

# BULLYING PREVENTION

## Family Connection

PurposeFULL  
People

### Overview

To help students achieve their best and make schools safe and welcoming, we need more than just anti-bullying policies. CharacterStrong uses strategies that are proven to work and focus on key social and emotional skills. In the curriculum, students will experience a blend of anti-bullying methods with other important skills like empathy, communication, and resilience. This helps schools deal with bullying better while also teaching students to understand and care for each other. This approach makes it easier for schools to embrace bullying prevention strategies and build an environment of kindness and respect.

### What is bullying?

Bullying is **hurtful** and **repeated**, but it also...

- Is unwanted physical or emotional pain
- Involves an imbalance of power
- Can happen online (cyberbullying)



### Conversation Starters



- What are some ways you can include others and make sure everyone feels welcome?
- How can you can report bullying?

### Book Recommendations

- **The Juice Box Bully: Empowering Kids to Stand Up for Others** by Bob Sornson and Maria Desmondy
- **The Smallest Girl in the Smallest Grade** by Justin Roberts

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## PurposeFull Pursuit

With your student, review the scenario below and practice using the stoplight as a way to respond to bullying. Create more scenarios that are relevant to your student for additional practice.

During recess, Arisha loves to sit down and draw in her notebook. But every day for the past week, Sonia grabs her notebook and rips the drawing she is working on. Arisha feels embarrassed and sad that her drawings are ruined. She doesn't know what to do. She wants to tell a teacher, but she is afraid it will make things worse.

- Is this bullying or not? How do you know?
- What should you do if this is happening to you?
- What should you do if you notice this is happening to someone else?



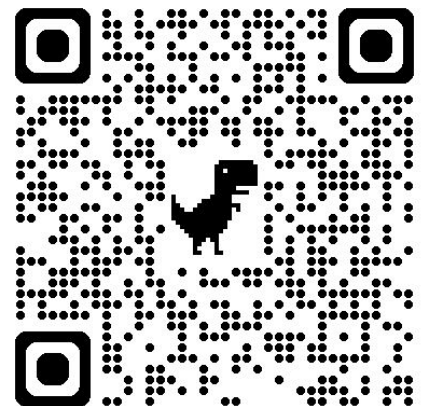
- Speak up
- Remove
- Distract

- Show comfort
- Invite others over
- Ask questions

- Get help
- Find an adult
- Call it out / name it

## Additional Family Resources

Access our Bullying Prevention family page to learn more!



[Characterstrong.com/familystrong](https://characterstrong.com/familystrong)