

Dear Families/Caregivers,

Two key components of social awareness are the ability to choose safe and ethical behavior and to notice and speak out against unsafe or unethical behavior towards oneself or others. To do this, students must first understand the importance of rules. Students learned that rules are important because they make things **safe** and **fair** for all.

We all want to be safe and to feel a sense of belonging. That's why it's important to be a good friend and look out for others. In this lesson, we talked about strategies for being an upstander when witnessing a bullying situation.

An upstander is someone who stands up for someone being bullied. Studies show that when bystanders intervene and act as upstanders, bullying stops within 10 seconds, 57% of the time!

The strategies to be an upstander include:

- Tell the bully to stop in a loud, clear voice.
- Be a friend to the target.
- Tell an adult.

Talk to your child about bullying behavior that he or she has seen or experienced. Encourage your child to speak up against bullying.

Sincerely,
Your Child's Teacher