



What Is My Child Learning?
Your child is learning how to refuse bullying when it happens.

Why Is This Important?
One way children can help stop bullying is to say words assertively that mean no to refuse bullying when it happens.

Ask your child: What are some words you can say to someone who is bullying you? Possible answer: “Stop it! That’s bullying.”

Can you show me how it looks and sounds when you say those words assertively? Your child faces you, keeps his or her head up and shoulders back, and says in a strong, respectful voice, “Stop it. That’s bullying.”

Practice at Home

Help your child practice how to say no to refuse bullying. Pretend you are the child who is bullying. Have your child face you, keep his or her head up and shoulders back, and say in strong, respectful voice, “Stop it. That’s bullying.” Repeat this practice throughout the week.

Activity

Read the story below with your child. Have your child fill in Carmen’s voice bubble with words that refuse bullying. Then have your child stand up straight, face you, and read Carmen’s words using a strong, respectful voice.

This is Carmen. Every day Hoda calls her mean names. Carmen hasn’t been able to get Hoda to stop. She recognizes that she is being bullied and reports the bullying to her teacher. Her teacher helps her practice what to say to refuse Hoda’s bullying and how to say it. What does Carmen say?



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