

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 to be safe and to feel a sense of belonging. That's why it's important to be able to identify bullies and protect oneself and others from bullies.

The profile of a bully includes someone who:

- repeatedly seeks to harm or threaten another person.
- is larger than their targets.
- may hit, kick, or shove the target.
- may use name-calling, teasing, threats, or insults.
- may ignore or leave others out of a group or activity.

The strategies to protect against a bully include:

- Avoid the bully.
- Walk away.
- Speak up.
- Hang out with friends.
- Tell an adult.

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