

Bullying Prevention:

At Holy Rosary, we are using the Second Step Bully Prevention Program and Curriculum. The Second Step program teaches children important skills for getting along with others and doing well in school. It also helps our school be a safe, respectful place where everyone can learn.

Here are basics ideas covered in the Second Step Bully Prevention Curriculum:

- Recognize, Report, Refuse: When faced with a bullying situation, it is important to recognize that the behavior is a bullying behavior, report the behavior to a trusted adult who can help you refuse the behavior by staying calm and confident when asking them to stop. Recognizing, reporting, and refusing bullying focuses on safe ways to keep someone/yourself from getting hurt.
- Bystander: Someone who witnesses bullying behavior.
- Supportive Bystander: Someone who witnesses bullying behavior and helps the student being bullied, either by intervening in the situation or by reporting the behavior to an adult.
 - o Bystanders can help stop bullying by: Standing up for the person being bullied. Reporting or helping report the bullying to a caring adult. Supporting, being kind to, and including the person being bullied.

Empathizing with Others:

- Think about a situation from someone else's perspective
- Understand and share someone else's feelings

Managing Emotions:

- Taking deep breaths
- Thinking of something calming
- Waiting and Cooling off (One of Kelso's Choices)

At Home Practice:

Help your child practice reporting to you what happened at school each day. This will give your child practice in remembering details of what happened during the day, an important skill when it comes to reporting bullying. Have your child face you, keep his or her head up and shoulders back, and say in a strong, respectful voice, "I need to report my day." Ask your child: What happened? Who else was there? When did this happen? Where did it happen? Has it happened before? Tell your child you want to hear both the good and bad things that happen. Help your child practice how to say no to refuse bullying. Pretend you are the child who is bullying. Have your child face you, keep his or her head up and shoulders back, and say in strong, respectful voice, "Stop it. That's bullying."

Books on Bullying (K-5):

- Stick and Stone by Beth Ferry
- Stand Tall, Molly Lou Melon by Patty Lovell
- Chrysanthemum by Kevin Henkes
- A Big Guy Took My Ball by Mo Willems
- The Recess Queen by Alexis O'Neill

- The Juice Box Bully by Bob Sornson
- Willow Finds a Way by Lana Button
- I Walk with Vanessa- A Story about a simple act of Kindness by Kerascoet
- My Secret Bully by Trudy Ludwig

Books on Bullying (6-8)

- Wonder by R.J. Palacio
- The Size of the Truth by Andrew Smith
- Blubber by Judy Blume
- The Queen Bee and Me by Gillian McDunn
- The Best At It by Maulik Pancholy

Resources on Bullying:

- [Bullying Prevention Resources | Committee for Children \(cfchildren.org\)](https://www.cfchildren.org/)
- [What You Can Do | StopBullying.gov](https://www.stopbullying.gov/)
- [Bullying Resource Center \(aacap.org\)](https://www.aacap.org/)
- [Anti-Bullying Resources for Parents, Teachers, and Kids | Scholastic | Parents](https://www.scholastic.com/parents/resources/article/anti-bullying-resources)