

Bully-Busting Letter 3

Dear Parent(s)/Guardians:

Lesson Three of the Bully-Busting Program: *Using "I" Messages*. An "I" message is a response to conflict that begins with the word "I", tells the other person how you are feeling, when you feel that way and what you would like them to do. We use "I" messages to be assertive and to help keep communication open. They replace negative messages that we often send that increase conflict instead of reduce it. Examples of "I" messages are as follows:

- I feel lonely when you leave me out. I want to play too.
- I feel embarrassed when you laugh at me. I want you to stop.
- I get annoyed when you kick the back of my seat on the bus. I want you to keep your feet still.

Please use this blank form to practice "I" messages with everyone at home.

I feel _____ when you_____.

I want you to _____.

Thank you for being part of our Bully-Busting Program.