

Reminders for Students

- Speak up against bullying: say something like “stop it.”
- Walk away: act like you do not care, even if you really do.
- Tell an adult you trust.
- Stick together: staying in a group might help.
- Do not bully back; do not bully anyone.

Reminders for Adults

- Help children bullying; explain what it really is.
- Keep lines of communication open; take time to listen to concerns about friends and other students.
- Do not jump to conclusions; take time to learn the facts.
- Model fair, respectful behavior.



take a stand – lend a hand

What are We Doing to Address Bullying?

The Rice Lake Area School District is continually:

- Educating students, families, staff, and community members about bullying.
- Identifying bullies and their victims to address individual problems and needs.
- Reviewing school-wide rules for positive behavior and apply consistent consequences against bullies.
- Improving our confidential reporting system (make a confidential report to a teacher, administrator, or other staff member on campus.
- Nurturing a climate that promotes understanding, acceptance, and appreciation of all.
- Providing close adult monitoring where bullying is likely to occur.

Bullying Reporting Procedures

Talk to a trusted adult

Contact a district staff member

Report anonymously at:

tinyurl.com/RLASD-report

Creating Bully-Free Schools

Rice Lake Area School District



The Rice Lake Area School District does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or activities.

School Board Policy

The Rice Lake Area School District adopted a policy recognizing the harmful effects of bullying on student learning. Students who engage in any type of harassment, intimidation or bullying are subject to disciplinary action. Anyone involved in any aspect of any complaint of harassment, intimidation or bullying shall maintain the highest level of confidentiality.

To report an incidence and/or to receive a copy of the district's anti-bullying policy, contact the Director of Pupil Services at: 700 Augusta Street, Rice Lake, WI 54868; telephone: (715) 234-9007, ext 5013.

Bullying Defined

Many talk about bullying, but when asked, few can give a clear, consistent definition of the term.

Bullying is a serious issue that can happen anywhere. It is not a phase children and teens go through; it is not "messing around," and it is not something to "grow out of." Bullying can cause serious and lasting injury. Bullying will not be tolerated in the Rice Lake Area School District. In order to create bully-free schools, it is important to first have a shared understanding of what constitutes bullying.

What is Bullying?

- **Imbalance of Power**

People who bully use their power to control or harm, and the people being bullied have a hard time defending themselves.

- **Intent to Cause Harm**

Actions done by accident are not bullying; the person bullying has a goal to cause harm.

- **Repetition**

Incidents of bullying happen to the same person over and over by the same person or group.

It is not malicious acts that will do us in, but the appalling silence and indifference of good people."

Dr. Martin Luther King , Jr.

What Bullying is NOT

Most agree that bullying does not involve not liking someone, accidentally bumping into someone, being bossy, arguments, rough play.

All behaviors above are unpleasant and need to be addressed, but they are not to be treated as bullying.

Types of Bullying

- **Verbal:** name-calling, teasing, making insulting remarks, threatening, disrespecting or demeaning a person's race, disability, appearance, or sexual orientation.
- **Physical:** hitting, pushing, spitting, stalking.
- **Emotional:** spreading rumors, isolating a person from a peer group through hurtful gossip, exclusion.
- **Cyberbullying:** using the internet, interactive and digital technologies or mobile phone to harm others.

An act of bullying may fit into more than one of these groups.

