



# Foster Care Forum

Waukesha County  
Health & Human Services  
September 2010



## Bullying Hurts Everyone

By: The Foster Care & Adoption Resource Center

Bullying hurts everyone involved. It hurts the kids who are teased. It hurts the bystanders who feel guilty if they don't do anything to help. And it even hurts the bullies.

Bullying has been around forever. Do adults bully? You bet they do. A lot of people, adults or children, don't think about the other person when they are being mean to someone. For the moment, they feel more important.

Most of us have been a bully, and most of us have been the victim of bullying. Someone is always smarter, faster, or cuter. If people want to use their status to get to be more popular, get what they want, or just to feel more important, bullying others becomes a temptation.

Unless you are a saint, you have probably used some bullying tactics at one time or another. Maybe it was towards a little brother, the dog, or the old man on your street. Maybe you really have a problem with bullying. You may act like a clear cut jerk, but often you may just want to feel better in a competitive world.

### Why Do Bullies Act the Way They Do?

Sometimes it's hard to believe, but most bullies actually don't feel very good about themselves inside. Some are growing up in homes where someone is yelling at them, putting them down, hitting them, or ignoring them—exactly the things the bullies themselves are doing! When they're away from home, they can take it out on others and not feel so vulnerable.

Other reasons why people bully include that they want:

- popularity and to hang with the cool group.
- attention and to feel stronger, smarter or better than others.
- money, homework, and/or control.

Sometimes there's no reason at all—maybe it gives them a rush or it's just habit. It makes them feel on top for the moment.

Bullies have often been bullied themselves. They have a strong sense of who is powerful and important, and they know being on the bottom isn't fun. Bullying might even keep them from being bullied themselves.

### Who are the kids who are bullied?

Bullies often pick on kids they think are vulnerable in some way, which includes kids who:

- may be smaller, weaker, or not have abilities that the bully does.
- might be different. Sometimes bullies disrespect people they don't understand.
- may be alone or become easier targets.
- may be smarter, taller, shorter, and for a million other reasons.

### What Are the Effects of Bullying?

Kids who are bullied often avoid eye contact, may not speak up and might not ask for help or raise their hands in school. They're sometimes absent from school, because they get so scared that they skip school or get sick.

As most of us have experienced, being bullied makes for miserable days laced with fear, feelings of inferiority, and anger.

### What Can You Do if You're Bullied?

If you feel you can be safe physically, **stand up to the bully**. It doesn't work to bully back—maybe in the movies, but not in real life. Tell him or her to cut it out. Keep it simple. Use a calm voice if you feel that you can talk it out. Prepare for this moment by thinking it out. But if you don't feel safe, don't stick around.

**Tell an adult who you trust.** If that person does not help or know what to do, go to another adult who could help you.

**Stay in a group.** That is not always easy. But walk with a neighbor or sibling. If you are in a new school or foster home, try to find other kids so that you are not an easy target. Join clubs or sports or volunteer for situations where you will meet others and find buddies who you like.

If you are bullied online, don't reply. Tell an adult and print out the nasty e-mail right away. Don't give even your best friend your password, since friends sometimes have a way of turning against you when you least expect it. Don't accept messages from people you don't know.

Other important "Do"s and "Don't"s include:

- Don't keep it to yourself. It takes a lot of guts to tell the right person and ask for the respect you deserve.
- Don't fight back or bully others to get even.
- Don't hurt yourself because it has made you so sad and helpless that you feel like there's not hope. This bullying may seem to go on forever, but it will pass.
- If the bullying occurs in your foster home, do tell your foster parents as well as your social workers and/or therapist.

### What If You See Someone Else Getting Bullied?

Report the bullying to an adult. Ask a friend to go along with you if you are scared to report it alone.

If you see someone being bullied, try to choose to support them. It can make a huge difference.

Stand up to the bully if you feel safe doing so. Tell him or her that it's not funny.

### Speaking Up!

One of the keys to not being bullied is to speak up. But in order to be effective, you need to learn how to tell the facts.

- When did it happen? Write down the dates and times.
- How often? Specific times mean more than saying, "a lot."
- What happened? Think about the actions of the bully and your reactions and practice describing it and putting the facts into words.
- Where did it happen?
- Practice. It takes practice to tell factual stories well.

Continued on Page 2

### Pre-Placement Training for Prospective Foster Parents

Monday, September 13, 2010	6-9 PM
Monday, September 20, 2010	6-9 PM
Monday, October 4, 2010	6-9 PM
Monday, October 11, 2010	6-9 PM

All Classes are held in the Brookfield Room G137 in the Human Services Center located at 500 Riverview Avenue.

Please enter the building at door 6. Call Shari Rather at (262)548-7267 to register.



## Jesse's Corner

Jesús Mireles  
Manager of the Children and  
Family Division

I would like to thank Jack Safo Toyota for sponsoring our annual Foster Parent Appreciation Day at the Milwaukee County Zoo. Everyone enjoyed themselves and we had a great turn out and the weather was perfect! It's truly a pleasure to have the support of Jack Safo for the past 6 years. I would also like to thank the other sponsors of the event listed on page 4 of the newsletter. Without their support an event like this would not have occurred so if you have a minute please let them know how much we appreciate their investment in foster care in Waukesha County.

I would also like to thank our County Executive, Dan Vrakas and Peter Schuler, the Director of Health and Human Services and our staff for their attendance at the event and ongoing support of our foster parent program. Finally, I would like to thank Shari Rather, Lisa Roberts and our student interns Danielle Dickey and Becky Oblamski for coordinating this wonderful event, good job!

Summer is ending and it is back to school time! I hope everyone had a safe and pleasant summer vacation. As a reminder, please talk to your school counselor or teacher if your foster child needs additional support or guidance. It is very important that we have a positive and good start the school year, so if there is anything we can do to support your foster child please let us know.

Happy Labor Day,

Jesse

### Webinar/Training

**FCARC and SE PARC Fall Trainings**  
414-475-1246

#### Transitioning to Adult Living

Wednesday, September 15, 2010

6:30 PM - 8:30 PM

Cost \$10

ARW - 6682 W. Greenfield Avenue, 310, Milwaukee, WI

Register online at <http://adulthoodliving2010.eventbrite.com>

#### Transracial Parenting for Foster and Adoptive Families

Tuesday, September 28, 2010

6:00 PM - 8:00 PM

Cost: \$20

Holiday Inn - Campus Area, 2703 Craig Road, Eau Claire, WI

Register online at <http://transracial2010.eventbrite.com>

#### African American Hair Care

Thursday, October 21, 2010

6:30 PM - 8:30 PM

Cost \$10

ARW - 6682 W. Greenfield Avenue, 310, Milwaukee, WI

Register online at <http://aahaircare2010.eventbrite.com>

#### Building Healthy Adoptive Families: Ten Factors of Success

Thursday, November 18, 2010

6:30 PM - 8:30 PM

Cost \$10

ARW - 6682 W. Greenfield Avenue, 310, Milwaukee, WI

Register online at <http://healthyadoptivefamilies2010.eventbrite.com>

To see a list of all events hosted by Adoption Resources of Wisconsin go to <http://wiadopt.eventbrite.com>.

Questions about their training? Please contact Leann Meiners at [lmeiners@wiadopt.org](mailto:lmeiners@wiadopt.org) or 414-475-1246.



# Happy Labor Day!

## Training Offered By Waukesha County



### Foundation Training Fall 2010

#### September 11, 2010

Partners in Permanency 9:00 to 12:00  
Cultural Issues in Placement 12:30 to 3:30

#### September 16, 2010

Child Abuse and Neglect 6:15 to 9:15

#### September 25, 2010

Guidance and Positive Discipline 9:00 to 12:00  
Family Connectiveness 12:30 to 3:30

#### September 30, 2010

Child Development 6:15 to 9:15

#### October 9, 2010

Attachment 9:00 to 12:00  
Placement and Separation 12:30 to 3:30

#### October 14, 2010

Sexual Abuse 6:15 to 9:15

#### October 28, 2010

Effects of Fostering on the Family/Potluck 6:00 to 9:15

Call Shari Rather to register at 262-548-7267  
All Classes are at Waukesha County Health and Human Services  
Enter at Door 6

### Bullying Hurts Everyone Continued from Page 1

#### Are YOU a Bully?

If you know you bully others and you are strong enough to admit it to yourself, you have come a big part of the way. Think about why you bully. It's pretty hard to take a good look at yourself, but knowing yourself is a big step toward being happy with who you are.

If you really have a problem with it, talk to your school social worker or counselor or your therapist, if you have one. Sometimes the reason people bully is complicated and you may need some help figuring out why you bully.

You probably know the golden rule, "Treat others how you want to be treated." Sounds simple enough, but we all know how hard that can be sometimes. Unfortunately, there's a lot of cruelty in the world.

But if you look around, it's mostly people who have learned how to treat others with respect. After all, a little respect goes a long way. How about letting it begin with you?

#### Resources

##### Got a Bully? McGruff Can Help

<http://www.mcgruff.org/ProblemSolver/bullies.php>

##### Teen Tools Help for Teenage Victims of Crimes

[http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspx?DocumentID=45311&gclid=C1bC\\_c-Xp58CFQMNDoduH\\_Rzw](http://www.ncvc.org/tvp/AGP.Net/Components/DocumentViewer/Download.aspx?DocumentID=45311&gclid=C1bC_c-Xp58CFQMNDoduH_Rzw)

##### What Is Bullying by Mike Hardcastle

<http://teenadvice.about.com/od/schoolviolence/a/cyberbullying1.htm>

##### Dealing with Female Bullies By Robin Clure

<http://childcare.about.com/cs/behaviors/a/meanness.htm>

##### Dealing with Bullies

[http://kidshealth.org/kid/grow/school\\_stuff/bullies.html](http://kidshealth.org/kid/grow/school_stuff/bullies.html)

##### Stop Bullying Now Government Campaign

with many resources such as books, interactive online webisodes for young people and a comprehensive resource page for parents and professionals <http://www.stopbullyingnow.hrsa.gov/kids/default.aspx>

##### Beating the Bullies by Miguel A.

<http://fosterclub.com/article/beating-bullies>



# 2010 Foster Parent Appreciation Event at the Zoo

Thank you Jack Safro Toyota for your sponsorship





# 2010 Foster Parent Appreciation Event

## Thank you Jack Safro Toyota and all of our sponsors!



Betty Brinn's Children Museum (Milwaukee)  
 Buffalo Wild Wings (Waukesha)  
 Care-a-lotta (the Bartolotta Restaurants) (Wauwatosa)  
 Circus World (Baraboo)  
 Comedy Sportz (Milwaukee)  
 Culvers (Waukesha)  
 Edgewood Golf Course (Big Bend)  
 Fun World Inc. (Brookfield)  
 Golden Guernsey Dairy (Waukesha)  
 Green Bay Packers  
 Menards (Eau Claire)  
 Milwaukee Admirals  
 Milwaukee Bucks  
 Milwaukee Public Museum  
 Milwaukee Wave  
 Milwaukee Youth Arts Center  
 Milwaukee Zoo  
 Morningstar Golf Course (Waukesha)  
 Mukwonago Wal-Mart  
 NAGA-Waukee Golf Course  
 New Berlin Wal-Mart  
 Outback Steakhouse (Brookfield)  
 Panera Bread (Brookfield)  
 Pick n Save (Waukesha)  
 Prairieville Park Adventure Golf (Waukesha)  
 Qdoba (Roaring Fork Restaurant Group, Milwaukee)

Rocky Rococo (Oconomowoc)  
 Salto Brookfield Gym (Waukesha)  
 Sam's Club (Waukesha)  
 Signature Salon (Waukesha)  
 Texas Road House (New Berlin)  
 Waukesha County Park System  
 Waukesha County State Bank  
 YMCA (Pabst Farms) (Oconomowoc)

*A very special thank you to our intern, Danielle Dickey, for making this a special day! We wish Danielle the best in her future endeavors.*



**Contact Numbers:**

**Waukesha H & HS**  
262-548-7212

**Children's Mental Health Outreach**  
262-548-7666

**Medical Emergency: 911**  
**Family Emergency: 211**

**Foster Parent Mentor**  
 Jen Barcus..... 262-542-2926  
 Judy David..... 414-461-5403  
 David Mersfelder .... 262-542-2926  
 Nikki Mertens..... 262-246-6180

**Lisa Roberts, Supervisor**  
262-548-7271

**Mary Alice Grosser, Supervisor**  
**Relative Licensing**  
262-548-7272

**Shari Rather, Foster Care Coordinator**  
262-548-7267

**Libby Sinclair**  
**Relative Licensing**  
262-548-7277

**July 2010 Placements**

**Regular Foster Care:**  
42 Children

**Treatment Foster Care:**  
14 Children

**Group Homes:**  
1 Children

**Residential Care Facilities:**  
11 Children

**Relative Placements:**  
45 Children

**Total Homes Assisting Other Counties**  
18 Homes

**For Allegations of Abuse and Neglect Support, please call:**

**FASPP**  
Norma Schoenberg  
920-922-9627

**Social Workers:**

Jennifer Adler ..... 262-548-7265

Bob Alioto ..... 262-548-7262

Suzanne Arnold ..... 262-548-7348

Angie Briggs ..... 262-548-7275

Maria Maurer ..... 262-548-7345

Susan Peck ..... 262-548-7348

Janice Ramos ..... 262-896-8069

Michael Reed ..... 262-548-7347

Cindie Remshek ..... 262-548-7639

Greg Rewolinski ..... 262-548-7270

Elizabeth Russo ..... 262-548-7349

Kim Sampson ..... 262-548-7273

Mark Sasso ..... 262-548-7346

Linda Senger ..... 262-548-7698

Deanna Stevlingson . 262-896-8570

Rick Wimmer ..... 262-548-7359

**We Need You!**

For more information about becoming a foster parent in Waukesha County, please contact Shari Rather at:

srather@waukeshacounty.gov

**262-548-7267**

Or visit our website at [www.waukeshacounty.gov](http://www.waukeshacounty.gov)  
 And follow the links to foster care.

 Let us host or cater your next special event! Check out our menus online at [machineshed.com](http://machineshed.com) or stop on in! 262-523-1322

**Jack Safro**  
Toyota•Ford•Lincoln•Mercury  
Lexus•Infiniti•Scion