

WEEK 7 **Being a Buddy, Not a Bully**



Dear Parent/Guardian,

For Your Heart

This week, second graders are discovering they have a choice to make – to be a buddy or a bully! In this lesson, children are learning the following:

- How someone feels when others say or do hurtful things
- Why it is importance to be kind to others even when others are mean to them

For The Heart of Your Child

Here are some opportunities to reinforce your child’s continued development of kindness and empathy:

- Share a time with your child when you were bullied. Explain how you solved the problem. If the problem wasn’t solved peacefully, explain to your child what you could have done differently.
- If your child tells you he/she is being bullied, give comfort by affirming the right thing to do was to tell you about the problem. Reassure your child that you will help find a solution. Take the comments about bullying seriously and contact the teacher or adult figure where the bullying is occurring. Encourage your child to remain peaceful and kind instead of fighting back, and tell your child to avoid the bully as much as possible.
- Talk with your child about ways to be a buddy and not a bully. Help her come up with some specific ways to be a buddy.

We hope you take the time this week to invest in your child’s manners as they learn to step in and stand up for the rights of others.

From our hearts to yours,



PS Don’t forget to ask the definitions of KINDNESS & ACCEPTANCE.

KINDNESS—Showing care for others in an unexpected and exceptional way

ACCEPTANCE—Treating everyone I meet with respect, even when they are different from me

