

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)

	<p>What Is My Child Learning? Your child is learning to refuse bullying when it happens.</p>	<p>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.</p>
	<p>Ask your child: Why is it a good idea to practice what to say to refuse bullying with a caring adult first?</p>	

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)