

How you can help your child

Parents & guardians can prepare themselves to talk with their children by considering how they are going to handle their child's questions and emotions. Questions to ask your child:

- How did you feel about what happened?
(checking if it is unwanted behavior)
- Do you feel you were hurt on purpose? (determining intentionality)
- Has it happened more than once?
(determining repetition)
- Is the other child bigger, scarier, or more popular than you in some way?
(checking for imbalance of power or status)
- Did the other child know you were being hurt?

Keeping notes of your conversation will be helpful in reporting your concerns. Parents/Guardians who have concerns about bullying are encouraged to contact the school principal.

Reports of bullying may be made verbally or in writing and may be made confidentially.

Formal complaints will be documented using the district complaint report form. Staff can assist parents/guardian/students in reporting, as needed. Click on the link below to view & download the reporting form.

[Bullying, Harassment & Discrimination Form](#)

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Eau Claire Area School District Bullying Policy

[Student Bullying Policy](#)



Image description: Exterior picture of the ECASD District Office

Eau Claire Area School District
Student Services Department
500 Main Street
Eau Claire, WI 54701
(715) 852-3070

www.ecasd.us/District/Departments/Student-Services

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Promoting a Safe, Secure, & Respectful Learning Environment



Bullying Information Guide for Students, Parents & Guardians

Is it Bullying?

Defining bullying can be hard sometimes. Look for these four (4) characteristics to know if you are experiencing bullying:

- ✓ **Unwanted behavior:** bullying behavior is unwanted & negative behavior.
- ✓ **Intentional & Deliberate:** bullying behaviors are intentionally negative behavior that causes fear, intimidation, or harm.
- ✓ **Repetition:** bullying behaviors happen more than once or have the likelihood to happen more than once.
- ✓ **Imbalance of power or status:** kids who bully use their power or status—such as physical strength, older age, access to embarrassing information, or popularity—to intentionally control or harm others.

Bullying behavior can be happen in any combination of these forms:

- **Physical:** inappropriate or unwanted physical/sexual contact, assault, hitting or punching, kicking, theft or threatening behavior
- **Verbal:** threatening or intimidating language, teasing, name calling, racist or sexist remarks
- **Social:** spreading cruel rumors, intimidation through gestures, social exclusion, and sending insulting messages or pictures by mobile phone or using the internet (also known as cyberbullying).

Watch for Signs

Is your child being bullied?

Some signs that may point to a bullying problem can include:

- Unexplained injuries
- Coming home with damaged or missing clothing or other belongings
- Complaining frequently of headaches, stomach aches, or feeling sick
- Has changes in eating habits or is very hungry after school from not eating lunch
- Sudden loss of interest in visiting or talking with friends
- Finding reasons not to go to school or other activities with peers
- Losing interest in schoolwork or begins to do poorly in school
- Feelings of sadness, anger, helplessness, or depression when they come home

Is your child bullying others?

Kids may be bullying others if they:

- Get into physical or verbal fights with others—are increasingly aggressive
- Have friends who bully others
- Get sent to the principal's office or to detention frequently
- Have extra money or new belongings that cannot be explained
- Are quick to blame others
- Will not accept responsibility for their actions
- Need to win or be the best at everything
- Exhibit undue authority or power over others
- Lack empathy for others

Terms & Definitions

Bully

The person or persons participating in bullying behavior.

Target

The person or persons being bullied.

Bystander

The person or persons witnessing or seeing the bullying happen.

Students who believe they are being bullied, or believe another student is being bullied, should **immediately report** their concern to their teacher, adult supervisor, counselor, or principal.

Resources

stopbullying.gov

 **PACER's
National Bullying Prevention Center.**
Create a World Without Bullying | PACER.org/bullying