

Ideas for you and your child

- Ask your child about the Assembly story.
- Discuss in your family these 3 points about bullying:
 - 1 Bullying is unkind behaviour that is repeated and goes on over time.
 - 2 Bullying is deliberate and not accidental.
 - 3 Bullying involves unfairness, a bigger or older person or a group of people against one.
- Share with your child your own experiences of bullying, how it felt and how you dealt with it. Encourage your child to talk about their own experiences. Remember, however, you are two different people. Respect your child's way.
- Do the 'Is it Bullying?' Quiz in the Family Homework.
- Talk over some of these feelings words.

left out

uncertain

frightened

excluded

powerless

assertive

PARENT AND CARER GUIDE

BULLYING

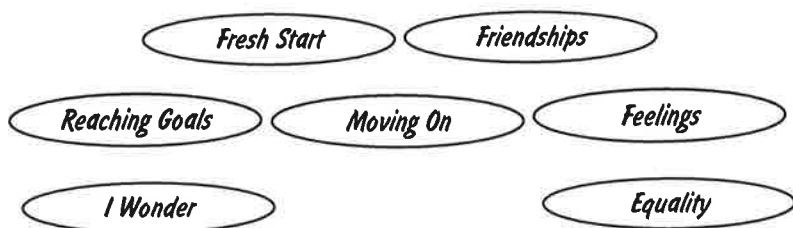
CREATING CONFIDENT KIDS

DEVELOPING EMOTIONAL WELL-BEING AND SELF-ESTEEM



What is Creating Confident Kids?

- It's a pack with a great selection of games and activities for all of us to help us get better at understanding feelings and how they affect our learning, the way we act and feel.
- These seven topics are studied at all levels from 3–12 years:



- *Bullying* is studied in every class from 5–12 years.

What is Emotional Literacy?

Here's how a 7-year-old might say it:

I know what I feel.
I can say what I feel.
I am learning how to handle my feelings.
I know how THEY feel.
I can say how THEY feel.
I am learning how to handle THEIR feelings.

Or in other words...

Learning...
Self-awareness
Self-management
Empathy
Relationship Management

Bullying ...

... is all about knowing what bullying is and learning how to deal with it.

The Assembly story 'Autumn Leaves' gets us thinking about...
How bullying feels to the people being bullied and to the people doing the bullying.

What will the children be learning?

- P1** I know how to get help if I feel left out.
I can be kind to someone else if they are left out.
I know how to get help if I feel picked on.
- P2-3** I know how to get help if I feel bullied.
I can help other children who feel bullied.
- P4-5** I know that witnesses can make bullying better or worse.
I know to tell when I see bullying going on.
- P6-7** I understand the difference between direct and indirect bullying.
I know what to do if I am in a bullying situation.