

FACING LIFE'S CHALLENGES

FACING BULLYING

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, create and achieve goals, maintain relationships, learn how to feel empathy, and make good decisions. The SEL approach will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about bullying. Explain that bullying is a pattern of aggressive acts, not single episodes.

Discuss: What does it feel like when someone is unkind? How do you want to react? Who should you talk to when someone is bullying others?

AFTER READING

Talk to the reader about empathy. Help him or her imagine what it is like to walk in someone else's shoes.

Discuss: How do your actions make others feel? Can you find ways to help others who are in trouble?

SEL GOAL

Some students may struggle with standing up to a bully. Help readers develop a vocabulary to voice their feelings. Help them learn to think about how their actions affect others.

GOALS AND TOOLS

GROW WITH GOALS

It can be hard to know what to do when you see or experience bullying. Try following these goals.

Goal: Make a list of the ways you see bullying. Write down examples of physical, verbal, relational, and cyberbullying.

Goal: Think about how bullying affects you. Talk to a friend about bullying and ask how it makes them feel.

Goal: Discuss ways you can report bullying with your friend. Ask if they can think of any other ways to stop bullying.

REPORT IT!

If you are being bullied, it is important to get an adult to listen. Ask a parent or another adult to help you practice what to say.

- Explain the problem in a calm and strong voice.
- You might say, "We have a safety problem. Kids over there are calling me names. I told them I don't like being called names, but they won't listen." Or, "Those kids keep pushing me. I tried to stay away from them, but they keep coming up to me. They won't leave me alone."
- Ask the adult helping you for ideas. What can you say and do to help stop bullying?



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