

## ***Parents, together we can prevent bullying in our schools!***

Every student has the right to feel safe, respected and accepted at school - to work, learn and enjoy activities without fear of physical or emotional harm.

Our district is committed to addressing the problem of bullying. We've enlisted school personnel and students to help make this happen and we need your support as well. We encourage you to have open conversations with your children about healthy vs. unhealthy relationships, how to get help if they need it, and why it's important to notify the school right away if something is bothering them.

At each elementary building in the district, the school counselors work with every grade level. We present age appropriate lessons on friendship, self-advocacy skills, healthy vs. unhealthy relationships, and who our school and community helpers are.

### Proactive Strategies

- **Help** - Use this strategy to get help from friends or a trusted adult.
- **Assert yourself** - Teach your child to face the person by standing tall and using a strong voice. Your child should name the behavior and tell the aggressor to stop.
- **Humor** - Use this strategy to de-escalate a situation. Brainstorm humorous ways to deal with an uncomfortable situation.
- **Avoid** - This strategy may be best for situations when the child is alone. Another way to use this strategy is to analyze the situation and know how to stay away from the problem relationship.
- **Self-Talk** - Use this strategy to keep feeling good about oneself. The strategy involves "putting on a tape recording in one's mind" that says nice things to oneself (i.e., "I'm a good kid. I try my best at school and I'm nice to other kids. When Jason calls me dumb, it is not my fault. It is his problem that he is being mean. It is unfair. I don't have to accept his opinion. I can have my own opinion about me and I like myself").

Adapted from: Bully Proofing Your School: A Comprehensive Approach for Elementary Schools, Second Edition

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