

## What can you do if you think your child is being bullied?

- Share your concerns with your child's teacher. He or she has been trained in how to deal with bullying situations so the bullying will stop. He or she will take your concerns seriously.
- Talk to your child's school counselor or social worker.
- Talk to your child's principal.
- Talk to the assistant superintendent or superintendent of our school district.

### Ombudsman services

If you are not comfortable for whatever reason in speaking with your child's school personnel, the district offers several ombudsman advocacy services:

1. Christopher Zimny, program evaluator and violence prevention facilitator with Safe and Drug Free Schools. (307) 771-2204.
2. UPLIFT is a third-party organization not compensated by LCSD1. UPLIFT advocacy services have been offered in Cheyenne for more than 20 years. (307) 778-8686.

## Contact Information

For more information about the Olweus Bully Prevention Program, please visit:  
[www.violencepreventionworks.org](http://www.violencepreventionworks.org)

For more information about the Safe School Ambassadors Program, please visit:  
[www.safeschoolambassadors.org](http://www.safeschoolambassadors.org)

For more information about UPLIFT, you can call 1-888-UPLIFT3 or (888-875-4383) or visit:  
[www.upliftwy.org](http://www.upliftwy.org)

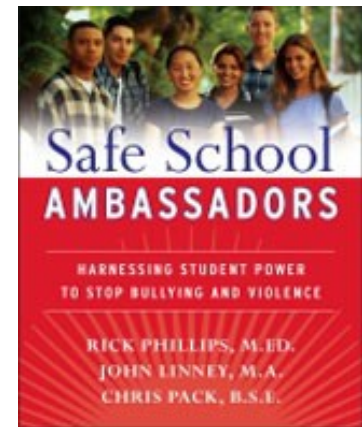
To contact  
**Laramie County School  
District Number One**

please call:  
**(307) 771-2100**  
or visit our website:  
**[www.laramie1.org](http://www.laramie1.org)**



# LARAMIE COUNTY SCHOOL DISTRICT 1

## Bullying Prevention and Reporting



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## **Bullying Prevention in LCSD 1**

### **The Olweus Bullying Prevention**

**Program (OBPP)** is the most researched and best-known bullying prevention program available today. OBPP has been chosen for grades K-8, and includes methods to reach out to parents and the community for involvement and support.

The program is designed to improve peer relations and provide students with a positive place to learn and develop. With over thirty-five years of research and successful implementation around the world, OBPP has been proven to prevent or reduce bullying throughout a school setting.

### **The Safe School Ambassadors**

**Program** has been chosen for grades 9-12 to reduce bullying by providing student volunteers the opportunity to influence their peers in positive ways. Students that become Ambassadors for their schools are trained to encourage other students to treat each other with respect, make good decisions and solve problems. Key adults meet regularly with Ambassadors to supervise and support their work, and address any bullying that may be occurring.

### **What is bullying?**

Bullying is when someone repeatedly and intentionally says or does mean or hurtful things to another person who has a hard time defending himself or herself.

Bullying can take many forms, such as teasing, name-calling, writing mean things, spreading false rumors, excluding someone from sharing in a group, or sending nasty messages on a cell phone or over the internet.

Bullying can also include hitting, kicking, shoving or chasing someone to influence physical harm.

### **You child has a right to be safe in school.**

Students learn better when they feel safe in school. Your child has the right to enjoy a safe and positive learning environment. Laramie County School District 1 is dedicated to making certain this happens. We want to know if your child is being bullied or harmed in any way and we will work with you to solve any problems that may occur. By working together, we can keep your child safe and moving forward to a bright future.

### **How do you know if your child is being bullied?**

There are warning signs you can look for if you think your child is being bullied.

Be concerned if your child:

- Comes home with torn, damaged, or missing pieces of clothing, books or other belongings.
- Has unexplained cuts, bruises, scratches.
- Has few, if any, friends with whom he or she spends time.
- Seems afraid of going to school, walking to and from school or taking the school bus.
- Seems afraid to take part in activities with peers.
- Has lost interest in schoolwork or begins to do poorly in school.
- Appears sad, moody or teary when he or she comes home.
- Has frequent headaches, stomach-aches, loss of appetite or other physical problems.
- Has trouble sleeping or has frequent bad dreams.
- Appears anxious, depressed or suffers from low self-esteem.

If your child shows any of these signs it does not necessarily mean that he or she is being bullied, but it is worth checking out. Contact your school for assistance.