Dear Parent,

Today your child had a guidance lesson on bullying. Children discover that occasional disagreements with friends, neighbors, and classmates are a fact of life. With time and experience, by trial and error, and guided by positive role models, children become increasingly skillful at resolving everyday conflicts for themselves without the need of adult supervision.

But when conflicts include repetitive physical or verbal abuse of one child by another-and especially when there is an imbalance of power between the abuser and the abused-we identify the situation as bullying. It is **physical** when it involves harmful actions against another’s body. It is **verbal** when it involves speaking to a person or about a person in an unkind or hurtful way. It is **emotional** when it involves behaviors that upset, exclude, or embarrass a person. It is **racial** when it involves rejection or isolation of a person because of ethnicity.

Students are introduced to the meaning of a person being a bully through our Wise Owl Bully Stopper Kit. We began by watching a DVD to present some scenarios for us to discuss in class. Kindergarteners learned how to spot a person with bullying behavior. First graders learned how to stop a bully. Second graders learned how to not be bystander when they see someone being a bully to someone else. Then we played a game to reinforce what we discussed and watched.

They also were reminded how to report bullying when it happens. We reviewed the difference between a little deal and a big deal, as well as tattling verses **reporting.** It is a big deal when someone is hurting, being dangerous, or you feel worried or afraid. You need the help of an adult, so you report. It is a little deal when no one is hurt, dangerous, or making you feel worried or afraid. Little deals mean you stop and choose a strategy that allows you to handle it yourself. I know the word **tattling** looms in your mind often when dealing with children. It does become a problem behavior and today we covered the topic thoroughly! Tattling is when you tell a person in authority {such as a parent, teacher, or other person in charge} that someone has made a mistake or has done something against you and your desire is to get that person in trouble with the authority figure.

Annabeth Greene

Pre-K-2 Counselor