

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***What to Do About Bullying.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. Bullying can take different forms (verbal, physical, social, psychological)
2. A bully can be: one person or a group; someone the same age or older; a “friend”; a sibling; an authority figure
3. People bully others for different reasons (they’ve been bullied themselves; they think it will make them popular/cool; they want attention; they want others to be afraid of them; jealousy)
4. Bullying can make you feel: like it’s your fault; like you need to be the class clown; like you’re alone; unsafe/afraid
5. **Strategies to handle bullying**:
* **Stay calm**
* **Stay away**
* **Hang out with friends**
* **Have some comebacks ready**
* **Don’t bring expensive stuff/lots of money to school**
* **Talk to an adult!**

**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**