

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. Rules and laws help to establish fair and just behavior for all.

In this lesson students learned about the different types of bullying and strategies for protecting themselves and others against bullying.

The types of bullying can include:

- Physical Bullying
- Verbal Bullying
- Social Bullying

Some strategies to defend against bullying include:

- **Stand Up to the Bully**
Tell the bully in a loud clear voice to stop and that their behavior is *not* acceptable.
- **Develop Your Friendships**
Surround yourself with kind, caring, and supportive people.
- **Report the Bully**
You don't have to deal with bullying alone.

Help your teen to defend against bullying by role playing situations such as talking with a teacher or coach, speaking out against a bully, or dealing with an annoying sibling or peer. Each of these situations will require a different approach.

Learning to speak out for one's rights and the rights of others is an important skill that takes courage and practice.