



**What Is My Child Learning?**

Your child is learning how to recognize bullying.

**Why Is This Important?**

Being able to recognize bullying is the first step in getting it to stop.

**Bullying is mean or hurtful behavior that keeps happening, and the person it's happening to hasn't been able to make it stop.**

**Ask your child: How do you know when someone is being bullied?** Possible answers: Someone keeps being mean to someone else on purpose. It keeps happening. The person being bullied hasn't been able to get it to stop.

**How do you think you'd feel if you were bullied?** Possible answers: Sad, hurt, mad, scared, afraid, embarrassed, uncomfortable.

**Practice at Home**

Help your child recognize bullying. First, ask your child: **Can you tell me about a time something happened to you or to someone else that you think was bullying?** Then ask these questions to help your child recognize if it really was bullying:

- **Was someone being mean on purpose?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Did it happen again and again?** If yes, ask the next question. If no, then it probably wasn't bullying.
- **Was the person being bullied able to get it to stop?** If yes, ask: **What did you or someone else do to get it to stop?**

If you and your child think it was bullying and your child hasn't been able to make it stop, report the bullying to your child's teacher or principal.

**Activity**

Read the scenarios below with your child. Use the questions from the Practice at Home section above to help your child decide if what is happening is bullying. Then have your child put an X in the box to mark the scenario "Bullying" or "Not Bullying."

Scenarios	Bullying	Not Bullying
1. Someone leaves you out of a game every day on purpose.	<input type="checkbox"/>	<input type="checkbox"/>
2. Someone grabs what you are playing with just one time.	<input type="checkbox"/>	<input type="checkbox"/>
3. Someone keeps telling you every day that he's going to hit you if you don't do what he says.	<input type="checkbox"/>	<input type="checkbox"/>
4. Someone argues with you about whose turn it is to go first.	<input type="checkbox"/>	<input type="checkbox"/>

*\*Note to adult: Scenarios 2 and 4 are problems that need to be dealt with, but they are not bullying.*

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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