

Bully-Busting Letter 2

Dear Parent(s)/Guardians:

Lesson Two of the Bully-Busting Program: *Recognizing Aggressive, Passive and Assertive Behavior (also called Monster, Mouse, and Me)*. Here are the characteristics of the three behaviors:

Monster/Aggressive

What does this style sound like?	What does this style look like?
<ul style="list-style-type: none">• Hurtful teasing• Insults/name-calling• Aggressive/sarcastic tone• Uses repeated threats• Blames others• Gossips/spreads rumors• Humiliates• Uses highly emotional voice• Uses profanity	<ul style="list-style-type: none">• Gets in your personal space• Threatening gestures• Defacing/destroying property• Pushing/shoving/tripping• Stealing• Starting fights• Giving dirty looks• Ostracizing/shunning• Plays mean tricks

Mouse/Passive

What does this style sound like?	What does this style look like?
<ul style="list-style-type: none">• Uses very small voice or does not talk at all• Whines• Cries• Apologizes• Tries to smooth things over• Easily upset	<ul style="list-style-type: none">• No eye contact• Slumped shoulders• Tries to make self look smaller• Body turned away from situation• Avoids situation / moves away

Me/Assertive

What does this style sound like?	What does this style look like?
<ul style="list-style-type: none">• Calm, neutral voice• States facts as they really are without too much emotion• Confident• Takes responsibility• Able to negotiate if necessary• Good listener• Good verbal skills	<ul style="list-style-type: none">• Uses eye contact• Uses appropriate personal space• Avoids negative body language (see Monster and Mouse)• Chooses a good time to discuss problem• Doesn't involve others

Learning to choose assertive techniques over passive or aggressive actions will be a continuous endeavor. Please reinforce this lesson at home. Thank you.