



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: 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.

You can also refuse to bully. You can make the choice not to be hurtful or mean to someone else. Before you do something you think might be mean, stop and think about how it might make others feel.

Practice Together: Recognize, Report, Refuse

First help label each picture with the R that the child is doing to help stop bullying. Next have your child write the words he or she would say (to him- or herself or to others) for each picture. Then have your child read the words out loud, using a strong, respectful voice.

<p>R _____</p>	<p>R _____</p>	<p>R _____</p>

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