



### 3.7 FAMILY CONNECTION!

#### FAMILY MEMBERS READ THIS:

Your child is learning how to respond to bullying and has learned five things he or she can do when being bullied. Help your child better respond to bullying in the future by talking with him or her about what he or she has learned and sharing your own thoughts and experiences.

# Learning to Deal with a Bully

## WHEN YOU THINK YOU ARE BEING BULLIED

### REMEMBER THAT

- bullying is **HARM**. **HARM** stands for **Harmful Actions** or words **Repeated More than once** to hurt or control others.
- it is important to first calm down and breathe deeply. It's easier to think about what to do when you feel calm.
- there are five ways to respond to bullying, including keeping calm. You can ignore the behavior and walk away; travel with friends; get help from an adult; or send **Don't Bug Me Messages**.

### LET'S DO THIS!

Share with your family member what you learned about **HARM** and the five ways you can respond to bullying behaviors. Then discuss with your family member any times in his or her life when he or she experienced bullying situations. Ask your family member to share how he or she responded.

Discuss how your family member responded to bullying situations in the past. Then answer the following questions:

What experiences did your family member share about bullying situations he or she has experienced?

How did your family member respond in those situations?

How could your family member have responded differently if he or she had learned about effective ways to deal with a bully before the bullying situation occurred?