

# How to Help my Child:

## The Do's and Don'ts

+**DO** Affirm your child -- "You were right to tell me about this." "I'm glad you asked me to help you with this."

+**DO** Ask questions -- "Tell me more about what happened." "Has this happened before?" "Did anyone try to help you?"

+**DO** assess the Student's Safety--Determine what the child needs in order to feel and be safe now.

+**DO** Take Action--Talk to school personnel;; file a report in person or on--line. Provide the school officials with the facts and evidence that you have. This may include what your child told you, what you witnessed, copies of emails, text messages, etc.

+**DO** Listen lovingly and patiently. Support your child and provide re--assurance that you love them and that there is nothing wrong with them.

--**DO NOT** do your own investigation.

--**DO NOT** confront the other child or children who are involved.

--**DO NOT** confront the other child or children's parents.

--**DO NOT** blame your child for being bullied. Do not assume that your child did something to provoke the bullying.

--**DO NOT** encourage retaliation.

## RESOURCES

<http://www.stopbullying.gov/>

<http://www.commonsemmedia.org/>

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



STOP BULLYING

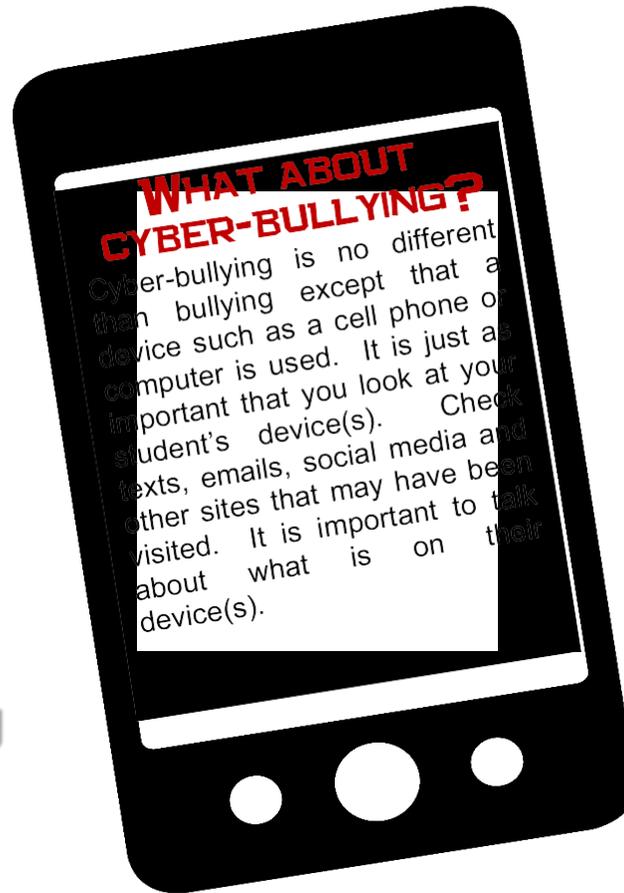
An RUSD guide for parents

# What you need to know

Every student is entitled to a safe school environment free from discrimination, harassment, intimidation, and bullying. Riverside Unified School District is committed to making sure that every child is educated in schools free of discrimination, harassment, intimidation, and bullying.

## What is bullying?

Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



**“Nearly 1 in 3  
students report being  
bullied  
during the school year.”**

**-National Center for Educational Statistics, 2013, 2013**

## RUSD POLICY



A student shall not engage in actions that are severe or pervasive with the intent to intimidate or harass another student through words or actions. Such behavior includes any severe or pervasive direct physical contact, such as hitting or shoving;; verbal assaults, such as teasing, name-calling, threats, harassment or using insults, slurs, or fighting words which, by their very nature, are disruptive to the school environment made in person or via the internet or cellular telephone text messages;; and, social isolation or manipulation. This policy applies whenever a student is on school grounds, traveling to and from school or a school sponsored activity, during the lunch period, whether on or off campus, and during a school sponsored activity. Bullying is defined in Education Code section 48900(r). Students who act in violation of this policy may be subject to school/District disciplinary procedures up to and including expulsion.

For more information regarding RUSD policies as well as a copy of the Parent/Student Form for Reporting Possible Bullying Behavior, students and parents/guardians can refer to the Parent/Student Handbook. The handbook can be found on [www.ruslink.org](http://www.ruslink.org) or by scanning the QR code here.

