



What Is My Child Learning?
 Your child is learning 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: Why is it a good idea to practice what to say to refuse bullying with a caring adult first?

Read Together

This week you practiced what to say and how to say it assertively when you refuse bullying after you've reported it to a caring adult. You face the person you're talking to, keep your head up and your shoulders back, and say in a strong, respectful voice: "Stop it. That's bullying." If the bullying doesn't stop, get help from a caring adult.

Practice Together: Bullying Refusal Inspection

You are a "refusal inspector." It's your job to inspect your child's bullying refusal skills. Read each scenario to your child, then have your child respond assertively: "Stop it! That's bullying." Put a check mark by the skills your child did well. Repeat the scenario as needed until all the items on the list are checked off. When all checklists are complete, your child has passed the inspection!

Scenarios	Checklist
Every day at lunch, two girls say mean things and laugh about your family. They try to get other kids to laugh at you too.	<input type="checkbox"/> Faces you <input type="checkbox"/> Head up, shoulders back <input type="checkbox"/> Uses a strong, respectful voice <input type="checkbox"/> Says, "Stop it. That's bullying."
A boy on the bus always tries to trip you when you walk by, then calls you a crybaby when you try to say something to him.	<input type="checkbox"/> Faces you <input type="checkbox"/> Head up, shoulders back <input type="checkbox"/> Uses a strong, respectful voice <input type="checkbox"/> Says, "Stop it. That's bullying."
One of your best friends at school keeps making fun of your clothes and tries to get your other friends to join in.	<input type="checkbox"/> Faces you <input type="checkbox"/> Head up, shoulders back <input type="checkbox"/> Uses a strong, respectful voice <input type="checkbox"/> Says, "Stop it. That's bullying."

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