

Dear Parents,

Your students just participated in “I’ve Got Your Back” where they learned about what it means to be a R.E.A.L. ally. Your support reinforcing these lessons at home is invaluable, and the first thing you can do is to ask them to teach you about R.E.A.L. allyship! Here’s a review of the core competencies we addressed and some strategies for helping your children integrate the new skills into their everyday lives:

### **I’ve Got Your Back SEL Core Competencies**

Self Management, Social Awareness, Relationship Skills

### **I’ve Got Your Back Allyship Practices & Language**

Your students learned that in order to help others when they are experiencing teasing, tricky friendships or other troubles, they can speak up, help out, and be allies. We call this being R.E.A.L. allies, and this is what that stands for:

- **Read the clues:** Is the situation safe? Do we need to get help from an adult?
- **Express your thoughts:** what should we say to stop this? (Please stop; will you please stop?)
- **Ask both sides:** What can we say to help out? (what happened? How can I help?)
- **Listen and help:** What solutions can we try? (Stop and breathe, Clean up, Peacemakers)

### **Being Allies At Home**

All children have what it takes to be a R.E.A.L ally, and they practice this skill during everyday moments at home! When they tattle, ignore, or express challenging behavior (This is leaking behavior; in previous workshops, they’ve learned about their balloons, and that leaking their balloon is taking their feelings out on others), remind them that they’re powerful enough empty their own balloon (taking care of their feelings) in order to help others with full balloons.

At home, you might role play a situation that has happened in the past, and pause it in order to reflect on how to be a R.E.A.L. ally. When you watch TV or read books with children, you can also pause those stories and role-play or discuss what the characters might have done in order to be R.E.A.L allies. When you rehearse the R.E.A.L. process step-by-step, you help demystify allyship and show that it’s something we can do anywhere, anytime.

Children have the power to end bullying, exclusion, teasing, or other mistreatment, and they need chances to think through what they can do in challenging situations. Each time this arises in your home, you are reinforcing their capacity to make great decisions in the future.

Please let us know if you have any questions or want to share thoughts about how your students responded to the “I’ve Got Your Back” workshop. We’d love to hear from you.

Cheers,

The Soul Shoppe Team