



**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 brother wants to play with you. What is a safe and respectful thing you can do for him?** Wait for your child to respond. **What is a safe and respectful thing you can say to him?** Wait for your child to respond.

**Activity**

Help your child think of safe and respectful things to do and say during playtime with other children. Help your child draw a picture for things to do and write the words for things to say.

**Safe and Respectful Ways to Play with Others**

What can you do?	What can you say to yourself or others?

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
----------------	--------	---------------------



**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: How do you know when someone is being bullied?**  
 Possible answers: Someone keeps being mean to someone else on purpose. It keeps happening. The person being bullied hasn't been able to get it to stop.

**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 recognize bullying. First, ask your child: **Can you tell me about a time something happened to you or to someone else that you think was bullying?** Then ask these questions to help your child recognize if it really was bullying:

- **Was someone being mean on purpose?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Did it happen again and again?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Was the person being bullied able to get it to stop?** If yes, ask: **What did you or someone else do to get it to 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**

Read the scenarios below with your child. Use the questions from the Practice at Home section above to help your child decide if what is happening is bullying. Then have your child put an X in the box to mark the scenario "Bullying" or "Not Bullying."

Scenarios	Bullying	Not Bullying
1. Someone leaves you out of a game every day on purpose.		
2. Someone grabs what you are playing with just one time.		
3. Someone keeps telling you every day that he's going to hit you if you don't do what he says.		
4. Someone argues with you about whose turn it is to go first.		

*\*Note to adult: Scenarios 2 and 4 are problems that need to be dealt with, but they are not bullying.*

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



**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**

Read the scenarios with your child. For each scenario, help your child write the number of the person the bullying could be reported to in the Number(s) box. You can use more than one person for each scenario.

**1.** School counselor   **2.** Parent   **3.** Playground supervisor   **4.** Teacher   **5.** Lunchroom supervisor

Scenarios	Number(s)
Someone tells you every day when you ask that you can't play tag with the others at recess.	
Someone pulls your hair every day on the bus.	
Someone always pokes you with a pencil in class.	
Someone keeps saying mean things about what you wear.	
Someone keeps saying she's going to twist your arm if you don't give her your milk at lunch.	

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



**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 faces you, keeps 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 how to say no to refuse bullying. Pretend you are the child who is bullying. Have your child face you, keep his or her head up and shoulders back, and say in strong, respectful voice, “Stop it. That’s bullying.” Repeat this practice throughout the week.

**Activity**

Read the story below with your child. Have your child fill in Carmen’s voice bubble with words that refuse bullying. Then have your child stand up straight, face you, and read Carmen’s words using a strong, respectful voice.

**This is Carmen. Every day Hoda calls her mean names. Carmen hasn’t been able to get Hoda to stop. She recognizes that she is being bullied and reports the bullying to her teacher. Her teacher helps her practice what to say to refuse Hoda’s bullying and how to say it. What does Carmen say?**



(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
----------------	--------	---------------------



**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, reporting or helping report bullying, and including others. 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?**

Possible answers:

- 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 sister is interested in what you and your friend are making with that clay. Can you invite her to help you make it?**

**Activity**

Read each scenario. Ask your child to find the picture that matches scenario 1 best and circle the 1 below that picture. Repeat with scenarios 2 and 3. Then have your child stand up and practice saying the words for each picture out loud assertively.

**Scenarios**

1. Stand up for the person being bullied. Say, "Stop. That's bullying."
2. Report or help report the bullying to a caring adult. Say, "I need to report bullying."
3. Include others by inviting them to join in. Say, "Do you want to play with me?"

1    2    3	1    2    3	1    2    3

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