



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:

- Is bullying on purpose or by accident? **On purpose.**
- Is bullying mean or kind? **Mean.**
- Does bullying happen just one time, or does it happen over and over? **Over and over.**
- 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 practice recognizing bullying. Ask your child about his or her day at school: **Did children play and work well together today?** If yes, ask: **What things were you doing that were kind and respectful?** If no, ask: **What happened?** Then ask more questions to help your child recognize if what happened was bullying:

- **Was someone being mean on purpose?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Has this ever happened before?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Have you (or he or she if it happened to someone other than your child) been able to get it to stop?** If yes, ask: **What did you (or he or she) do to make it 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

Have your child color in "Recognize" below.

Recognize

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