School and Lumen Charter High

850 Tiger Drive

Ripon, WI 54971

(920) 748-4616

Mr. Randy Hatlen

Mr. Bill Kinziger-Assistant Principal

### Director of Student Services

Mrs. Julie Krackow

100 Ringstad Drive

(920) 748-1554

Ripon Area School District

# Creating Safe Schools



Parent Information on  
Bullying Prevention

## What Bullying is:

Bullying is when a person or a group of people repeatedly use words or actions to intentionally cause physical or emotional harm to another person who may have a feeling of lesser power in the situation.

## Bullying can Include:

### Verbal Harm:

- ◆ Taunting, name calling, threats
- ◆ Spreading rumors

### Physical Harm:

- ◆ Hitting, kicking, shoving, tripping, etc.
- ◆ Taking and/or damaging belongings

### Social Exclusion:

- ◆ Ignoring and excluding on purpose
- ◆ Encouraging the exclusion of others

### Cyberbullying:

- ◆ Sending cruel email messages, texting, or using social media to cause harm.

## What Bullying is Not:

Bullying is not a single or random incident of mean or unkind behavior that does not reoccur following adult intervention. All teasing or conflict between children is not necessarily bullying behavior.

Ripon Area School District is committed to providing a safe, positive, and nurturing educational environment for all students and staff. Prevention of bullying behavior is addressed annually through policy, prevention education, and active intervention. The district's Bullying Policy and Procedures can be found at the Student Services website at:

[http://www.ripn.k12.wi.us/cms\\_files/resources/RASD%20Bullying%20Policy%20and%20Procedures%20Final.pdf](http://www.ripn.k12.wi.us/cms_files/resources/RASD%20Bullying%20Policy%20and%20Procedures%20Final.pdf)

## Signs your Child is Being Bullied

- ◆ Unexplainable injuries.
- ◆ Frequent headaches, feeling sick, or faking illness.
- ◆ Changes in eating habits (skipping meals, etc.).
- ◆ Difficulty sleeping or frequent nightmares.
- ◆ Decline in grades, loss of interest in school work, or not wanting to go to school.
- ◆ Sudden loss of friends or avoidance of social situations.
- ◆ Feelings of helplessness or decreased self-esteem.
- ◆ Self destructive behaviors (running away, self-harm, talk of suicide, etc.).

## Reporting Tips:

Here are a few tips if you are a parent needing to report bullying to a school.

- ◆ Remain calm. Listen to your child and assure him or her that the incident will be taken seriously.
- ◆ Write down what your child says so that you can remember the details.
- ◆ You may wish to talk with your child's teacher first for any background information that may be helpful.
- ◆ Do not contact the suspected bully or his/her parents directly.
- ◆ Keep an open line of communication with the school to monitor the situation.

There are several methods for reporting suspected bullying.

## Reporting Options:

- ◆ Contact your child's school counselor or principal.
- ◆ Make a report in person.
- ◆ Complete the Bullying Reporting Form available online at:  
[http://www.ripn.k12.wi.us/cms\\_files/resources/Bullying%20Reporting%20Form.pdf](http://www.ripn.k12.wi.us/cms_files/resources/Bullying%20Reporting%20Form.pdf)
- ◆ Submit the completed reporting form to the building's principal.