



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?
 Following class rules helps children know how to behave so they can be better learners, get along with others, and feel safe and respected in class. Less bullying happens in safe and respectful classrooms.

Ask your child: What are some safe and respectful things you can do or say to help you follow your class rules? Possible answers: Things to do—Keep hands and feet to yourself. Walk in the classroom. Include others. Offer to help and do kind things. Be polite. Things to say—“Follow the rules.” “Listen to the teacher.” “I’m sorry.” “Do you want to play with me?” “Are you okay?” “Please.” “Thank you.”

Read Together

This week, you talked about how your class rules help you be safe and respectful in class. Being safe and respectful helps you learn and have fun with your classmates. It can also help you stop doing things that are against the rules, like bullying. Then you thought of things you can do and say to be safe and respectful. When you’re safe and respectful, it helps everyone feel good about being in class.

Practice Together: Safe and Respectful Words and Actions

With your child, practice identifying safe and respectful words and actions. Read the examples below with your child. Then have your child draw a line from the example to one or more of the safe and respectful things that match that example best.

Example	Safe and Respectful Things I Can Do or Say
One of your parents is talking.	“Do you want to play with us?”
You see a neighborhood friend standing alone while you are playing with your cousins at the park.	Apologize, then offer to help.
You accidentally spill water on your sister’s homework.	Focus attention.
You see your teacher at the supermarket.	“Thank you!”
Your parent fixes one of your favorite toys that had broken.	“Hello. How are you?”

(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.

Ask your child: What is an example of bullying that you've seen or know about?

Read Together

Bullying is when someone keeps being mean to someone else on purpose and that person hasn't been able to get it to stop. Bullying is unfair and one-sided.

This week you practiced being able to recognize bullying when it happens. These are clues that help you recognize bullying: It happens on purpose. It keeps happening. It's unfair and one-sided. You haven't been able to make it stop.

Practice Together: Is That Bullying?

With your child, read each of the scenarios below, then circle the answers to the Bullying Clues questions. If all the answers you circled are in big, bold letters, write: "That's bullying." If some of the answers you circled are not in big, bold letters, write: "That's not bullying." (Reminder: A scenario that is not bullying might still be a problem or conflict. Children can use a problem-solving model to work through conflicts.)

Scenario	Bullying Clues	Answers	
		YES	no
Every day when Rosa walks home from school, some older girls make fun of her and call her names. Rosa doesn't say or do anything back.	Is someone being mean on purpose?	YES	no
	Does it keep happening?	YES	no
	Has she been able to get it to stop?	yes	NO
	Is it unfair and one-sided?	YES	no
What is it? _____			
Carl is going to play a card game with his brother. They are arguing about who goes first.	Is someone being mean on purpose?	YES	no
	Does it keep happening?	YES	no
	Has he been able to get it to stop?	yes	NO
	Is it unfair and one-sided?	YES	no
What is it? _____			
Siri kicks and hits Trevor every day and just won't stop. Trevor doesn't do anything back.	Is someone being mean on purpose?	YES	no
	Does it keep happening?	YES	no
	Has he been able to get it to stop?	yes	NO
	Is it unfair and one-sided?	YES	no
What is it? _____			

(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 can help keep children safe from bullying. When children practice reporting details about their day, they use the same skills needed to report bullying.

Ask your child: Who are some caring adults you can report bullying to if it happens to you or to someone else?

Read Together

Whenever bullying happens to you or to someone else, you need to report it to a caring adult. This week you practiced what to say and how to say it assertively when you report bullying: You face the person you're talking to, keep your head up and your shoulders back, and say in a strong, respectful voice: "I need to report bullying." If you report bullying to someone and it doesn't help, you need to find someone who listens and does help stop the bullying. Reporting bullying is not tattling. Tattling is trying to get someone in trouble. Reporting means telling an adult in order to keep people safe.

Practice Together: Reporting the Day

Help your child practice reporting to you anything that happened at school today. First 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." Then ask your child some of the questions below. These are questions that are asked when children report anything to an adult, whether it is positive or negative, including bullying. You and your child can fill in your child's answers together. Ask these questions daily so your child keeps practicing!

1. What happened?

2. Who else was there?

3. When did this happen?

4. Where did it happen?

5. Has it happened before? _____ If yes, ask: **When and where did it happen before?**

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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What Is My Child Learning?
 Your child is learning 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: Why is it a good idea to practice what to say to refuse bullying with a caring adult first?

Read Together

This week you practiced what to say and how to say it assertively when you refuse bullying after you've reported it to a caring adult. You face the person you're talking to, keep your head up and your shoulders back, and say in a strong, respectful voice: "Stop it. That's bullying." If the bullying doesn't stop, get help from a caring adult.

Practice Together: Bullying Refusal Inspection

You are a "refusal inspector." It's your job to inspect your child's bullying refusal skills. Read each scenario to your child, then have your child respond assertively: "Stop it! That's bullying." Put a check mark by the skills your child did well. Repeat the scenario as needed until all the items on the list are checked off. When all checklists are complete, your child has passed the inspection!

Scenarios	Checklist
Every day at lunch, two girls say mean things and laugh about your family. They try to get other kids to laugh at you too.	<input type="checkbox"/> Faces you <input type="checkbox"/> Head up, shoulders back <input type="checkbox"/> Uses a strong, respectful voice <input type="checkbox"/> Says, "Stop it. That's bullying."
A boy on the bus always tries to trip you when you walk by, then calls you a crybaby when you try to say something to him.	<input type="checkbox"/> Faces you <input type="checkbox"/> Head up, shoulders back <input type="checkbox"/> Uses a strong, respectful voice <input type="checkbox"/> Says, "Stop it. That's bullying."
One of your best friends at school keeps making fun of your clothes and tries to get your other friends to join in.	<input type="checkbox"/> Faces you <input type="checkbox"/> Head up, shoulders back <input type="checkbox"/> Uses a strong, respectful voice <input type="checkbox"/> Says, "Stop it. That's bullying."

(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, 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 would you do if you saw someone being bullied?

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:

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