

KIND KIDS!



Understanding differences and preventing bullying

40%

of elementary students are bullied, and it happens to those with special needs and other neurodiversity 2-4 times more.

Most stay silent

They're often either afraid, they don't think adults will understand, they feel like they need to handle it themselves, or they don't know how to ask for help.

We can change this

By working together, we can teach children the skills they need and build a community where everyone belongs.

What Helps Us Grow?

Tools for stopping bullying and including everyone

CHALLENGES		SUPPORTS
Feeling alone Being seen as different	Individual	Feeling loved and having friends Good social skills
Seeing a lot of meanness Not having a calm home	Peers and Family	Kind friends A safe, loving home
Unfair school rules Feeling unsafe	School and Community	Caring adults and clear routines Safe and inclusive classroom

*Every child can face challenges.
Our job is to give them the tools they need.*

TEACH THROUGH EVERYDAY MOMENTS

Name Feelings - Say "I see you're frustrated that the tower fell. It's okay to feel mad."

Show Kindness - Say "Let's bring cookies to our new neighbor to be welcoming."
Talk about *why* you're doing it.

Practice at Home - Use puppets or stuffed animals to act out what to do if someone is mean or how to invite someone to play.

TALK OPENLY AND OFTEN

Ask Specific Questions - Try "What did you play at recess?" or "Who did you sit with at lunch?"

Let Them Know It's Safe to Tell - Say, "If someone is ever mean to you, or you see someone being mean, you can always tell me. I will listen and we will figure it out together. My job is to keep you safe."

Celebrate Differences - Read books and have conversations that show all kinds of families, abilities, and ways of learning are normal and wonderful.

PARTNER WITH YOUR CHILD'S SCHOOL

Act Early, Not Just In a Crisis - If you notice your child struggling with social skills, talk to their teacher. They can help at school, too.

Build a Relationship with Their Teacher - Regular, positive communication (a note or quick email) makes it easier to have hard conversations if something comes up.

Use Their Learning Plan - If your child has an IEP or 504 plan, ask the team to include goals for social skills or designate a safe adult (like an aide or a counselor) your child can check in with.

**YOU ARE THEIR FIRST AND MOST IMPORTANT TEACHER.
BUILD A CIRCLE OF SUPPORT AROUND YOUR CHILD!**