

# Building a Culture of **KINDNESS**

**RESOURCE GUIDE**

# Social Emotional Learning (SEL)

# SKILL BUILDING

## TEACH EMPATHY

Empathy is having the ability to understand and share the feelings of others. It is about putting oneself in another's shoes.

- Model how to value feelings
- Connect feelings, thoughts, and behaviors so children can understand cause and effect
- Build a "climate" of understanding

## NURTURE COURAGE

Courage is having mental or moral strength to face difficulties or fears.

- Give permission for imperfection
- Try something new together
- Point out/highlight the courage your child already displays
- Model/encourage positive self-talk

## BUILD ACCEPTANCE

Acceptance is general agreement that something is satisfactory or right or that someone should be included in a group.

- Teach them to love themselves. Accepting others starts when accepting oneself
- Celebrate differences and promote inclusivity
- Create more conversation about difference and seize teachable moments

## SUPPORT HEALTHY FRIENDSHIPS

Friendship is when two or more people benefit from knowing each other. The relationship is built on mutual respect, care, kindness, and allowing each person to grow and change.

- Emphasize the importance of quality over quantity
- Speak kindly; avoid gossip, rumors, and negative comments
- Build on common interests and activities
- Increase face-to-face time with friends "rather than virtual/social media friends"

## FOSTER RESPECT

Respect is showing others consideration or appreciation. It is being courteous and polite, being tolerant and accepting of individual differences, and not taking advantage of others.

- Give respect to earn respect (model and set as the expectation)
- Instill kind and firm discipline (teaching appropriate behavior as opposed to punishment)
- Reinforce manners (saying please and thank you)

## IMPROVE COMMUNICATION SKILLS

Communication is the ability to listen to others, as well as successfully relaying ideas and opinions. It is about understanding the emotion and intentions behind the information.

- Listen more than you speak
- Think before you speak
- Pay attention to tone of voice (what you say and how you say it)
- Look the person you are speaking with in the eyes (notice what color eyes they have)
- Have more conversations with your child
- Agree to disagree – be open to opposing viewpoints



# HOW TO build grit and resilience



## GRIT

Grit is necessary to ensure children can have the courage, perseverance, and strength of character to face challenges and not give up. Below are five strategies to help build grit.

- 1 FIND A PASSION**  
Help your child find a passion or engaging activity. This can help a child understand that practice, hard work, and perseverance are the surest ways to achievement.
- 2 OFFER PRAISE**  
Praise the effort your child gives on a task even if it was not perfect. Consistent effort will lead to more good performances than bad. Instead of praising your child for his grades, praise him for being tenacious and determined.
- 3 ALLOW FRUSTRATION AND RESIST RESCUING**  
Let your child struggle through a challenge. Learning from challenges (as well as failure) is key to making the connection for kids that true achievement does not come easily. Giving children exposure to challenges they can manage during childhood will help ensure they are better able to deal with stressors in adulthood.
- 4 TEACH SELF-ENCOURAGEMENT**  
When you see your child struggle, offer encouragement that you are there to help, but you know that they can do it on their own.
- 5 MODEL GRIT**  
If you love what you do, let others know. Wear your passion on your sleeve. When you fail, share your frustration, but point out what you learned from the experience. Show your child that even you might struggle through a task. This shows them first-hand that, while difficult, achieving goals can be rewarding.

## RESILIENCE

When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world. Below are five strategies to help build resiliency.

- 1 FOSTER A SUPPORTIVE RELATIONSHIP**  
Spend one-on-one time with your children. The reliable presence of at least one unconditionally loving and supportive adult relationship provides the opportunity for developing vital coping skills.
- 2 MODEL RESILIENCY**  
Model how to handle stressful situations. Show your child how to deal with disappointment and difficult situations by using coping and calming strategies such as deep breathing and labeling emotions.
- 3 ENCOURAGE RISK TAKING**  
Allow children to take age-appropriate risks, even if you think it may be “too hard” for them. Having the courage to do something difficult is more important than the outcome.
- 4 BUILD PROBLEM-SOLVING SKILLS**  
Give children the language to learn to solve problems on their own rather than solving their problems for them.
- 5 DEVELOP GRATITUDE**  
Gratitude can help a child fight negativity, remain realistic, maintain hope and confidence, and improve relationships. Talk with your child daily about the small things or people you appreciated that day. Keep a gratitude journal and write things you received that day (a smile from a friend, a sunny day, a high five from a teacher).

# Social Emotional Learning (SEL)

# DAILY ROUTINES

## MORNING ROUTINE

Take time to check in with yourself and your mood. Look at yourself in the mirror while you get ready and reflect on your expression. Think about how often you appear happy and how your expressions may impact your interactions with your child and others.

Do a mood check, and ask yourself, “What is going on with me today? What am I grateful for? How do I want my day to go?” Remember that you want to teach your child about the positive nature of self-awareness. At times, simply smiling can change your mood, and smiles are contagious. If you smile at your children in the morning, it can help everyone have a positive start to their day.



## AFTER SCHOOL ROUTINE

While commuting home after work or school, think about your day and try to see certain situations from the perspective of others. Understanding and addressing others’ concerns is essential to social awareness. Coaching yourself can help you learn how to be more diplomatic in your interactions. This is especially true for any interactions that you have with your child. Ask yourself, “How do I react when he/she questions me or wants to talk about his/her concerns?” Remember, your child is looking to you as an example. Taking a moment to consider how you interact with your child and others is an integral part of nurturing social skills.



## DINNER TIME ROUTINE

Dinner time offers a good opportunity to think about your relationship skills. One way to model positive relationship skills is to try to have meals together as often as possible. Use this time to talk to one another and nurture your relationship as a family. Research has found that teenagers who have frequent family dinners are more likely to be emotionally content, work hard at school, and have high-quality relationships with their parents.



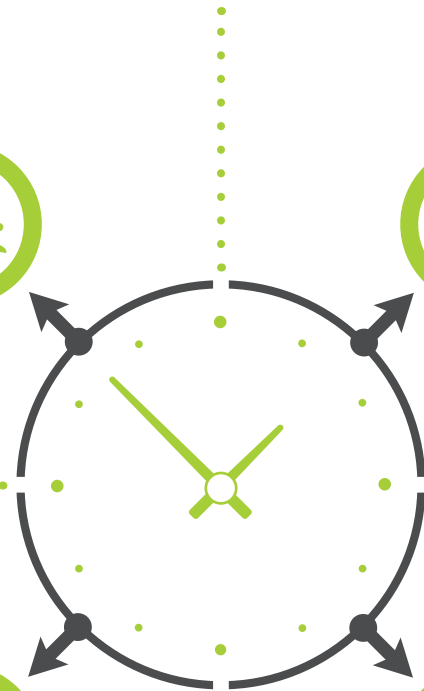
## BEDTIME ROUTINE

After a long day, it may be challenging to think about the way you make choices; however, it is important to do so in order to consciously model behavior for your child. Bedtime is a good opportunity to analyze your decisions of the day. Also think about important choices you made in the past that involved your child or your family members, and break down the steps that you took to reach those decision.



Knowing that your family table is a safe place to talk about the good and bad can nurture your relationship with your child, and it can provide them with an example of what positive, strong relationships looks like.

Consider talking through your decision-making strategies with your child to show them that everyone has a process when making decisions. If you share with your child, you show them that they are not alone in struggling with decisions or making choices.





## SOCIAL AWARENESS

The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. These include the areas of: perspective-taking, empathy, appreciating diversity, and respect for others.

## RELATIONSHIP SKILLS

The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. These include the areas of: communication, social engagement, relationship-building, and teamwork.

# Parent and Child Reflection

What daily routines are currently in place for our family? (PARENT)

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What daily routines would benefit our family if implemented? (PARENT)

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What steps can I take to show greater social awareness and positive relationship skills? (CHILD)

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How can I support my child to continue building social awareness and positive relationship skills?  
(PARENT)

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How does my behavior affect others? (CHILD)

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What supports do I need from my parent(s) to help improve my behavior? (CHILD)

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## PARENT RESOURCES

### SOCIAL EMOTIONAL LEARNING

▶ **CCPS SEL Website**  
[collierschools.com/SEL](http://collierschools.com/SEL)

▶ **CASEL**  
[casel.org/homes-and-communities](http://casel.org/homes-and-communities)

▶ **Character Lab**  
[characterlab.org](http://characterlab.org)

▶ **Edutopia**  
[edutopia.org/resilience-grit-resources](http://edutopia.org/resilience-grit-resources)

▶ **Parent Toolkit**  
[parenttoolkit.com](http://parenttoolkit.com)

### BULLYING

▶ **CCPS Bullying Website**  
[collierschools.com/bullying](http://collierschools.com/bullying)

▶ **Stop Bullying**  
[stopbullying.gov](http://stopbullying.gov)

▶ **PACER's National Bullying Prevention Center**  
[pacer.org/bullying/resources](http://pacer.org/bullying/resources)

### SOCIAL MEDIA & APPS

▶ **Safe, Smart & Social (APP Guide For Parents)**  
[safesmartsocial.com/app-guide-parents-teachers](http://safesmartsocial.com/app-guide-parents-teachers)

▶ **NetSmartz**  
[netsmartz.org/tipsheets](http://netsmartz.org/tipsheets)

▶ **National Online Safety**  
[nationalonlinesafety.com](http://nationalonlinesafety.com)

# Defining Types of **CONFLICT**

It is important to define bullying and understand the differences between peer conflict, rude and mean behavior, and bullying.

## PEER CONFLICT

Normal peer conflict happens occasionally, is often accidental, and is not serious. It takes place between friends of equal power who are not trying to get something. These friends typically demonstrate an equal emotional reaction and an effort to solve the problem.

**RUDE BEHAVIOR** - Carelessly saying or doing something that hurts someone else

- impulsive and unplanned inconsideration
- not purposefully intended to actually hurt someone
- based on thoughtlessness
- poor manners
- spontaneous

*EXAMPLE: jumping ahead in line*

**MEAN BEHAVIOR** - Purposefully saying or doing something to hurt someone once (or maybe twice)

- intentionally hurtful - aims to belittle, criticize, or put down
- isolated - occurring only once or twice
- criticizing clothing, appearance, intelligence, or coolness
- often sounds like words spoken in anger

*EXAMPLE: "You are so stupid!"*

## BULLYING

Bullying involves repeated negative actions, is purposeful, and poses a serious threat of physical or emotional harm. It does not take place between friends and is characterized by an imbalance of power, whereby one person looks to control the other.

**BULLYING BEHAVIOR** - Occurs when someone is **purposely** and **repeatedly** targeted by a stronger person and feels a sense of **powerlessness**

- harmful intent and repeated negative action
- unequal emotional reaction
- no remorse - blames the target
- no effort to solve the problem

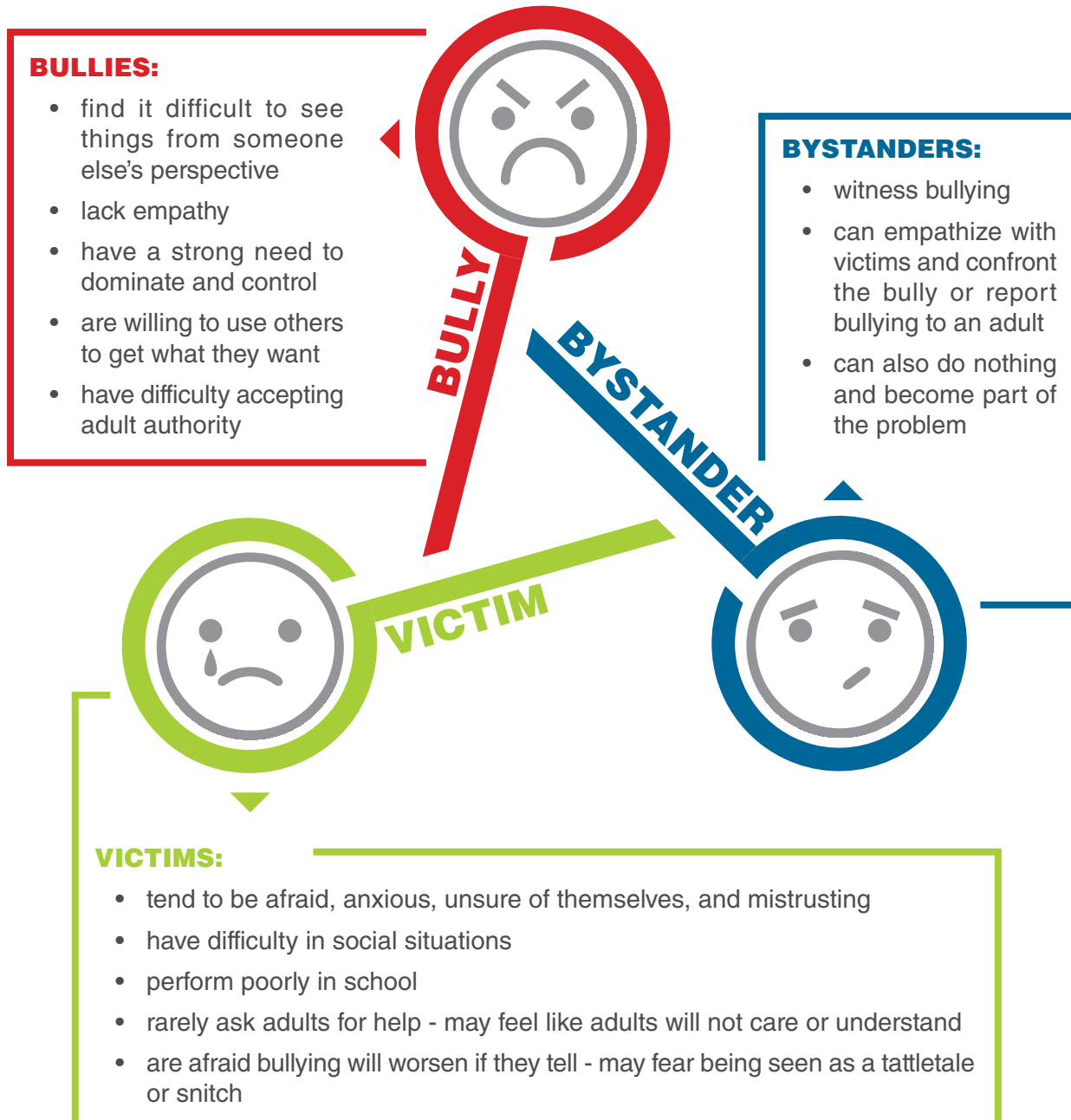
## EFFECTS OF BULLYING

- poorer social adjustment for bullies, victims, and bully/victim
- lower academic achievement
- loss of friends and loneliness for victims
- attendance problem for victims
- loss of trust in school climate/support

## SIGNS OF BULLYING


- getting into physical or verbal fights
- having friends who bully others
- increased aggressiveness
- having unexplained extra money or new belongings

# Bullying Triad



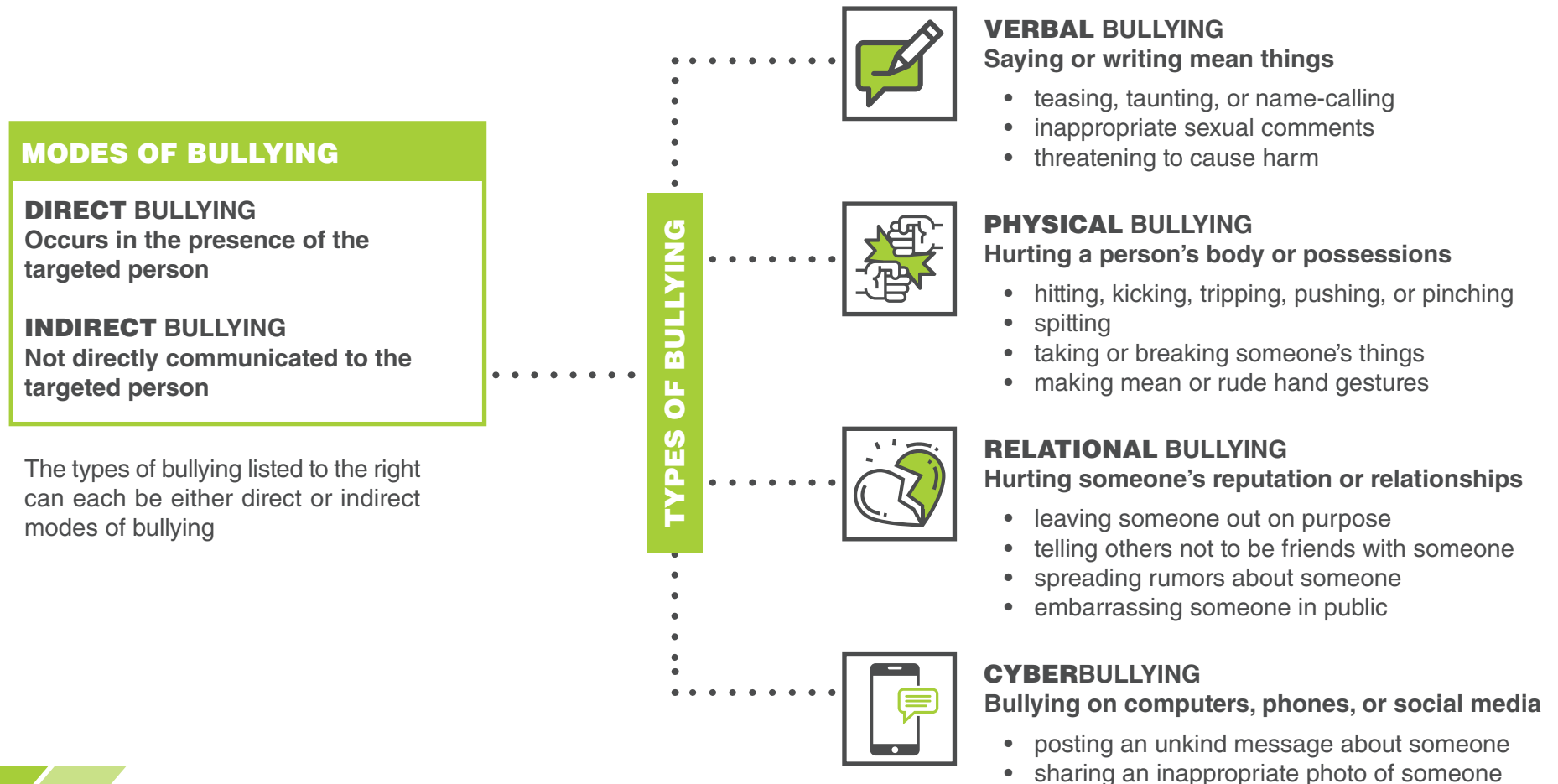
ENCOURAGE  
YOUR CHILD TO  
**TELL AN ADULT**

## ANONYMOUS REPORTING

- ▶ Text DNTH8 to 274637 (C-R-I-M-E-S)
- ▶ Submit a tip via  FortifyFL App
- ▶ Call Student Crime Stoppers at 1-800-780-8477
- ▶ Submit a "Bullying Incident Form" found on the school district's Bullying Resources webpage found at [www.collierschools.com](http://www.collierschools.com)

# Is your child a **BULLY?**

Learning that your child is a bully can be very unsettling. If you do learn that your child is bullying others, take action quickly. Remember, there are many reasons why one child bullies another. However, regardless of the reason, you have to discipline your child for their poor choices. Below you will find definitions and examples of the types of bullying which your child may be engaged in.





# HOW TO address bullying behavior



Children who bully need limits and consequences in order to appreciate the impact their behavior has on others. They need to develop compassion and empathy in order to avoid seeking relationships based on power, fear, and intimidation. Below are nine ways to address your child's bullying behavior.

## ADDRESS BULLYING IMMEDIATELY

It is critical that you talk to your child as soon as you learn that they have bullied another child. Doing so demonstrates not only that you are aware of the situation, but also that bullying is unacceptable and will not be tolerated. Be sure to stay calm, avoid any shameful language, and show your concern. Make it clear they will be disciplined for their choices.

## DETERMINE THE ROOT CAUSE

In order to develop the correct plan of discipline for your child, you need to find out why your child chose to bully another child. For example, if your child bullied other kids because they want to be popular or to be part of a clique, then you will need to address the importance of healthy friendships and resisting peer pressure. Remember, do not give your child an excuse for their behavior.

## REMIND YOUR CHILD THAT BULLYING IS A CHOICE

Your child needs to recognize that no matter the reason behind their bullying behavior, bullying was a choice they made and they are responsible for their actions. Be sure that your child owns their choice and accepts responsibility. Continue discussing the situation until your child can tell you that they understand their responsibility.

## DEVELOP LOGICAL CONSEQUENCES

Every bullying situation is different and as a result, the consequences will be different. For example, if your child was using their computer or cell phone to cyberbully others, then a logical consequence would be a loss of computer privileges and cell phone use. Likewise, if your child used their status on the cheerleading squad to bully others or bullied others because they are part of a clique, then they should lose that status for a period of time.

## TAKE AWAY PRIVILEGES

Losing privileges is a popular form of discipline and is usually very effective. For example, you can take away electronics, the privilege of attending parties or special events, social media use, and even the ability to stay home alone. Be sure that once you take something away that you do not give it back later. Be clear on the length of time that the privilege will be revoked.

## SUPPORT THE SCHOOL'S DISCIPLINARY PLAN

When you partner with your child's school and support their discipline plan, you are allowing your child to learn a valuable life lesson. It shows them that there are consequences for bad choices and Mom or Dad will not rescue them. The worst decision you could make is to enable their bad decisions by attempting to rescue them from the pain of consequences.

## TEACH YOUR CHILD NEW SKILLS

Pay attention to the details of your child's bullying behavior. Are there skills your child is lacking that may prevent future bullying incidents like anger management and impulse control? Or, is your child bullying to fit in or to get attention? If so, this could be a self-esteem issue. Help your child see their value and worth outside of what peers have to say.

## AVOID SHAMING YOUR CHILD

Shaming your child is a form of bullying and should not be used to discipline. An example of this is posting an embarrassing photo of a child on social media with a details of their situation. Children that witness their parents engaging in shaming learn that it is acceptable to embarrass or humiliate others.

## CONCENTRATE ON INSTILLING EMPATHY

Be sure your child takes the time to really think about how they would feel if they were the one being bullied. When kids learn to see things from a different perspective, they are less likely to bully again in the future. In fact, raising your child's emotional intelligence and instilling empathy goes a long way in preventing bullying.

# Is your child a bullying **VICTIM?**

Children who are being bullied often feel like nobody can help them and that nothing can be done to stop it. As a parent, recognizing the warning signs of bullying is an important first step in taking action. Below are some warning signs to look for, but be aware that not all children who are bullied exhibit warning signs.

## WARNING SIGNS



Unexplainable injuries



Lost or destroyed clothing, books, electronics, or jewelry



Frequent headaches or stomach aches, feeling sick or faking illness



Changes in eating habits, suddenly skipping meals, or binge eating - may come home from school hungry because they did not eat lunch



Not wanting to use school bathroom



Difficulty sleeping or frequent nightmares



Declining grades, loss of interest in schoolwork, or not wanting to go to school



Sudden loss of friends or avoidance of social situations



Feelings of helplessness or decreased self-esteem



Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

# HOW TO help victims of bullying

Children who are victims of bullying need adult intervention in order to adjust the power imbalance. Victims often do not ask adults for help due to humiliation or fear that the bullying will become worse if they tell. Children who are bullied need to be heard, believed, and not blamed for the bullying action they have received. They need to know that the bullying can end if they ask for help. Below are five strategies parents can use to help their child through a bullying experience.

## LISTEN

If your child comes to you about a bullying situation, be prepared to listen without judgement. Provide a safe and supportive space in which your child can share their experience and work out their feelings. Respond with empathy, concern, and care. It is important to learn as much as possible about the situation, such as how long the behavior has been happening, who has been involved, and what steps have been taken. Bullying can be traumatic and opening up may take your child some time. Be patient and allow your child to confide in you on their own terms.

## PROVIDE SUPPORT AND ENCOURAGEMENT

Reassure your child that you are happy they are talking about their experience. Take steps that focus on your child's emotional and physical health.

- Remind your child that they are NOT alone and that it is NOT their fault
- Explain that it is your responsibility as an adult to help them and ensure they feel safe
- Let your child know that they deserve respect just like everyone else
- Assure your child that they have a right to feel safe at school and at home

## EMPOWER YOUR CHILD

After listening to your child tell you about of their experience, encourage them to communicate what they need and then help them get what they need. Encourage self-advocacy by working together to create an action plan outlining a strategy and response to the bullying. Talk with your child about how they would like the situation to be different and how to make that happen. Involving your child in the solution can be powerful, and can build their confidence and resilience.

## THINK WHO ELSE SHOULD BE INVOLVED

It is important to identify others who can help your child. When a child is being bullied, it can impact their education, emotional well-being, and even physical health. Involve others such as teachers and school staff, a trusted physician or counselor, a coach, or the leader of a club activity. Work with your child to identify who to contact, what you want to ask them, and how you will be involved moving forward. Make sure you share your child's action plan with the other adults involved.

## UNDERSTAND LOCAL AND FEDERAL LAWS AND POLICIES

It is important to have knowledge of your child's rights regarding bullying situations.

- Document all events and communication. Written records provide a history. Keep your writing factual, not emotional, and include background on any steps you plan to take or have already implemented. Save all written correspondence (emails, texts, social media posts)
- Be aware of Florida's legislation on bullying. Each state has different laws and policies pertaining to bullying, along with requirements for how schools respond
- Contact your child's school and request a copy of the district's bullying policy

## LINKS

- Florida Statute 1006.147 (Jeffrey Johnston Act) ([link](#))
- School Board Policy 5517.01 ([link](#))

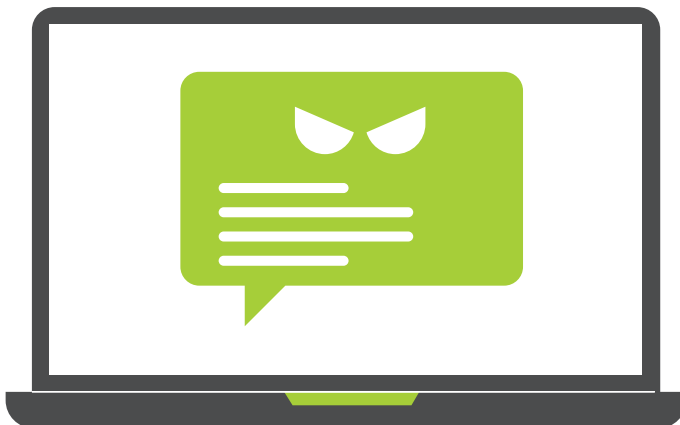
# Is your child involved in

# CYBERBULLYING?

## WHAT IS CYBERBULLYING?

Cyberbullying is the use of technology to tease, humiliate, threaten, and/or harass someone by sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can happen through text messaging, email, or social media. Cyberbullies might send mean comments, post embarrassing photos, spread rumors, share private information about someone to humiliate or mock them online, or pretend to be someone else online to hurt another person.

Cyberbullying can be very damaging because of the speed and impulsive nature of the behavior, its anonymity and unlimited number of forwards, and the potential of it going viral. The bully (or sender) is distanced from the victim and does not see the pain inflicted.



## WARNING SIGNS

Cyberbullying may be occurring if a child:

- has a change in mood or behavior
- has noticeable increase or decrease in device use, including texting
- has emotional responses (laughter, anger, upset) to what is happening on their device
- hides screen or device when others are near and avoids discussion about what they are doing on their device
- has social media accounts shut down or new ones appear
- avoids social situations, even those that were enjoyed in the past
- shows withdrawal or depression, or loss of interest in people and activities

# HOW TO prevent cyberbullying



## DIGITAL AWARENESS

As the digital world continues to evolve, it is very important for parents to be aware of their children's online activity. Posting harmful or negative content online may not only harm others, but can affect a child's online reputation, which can have negative implications for future employment or college admission. Take steps to protect your child from harmful digital behavior.

- Monitor your child's social media accounts, apps, and browsing history
- Review or reset your child's phone location and privacy settings
- Follow or friend your child on social media sites or have another trusted adult do so
- Stay up-to-date on the latest apps, social media platforms, and digital slang
- Charge a child's cell phone in a parent's room at night so as to reduce unmonitored activity

## MONITORING DIGITAL ACTIVITY

Use parental controls and monitoring software on your child's devices. There are free software options and apps available to help parents restrict content, block websites, and view a child's online activity. Consider your child's age and device use when selecting monitoring software - what is appropriate for a ten-year-old may not be useful for a teen.

## ESTABLISHING RULES

Parents can create trust with their children by having open, honest discussions that communicate values and expectations about appropriate digital behavior.

- Set clear expectations and establish that having a cell phone and social media accounts is a privilege
- Make sure your child understands that their digital activity will be monitored
- Educate your child about the harmful effects of cyberbullying, posting hateful content, sexting, and sharing naked photos of themselves or others
- Be clear about what content can be viewed or shared
- Identify which apps are appropriate for your child to use and which are not
- Establish limits on the amount of time your child can spend online or using their device
- Model positive, respectful digital behavior on your own devices and social media accounts
- Know your child's user names and passwords for email and social media accounts. If your child changes a password without telling you, take away their device/social media privileges as the consequence

## REPORTING CYBERBULLYING

If you suspect your child is being cyberbullied, report it immediately so it can be addressed.

- Do not respond to and do not forward cyberbullying messages
- Keep evidence of the cyberbullying - save and print screenshots, emails, and text messages
- Block the person who is cyberbullying

## REPORT CYBERBULLYING TO YOUR SCHOOL

Cyberbullying can create a disruptive environment at school and is often related to in-person bullying. The school can use the information to help address the situation.

## REPORT CYBERBULLYING TO ONLINE SERVICE PROVIDERS

Cyberbullying often violates the terms of service of social media sites and internet service providers. Report cyberbullying activity to the social media site so they can take action against users abusing their terms of service.

## REPORT CYBERBULLYING TO LAW ENFORCEMENT

If the cyberbullying involves threats of violence, child pornography, sexually explicit messages/photos, stalking, or hate crimes, report the activity to law enforcement.



# Keeping Kids Safe on

# DIGITAL MEDIA

## PROTECT YOUR CHILD'S ONLINE PRIVACY

There are two kinds of online privacy. Personal privacy refers to your child's online reputation and consumer privacy refers to the data companies can collect about your child during an online interaction or transaction. Both are important, and a few simple steps can help parents and kids keep their private information private.



### LOCATION SERVICES

Turn off location services. This prevents apps from tracking your location.



### SOCIAL LOGINS

When you log onto a site with your Facebook or Google username or password, you may be allowing the app to access information from your profile. Read the fine print to know what you are sharing.



### DATA SHARING

Do not let apps share data. Some apps want to use information stored on your phone (i.e. contact list).



### APP PRIVACY SETTINGS

Enable privacy settings on apps and social media sites you use. Make sure your child uses strict privacy settings on social media services and online gaming. Set the settings yourself and monitor them frequently.

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## SET LIMITS ON DEVICE USE / SCREEN TIME

Consider using the following strategies:

- Turn off your child's Wi-Fi accessibility at night
- Keep your child's cell phone charger in your room. Your child does not need 24/7 access to their phone
- Have your child "turn in" their gaming console remotes or power cords nightly

## HAVE CONVERSATIONS ABOUT ONLINE SAFETY

Consider using these conversation starters:

- What sites and apps are you using?
- Have you ever seen something online you did not want to see?
- Do you ever talk to people online you do not know?  
What do you talk about?
- How do you decide who to add as a friend on social media?
- What would you do if someone sent you a text or photo that was inappropriate?
- Have you ever talked with someone you first met online on your cell phone?

# Family Media Agreement

I, \_\_\_\_\_, will:  
(child's name)

**... STAY SAFE.**

- I will not create accounts or give out any private information (full name, date of birth, address, phone number, or photos of myself) without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.

**... THINK FIRST.**

- I will not bully, humiliate, or upset anyone online (whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles) and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.

**... STAY BALANCED.**

- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities and people in my life.
- If using media or being online is making me unhappy or it is hard to stop, I will take a break and talk to a family member.

**... COMMUNICATE OPENLY.**

- I will talk to my family about what media I use and what I do online and answer any questions they have openly and honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.

**IN EXCHANGE, MY FAMILY AGREES TO:**

- Recognize that media is a big part of my life, even if they don't always understand why.
- Talk with me about what worries them and why before saying "no."
- Talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.

.....  
\_\_\_\_\_  
(child's signature)

.....  
\_\_\_\_\_  
(parent/guardian signature)

# Student Bullying Prevention

# STRATEGIES

## WHAT CAN I DO IF I'M BEING BULLIED?

### ASK FOR HELP - REPORT IT

Report the bullying behavior to an adult. If speaking up is too hard, ask other students, teachers, brothers and sisters to help you.

### ASSERT YOURSELF

When someone is bullying you, you can say, "Please stop that. I don't like it."

### USE HUMOR

Try to find a funny way to deal with the bully.

### AVOID THE BULLY

Stay away from others who are mean and stay away from the place where the bullying occurs. Stay near adults and other kids.

### USE SELF-TALK

When someone is mean to you, say to yourself, "I'm OK. This is that kid's problem. I'm a nice kid; being mean isn't right."

### OWN IT

Sometimes you can deflect a put-down by owning it. For example, if someone says, "That's an ugly dress," you can say, "I don't like it either, but my mom made me wear it."

## HOW CAN I PROTECT MYSELF FROM CYBERBULLYING?

### THINK BEFORE YOU POST

Always think about what you post BEFORE you post it. You never know what someone will forward. Being kind to others online will help to keep you safe. Do not share anything that could hurt or embarrass anyone.

### PROTECT YOUR PASSWORDS

Keep your password a secret from other kids. Even kids that seem like friends could give your password away or use it in bad ways. Let your parents have your passwords.

### CHECK YOUR PRIVACY SETTINGS

Think about who gets to see what you post online. Is it complete strangers? Your friends? Friends of friends? Make sure your privacy settings are set correctly so you can control who sees what.

### TALK WITH YOUR PARENTS

Keep your parents in the loop by telling them what you are doing online. Let them friend or follow you. Listen to what they have to say about what is and is not okay to do. They care about you and want you to be safe.

### REPORT CYBERBULLYING

Talk to an adult you trust about any messages you get or things you see online that make you sad or scared.

## WHAT CAN I DO IF I SEE SOMEONE ELSE BEING BULLIED?

### BECOME AN UPSTANDER

Have the courage to act. An upstander is someone who sees what happens and intervenes or speaks up to stop the bullying.

### USE CREATIVE PROBLEM SOLVING

Come up with a helpful way to deal with the bullying.

### TELL AN ADULT

Report the bullying to an adult. It is not tattling when it keeps others safe.

### RELATE AND JOIN

Be kind to the person being bullied. Show you care by including them in your group. Sit with them at lunch or on the bus, or invite them to do something with you.

### SHOW EMPATHY

Try to understand the feelings of the person being bullied. Speak out against bullying.

### BE PART OF THE SOLUTION

If you see something, say something. A person who stands by while someone else is being bullied becomes a part of the problem. Do not be afraid to intervene or report bullying on another's behalf.

#### SOURCES

- Compilation of content from research by Dan Olweus, Ph.D.
- PACER's National Bullying Prevention Center (<http://pacer.org/bullying>)
- Parent Toolkit (<http://www.parenttoolkit.com>)
- StopBullying.gov (<http://stopbullying.gov>)
- Verywell Family (<http://verywellfamily.com>)