

	<p>What Is My Child Learning? Your child is learning ways bystanders can help stop bullying.</p>	<p>Why Is This Important? Bystanders have the power to stop bullying by standing up for others, reporting or helping report bullying, and including others. But bystanders can also make bullying worse if they join in or don't help.</p>
	<p>Ask your child: What would you do if you saw someone being bullied?</p>	

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

Read Together

A bystander is someone who sees or knows bullying is happening to someone else. Bystanders have a lot of power. They have the power to help stop bullying or the power to make the problem worse.

Bystanders can help stop bullying by:

- Standing up for the person being bullied
- Reporting or helping report the bullying to a caring adult
- Supporting, being kind to, and including the person being bullied

Bystanders can make the problem worse if they join in the bullying, laugh, don't report, or don't tell someone to stop.

Practice Together: What Can I Do?

Help your child think of and write some things he or she can do or say to help stop bullying. Use the list in the box above to help with ideas.

1. If I see and hear my friends whispering mean things about a classmate behind her back all the time, I will:

2. If I see an older kid picking on a younger kid on the bus, I will:

3. If I see two of my classmates not letting another classmate sit at their lunch table every day, I will:

4. If the kids I play with at recess never let another classmate play on the playground equipment, I will:

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