



What Is My Child Learning?
Your child is learning safe and respectful actions and words that help him or her follow the class rules.

Why Is This Important?
Less bullying happens in classrooms where children follow rules that make their classrooms safe and respectful.

Ask your child: What does it mean to be “safe”? *Second Step* answer: No one’s feelings or bodies get hurt. **What are some safe things you can do or say to help you follow your class rules?** Possible answers: Do—Keep hands and feet to yourself. Walk in the classroom. Apologize when you do something by accident. Say—“Follow the rules.” “Listen to the teacher.” “I’m sorry.”

What does it mean to be “respectful”? Doing and saying kind things. **What are some respectful things you can do or say to help you follow your class rules?** Possible answers: Things to do—Include others. Offer to help and do kind things. Be polite. Things to say—“Do you want to play with me?” “Are you okay?” “Please.” “Thank you.”

Practice at Home

Notice when your child needs help remembering to be safe and respectful at home. Remind your child of safe and respectful things he or she can say or do: **I see that your sister is crying. What is a safe and respectful thing you can do for her?** Wait for your child to respond. **What is a safe and respectful thing you can say to her?** Wait for your child to respond.

Activity

Have your child make a pledge or a promise to be safe and respectful at home. Read the pledge with your child. Talk to your child about some safe and respectful things you do in your family. Then sign the pledge together. Have other members of your family sign the pledge, too. Then let your child decorate the pledge. You can also let your child create his or her own pledge and decorate it. Sign it when it’s finished.

Safe and Respectful Pledge

I promise to be safe and respectful at home.

(MY SIGNATURE) (ADULT’S SIGNATURE)

(FAMILY MEMBER’S SIGNATURE) (FAMILY MEMBER’S SIGNATURE)

(FAMILY MEMBER’S SIGNATURE) (FAMILY MEMBER’S SIGNATURE)

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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What Is My Child Learning?
Your child is learning how to recognize bullying.

Why Is This Important?
Being able to recognize bullying is the first step in getting it to stop.

Bullying is mean or hurtful behavior that keeps happening, and the person it's happening to hasn't been able to make it stop.

Ask your child:

- Is bullying on purpose or by accident? **On purpose.**
- Is bullying mean or kind? **Mean.**
- Does bullying happen just one time, or does it happen over and over? **Over and over.**
- How do you think you'd feel if you were bullied? **Possible answers: Sad, hurt, mad, scared, afraid, embarrassed, uncomfortable.**

Practice at Home

Help your child practice recognizing bullying. Ask your child about his or her day at school: **Did children play and work well together today?** If yes, ask: **What things were you doing that were kind and respectful?** If no, ask: **What happened?** Then ask more questions to help your child recognize if what happened was bullying:

- **Was someone being mean on purpose?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Has this ever happened before?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Have you (or he or she if it happened to someone other than your child) been able to get it to stop?** If yes, ask: **What did you (or he or she) do to make it stop?**

If you and your child think it was bullying and your child hasn't been able to make it stop, report the bullying to your child's teacher or principal.

Activity

Have your child color in "Recognize" below.

Recognize

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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What Is My Child Learning?

Your child is learning how to report bullying to a caring adult.

Why Is This Important?

Caring adults who listen can help keep children safe from bullying.

Ask your child: What should you do when bullying happens to you or to someone else? *Second Step answer: Report it to a caring adult.*

What should you do if you report bullying to someone who doesn't help make it stop? *Second Step answer: Keep telling until I find someone who will listen and help make it stop.*

Practice at Home

Help your child practice reporting to you what happened at school each day. This will give your child practice in remembering details of what happened during the day, an important skill when it comes to reporting bullying. Have your child face you, keep his or her head up and shoulders back, and say in a strong, respectful voice, "I need to report my day."

Ask your child:

- **What happened?**
- **Who else was there?**
- **When did this happen?**
- **Where did it happen?**
- **Has it happened before?**

Repeat this practice throughout the week. Tell your child you want to hear both the good and bad things that happen.

Activity

Help your child think of caring adults he or she can report bullying to. Make sure to include some adults at school and at least one adult at home. Write their names below.

_____ (CHILD'S NAME)	_____ (DATE)	_____ (ADULT'S SIGNATURE)
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What Is My Child Learning?

Your child is learning how to refuse bullying when it happens.

Why Is This Important?

One way children can help stop bullying is to say words assertively that mean no to refuse bullying when it happens.

Ask your child: What are some words you can say to someone who is bullying you? Possible answer: “Stop it. That’s bullying.”

Can you show me how it looks and sounds when you say those words assertively? Your child should face you, keep his or her head up and shoulders back, and says in a strong, respectful voice, “Stop it. That’s bullying.”

Practice at Home

Help your child practice saying or using a signal that means stop with brothers and sisters or other children when needed, such as when a child takes a toy, pinches or hits, or says or does mean things to another child. Notice when your child is having trouble getting another child to stop mean or unwanted behaviors. Remind your child to be assertive and use the stop signal:

- Face the person
- Keep head up and shoulders back
- Say in a strong, respectful voice, “Stop it. I don’t like that.”

Also help your child practice what to do when receiving a stop signal: stop what you are doing, take a deep breath, walk away, or do something else. If the mean or unwanted behaviors don’t stop, help your child as needed.

Activity

With your child, create a family stop signal and draw it in the box. Or draw the school’s stop signal or choose one of the stop signals provided. Have everyone in your family practice using the signal and what to do when receiving the signal: stop what you’re doing, take a deep breath, walk away, or do something else. Use the stop signal whenever it is needed.



(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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What Is My Child Learning?
Your child is learning ways bystanders can help stop bullying.

Why Is This Important?
Bystanders have the power to stop bullying by standing up for others and reporting bullying. But bystanders can also make bullying worse if they join in or don't help.

Ask your child: What is a bystander? *Second Step* answer: Someone who sees or knows bullying is happening to someone else.

What are some things you can do as a bystander to help stop bullying?

- Stand up for the person being bullied and say, "Stop. That's bullying."
- Report or help report the bullying to a caring adult.
- Include others by inviting them to join in.

A bystander is someone who sees or knows bullying is happening to someone else.

Practice at Home

Tell your child that including others can be a way to keep bullying from happening. Remind your child to include others by inviting them to join in: **I see that your brother is interested in joining in the game you and your friend are playing. Can you invite him to play with you?**

Activity

Read with your child the three different ways a bystander can help stop bullying. Then have your child choose one of the ways, mark it with a check, and draw a picture of it in the box below or on a separate piece of paper.

- Stand up for the person being bullied. Report the bullying. Include others.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)