



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 should face you, keep 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 saying or using a signal that means stop with brothers and sisters or other children when needed, such as when a child takes a toy, pinches or hits, or says or does mean things to another child. Notice when your child is having trouble getting another child to stop mean or unwanted behaviors. Remind your child to be assertive and use the stop signal:

- Face the person
- Keep head up and shoulders back
- Say in a strong, respectful voice, “Stop it. I don’t like that.”

Also help your child practice what to do when receiving a stop signal: stop what you are doing, take a deep breath, walk away, or do something else. If the mean or unwanted behaviors don’t stop, help your child as needed.

Activity

With your child, create a family stop signal and draw it in the box. Or draw the school’s stop signal or choose one of the stop signals provided. Have everyone in your family practice using the signal and what to do when receiving the signal: stop what you’re doing, take a deep breath, walk away, or do something else. Use the stop signal whenever it is needed.



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