

How to Help My Child

- Talk about it
- Provide reassurance
- Make a plan
- Work with the school
- Establish boundaries regarding technology
- Notice changes in mood/behavior
- Keep a record of what's happening
- Encourage your child to report instances of bullying
- Encourage your child to show kindness to all students/reach out to students being bullied

Avoid:

- Telling the student to ignore it
- Blaming the student
- Contacting the other student or their parents
- Doing your own investigation
- Encouraging retaliation or fighting back physically

Resources

stopbullying.gov
cyberbullying.org
caresolace.com
wetip.com

Commonsensemedia.org
NASPonline.org



RUSD

**RIVERSIDE UNIFIED
SCHOOL DISTRICT**

STOP BULLYING

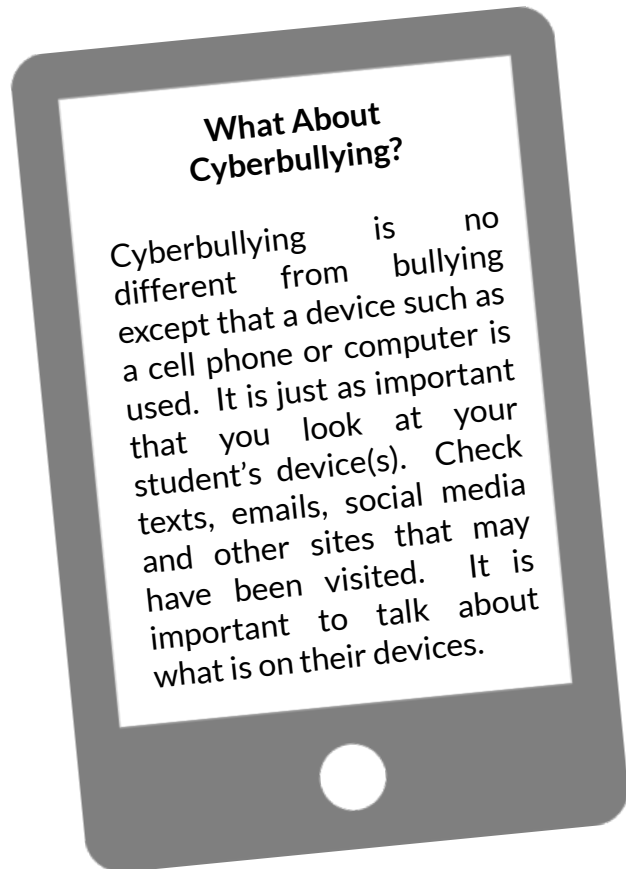
A GUIDE FOR PARENTS/GUARDIANS

What You Need to Know

Every student is entitled to a safe school environment free from discrimination, harassment, intimidation, and bullying. The 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.



**1 in 5 students
report being
bullied at school.**

*National Center for Educational Statistics,
2019*

RUSD Policy

The Board of Education recognizes the harmful effects of bullying on student well-being, student learning, and school attendance and desires to provide a safe school environment that protects students from physical and emotional harm. Accordingly, the Board prohibits bullying at any location, whether on or off campus that affects students or school activity under the jurisdiction of the RUSD. Any student who engages in bullying may be subject to disciplinary action up to and including expulsion.

For more information regarding RUSD policies as well as the Parent/Student Form for Reporting Possible Bullying Behavior, please refer to the Parent/Student Handbook. The handbook can be found at riverisdeunified.org or by scanning the QR code here.

