

Bully-Busting Letter 5

Dear Parent(s)/Guardians:

Lesson Five of the Bully-Busting Program: *Bystander Strategies*. Most children are not bullies or victims, but all children are witnesses to bullying of various degrees. In this lesson, children learn to recognize when bystander strategies would be effective. In the words of Dr. Martin Luther King, Jr., “*In the end, we will remember not the words of our enemies, but the silence of our friends.*” Students can become part of the *caring majority* when they band together with other bystanders who are willing to take a stand. Here are some steps to review:

1. Tell the bully to stop in an assertive voice.
2. Group together – Use a “We” message.
3. Tell an adult.
4. Include students who are left out so they will be less likely to be picked on.

Please find a time to discuss this lesson with your child(ren) in the coming weeks. Thank you.