

**Social Skills –Parent Note**

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

***Am I a Bully?.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

* **What is a bully? (review)**
* **There are different types of bullying (name calling, laughing at someone, leaving someone out, ignoring someone, tripping someone, unfriendly teasing, etc.)**
* **Sometimes people don’t realize that they’re bullying someone. They may have a hard time thinking about how others feel. They may also say or do whatever pops into their heads.**
* **Students took a quick bully quiz to find out if they may be bullying someone**
* **Students learned 3 Steps to Stop Being a Bully:**
1. **Close your eyes and think back to when someone hurt you. How did it feel?**
2. **Now think about your behavior towards someone else (what you did, who you hurt, why it hurt – was it helpful or harmful?)**
3. **Ask an adult to help you**
* **So what do YOU think?**

**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!!**