

Dear Families/Caregivers,

Two key components of social awareness are the ability to choose safe and ethical behavior and to notice and speak out against unsafe or unethical behavior towards oneself or others. To do this, students must first understand the importance of rules. Students learned that rules are important because they make things **safe** and **fair** for all.

We all want friends and we all want to feel a sense of belonging. That's why it's important to be a good friend and include others. In this lesson, we talked about bullying. Students learned that a bully is someone who *purposely* and *repeatedly* hurts another person's feelings.

We learned some strategies to prevent bullying:

- **Stand up for yourself and others.** Tell the bully to leave you or someone else alone. Let him or her know that what he or she is doing is **not** okay.
- **Don't bully the bully.** Be strong and kind when standing up to the bully.
- **Help and support the person being bullied.** Let the target of the bully know that you are on his or her side. Being a friend is a great way to help.
- **Tell an adult.** Everyone has the right to feel safe and belong.

Talk to your child about bullying behavior that he or she has seen or experienced. Encourage your child to speak up against bullying.

Sincerely,
Your Child's Teacher