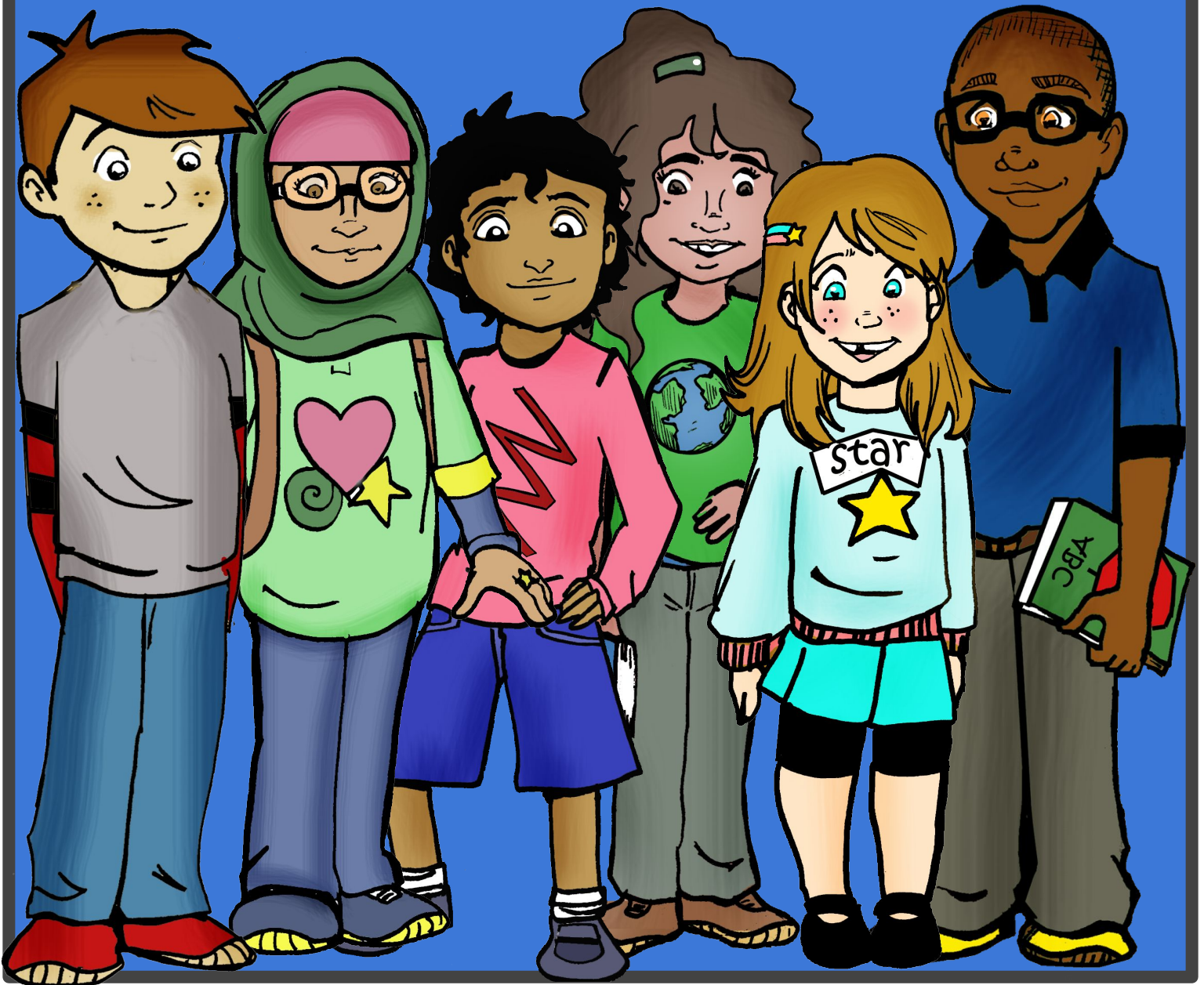


We are all  
created equal.

**#RespectEachOther**





# #RespectEachOther Project

Promoting diversity awareness, kindness, and respect while empowering students and parents to deal with bullying behavior.

The days ahead of us appear to be tough ones. And it is our job to support and protect our children. The following packet is for both parents and educators to use to teach their children respect and kindness, as well as how to deal with bullying.

~ Please remember ~

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These materials may be shared with students, parents, and educators to promote education about bullying and foster kindness.

Please stop by [MommyMaestra.com](http://MommyMaestra.com) or visit me on...



Thanks so much to [Educlips](#), [Whimsy Clips](#), [Illumismart](#), [The Artventuorous Life](#), [Studio Devanna](#), and [OldMarket](#) for the great graphics used in this packet.

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# Resources for Parents

What to do if your child is being bullied at school.

## Contact your child's school

- Start with his or her teacher. If the teacher doesn't respond or dismisses your concerns, then it's time to..
- Go to the Principal or Vice Principal
- Request a conference between yourself, the school, and maybe the bully's parents. (Many schools discourage the parents from meeting.) Establish goals during the meeting and DOCUMENT EVERYTHING.
- If your child's school refuses to address the bullying, you may want to file a complaint with the U.S. [Department of Education Office for Civil Rights](#)

## If the bully is violent, threatening violence or destroys property:

- file a report with your local police,
- The FBI is also required to investigate race-related crimes. You can report incidents to them; find FBI Field Offices in your state [here](#).

## Talk to your child

- Encourage him/her to stand up to the bully and tell them to stop.
- Discuss different ways to deter the bully, while keeping your child safe at the same time

## Explore other options

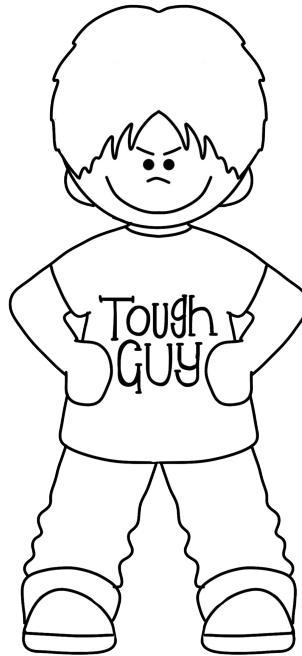
- Transferring your child to another school
- Enrolling them in self-defense classes
- Homeschooling

# How to Deal with a Bully

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## 1. Walk away.

Bullies are all about control. They want to know they are hurting you. If you ignore them and walk away, you are taking that power away from them.

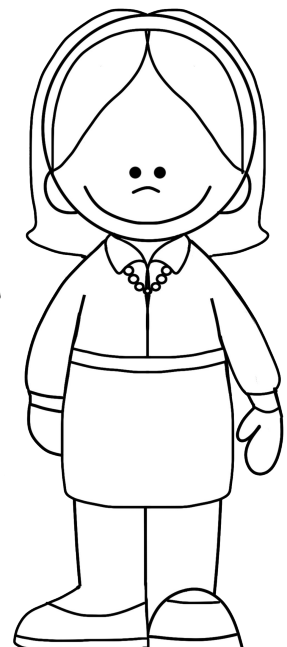


## 2. Laugh.

Bullies want to be feared. If you refuse to fear them, you are taking away their power to hurt you.

## 3. Report it. Immediately.

Tell an adult right away, such as a teacher or principal. And definitely tell your parents.



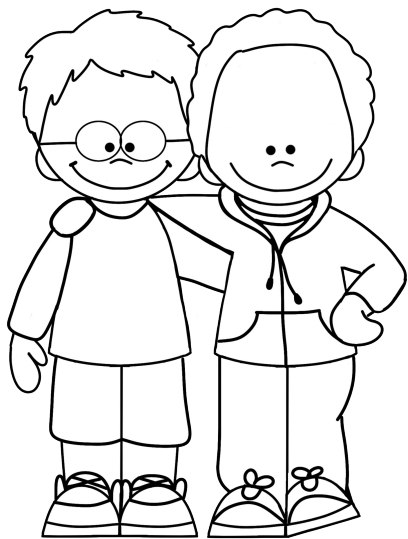
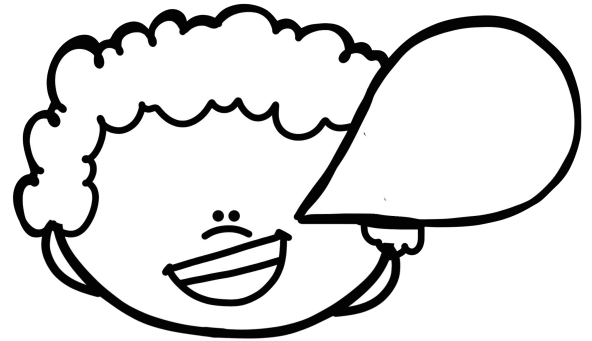


# What to do if you see someone being bullied

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## 1. Speak Up.

Tell the bully to stop. Speak firmly and repeat yourself if necessary. While the bully is busy talking to you, the victim can get away.

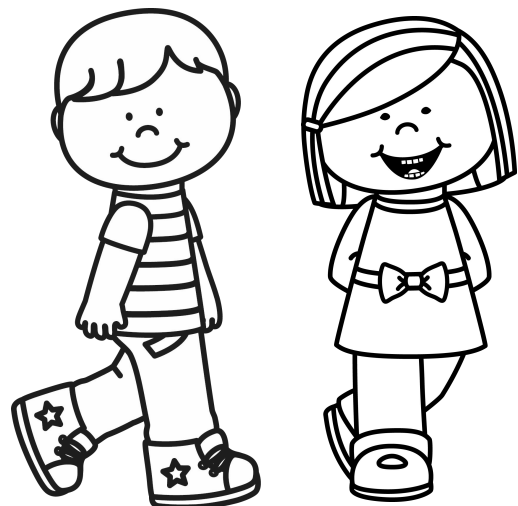


## 2. Stand with the Victim.

It's harder for one person to pick on two people. If you have friends nearby, encourage them to stand with you.

## 3. Talk & Walk.

Ignore the bully and talk to the victim. It doesn't matter what you talk about, just pretend the bully isn't there, and walk away together.



# What to do if your child is being bullied

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## **Get mad...then calm down.**

Give yourself 10 minutes to get really angry. You need to get it out of your system, so that you can effectively communicate. Then get yourself under control and roll up your sleeves to get things done.

## **Talk to your child.**

First, remind your child that (s)he is loved and important and deserves to feel safe. Then discuss the ways in which your child can deal with the bully (ignoring them, walking away, laughing), and how they can avoid the bully (be aware of their surroundings, take different routes, walking in groups).

## **Talk to your child's school.**

Every parent in this country should expect for their child to be safe at school. Ask the principal what they are doing stop bullying at the school. Don't be afraid to ask for a meeting between yourself, the principal, and the bully's parents. Some schools don't sit parents down together.

## **Stay calm.**

Go into the meeting with a "let's fix this problem together" attitude. Try not to be combative and accusatory. Model the cooperative behavior you want to see in your kids. Be kind, but direct.

## **Consider alternatives.**

If this doesn't work, take precautions. Give your child a smartphone to document the bullying. If the bully is physically violent, sign your child up for self-defense classes, and/or consider transferring to another school or homeschooling.

# Phrases you can use in a when talking to the school

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**The key is to remain calm and friendly, but firm.**

"My child is having problems with a student at school. Before it escalates, I want to make sure we deal with it in a reasonable fashion."

"I'm sure you agree with me that every child should feel safe and welcome at school, not belittled or shamed for being who they are. How can we help [the bully's name] to understand this and stop the bullying?"

"I know our kids are still learning that words have power. This is a good time to help them understand and talk in a way that is more friendly and encouraging."

"There are enough people in this world that will try to tear our kids down and make them feel bad. We need to help ours learn to build each other up and be supportive."

**If anyone says the bully child was just joking and your child shouldn't be so sensitive or needs to be tougher:**

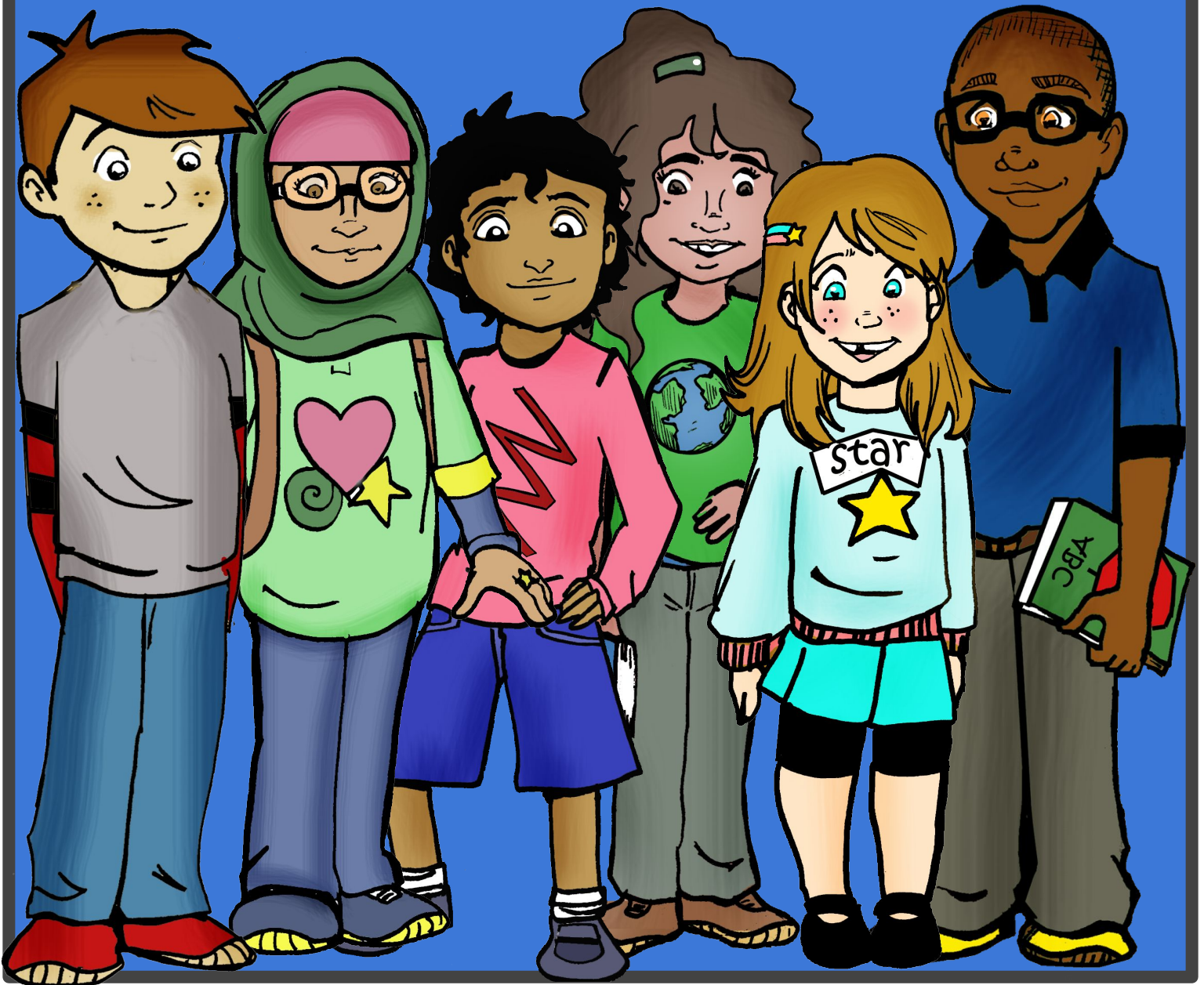
"I'm not trying to raise a tough kid. I'm raising an educated and compassionate one who will leave this world a better place."

"Obviously the jokes aren't appropriate and are making my child uncomfortable. So we'd like [bully child's name] to stop making them."



We are all  
created equal.

**#RespectEachOther**



We are...

CRUELTY

FREE



**#RespectEachOther**

We are...

CRUELTY

FREE



**#RespectEachOther**



BE A  
BUDDY  
NOT A  
BULLY

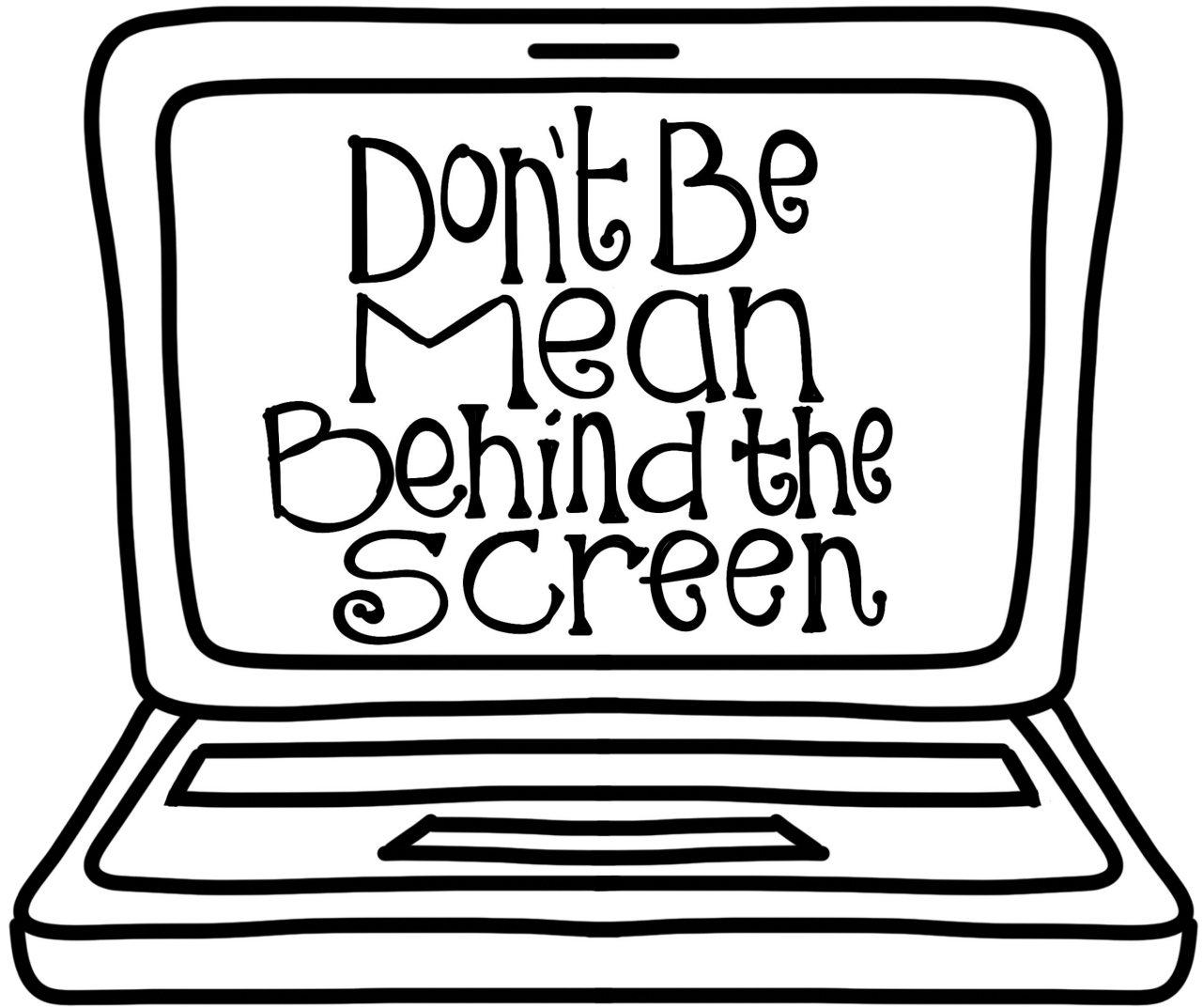
**#RespectEachOther**



BE A  
buddy  
NOT a  
BULLY

**#RespectEachOther**

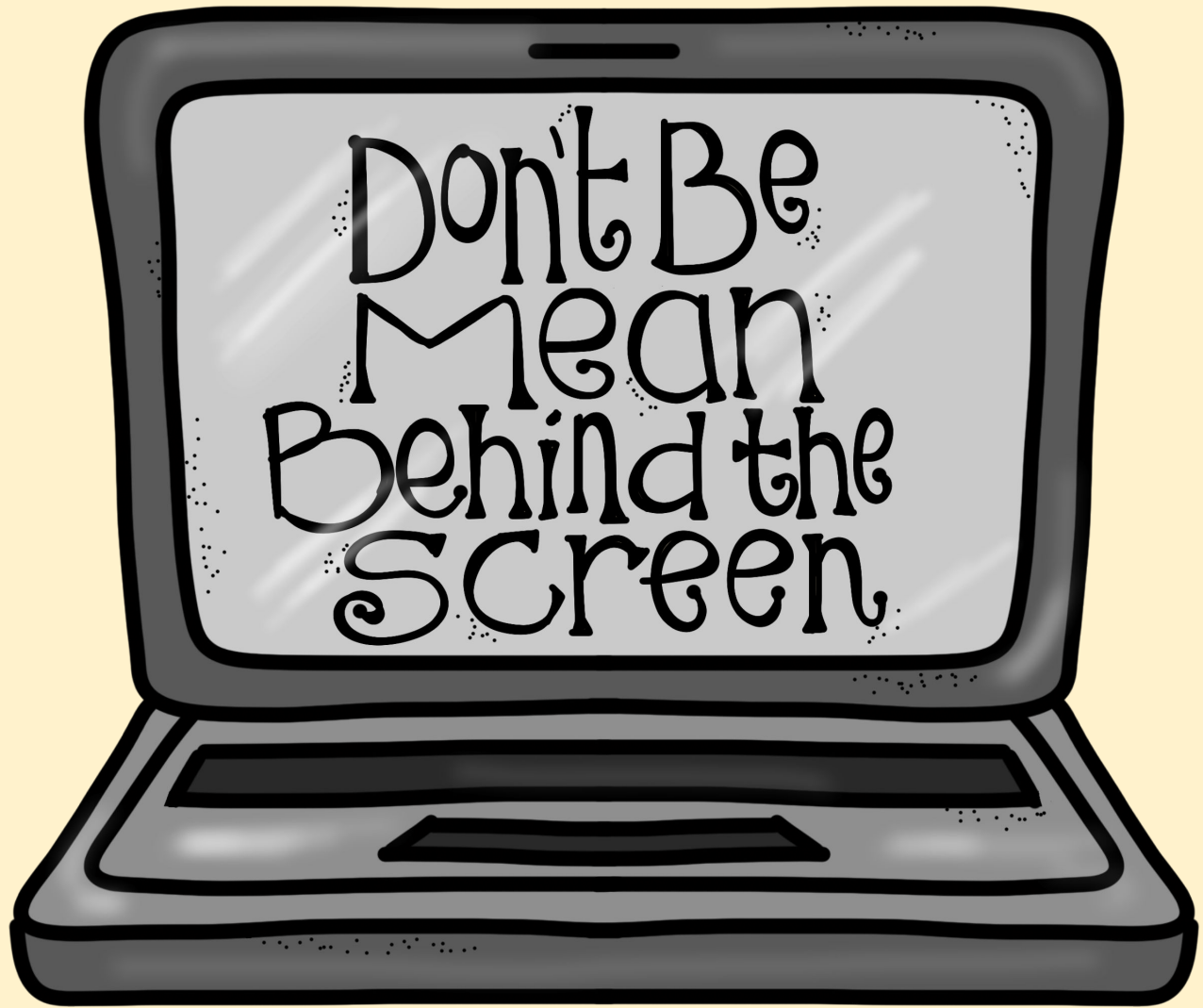




**Cyberbullying**  
**is cruel and can be traced**  
**back to the bully.**  
**Don't be that person.**

**#RespectEachOther**





# **Cyberbullying**

**is cruel and can be traced  
back to the bully.**

**Don't be that person.**

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**Cyberbullying**  
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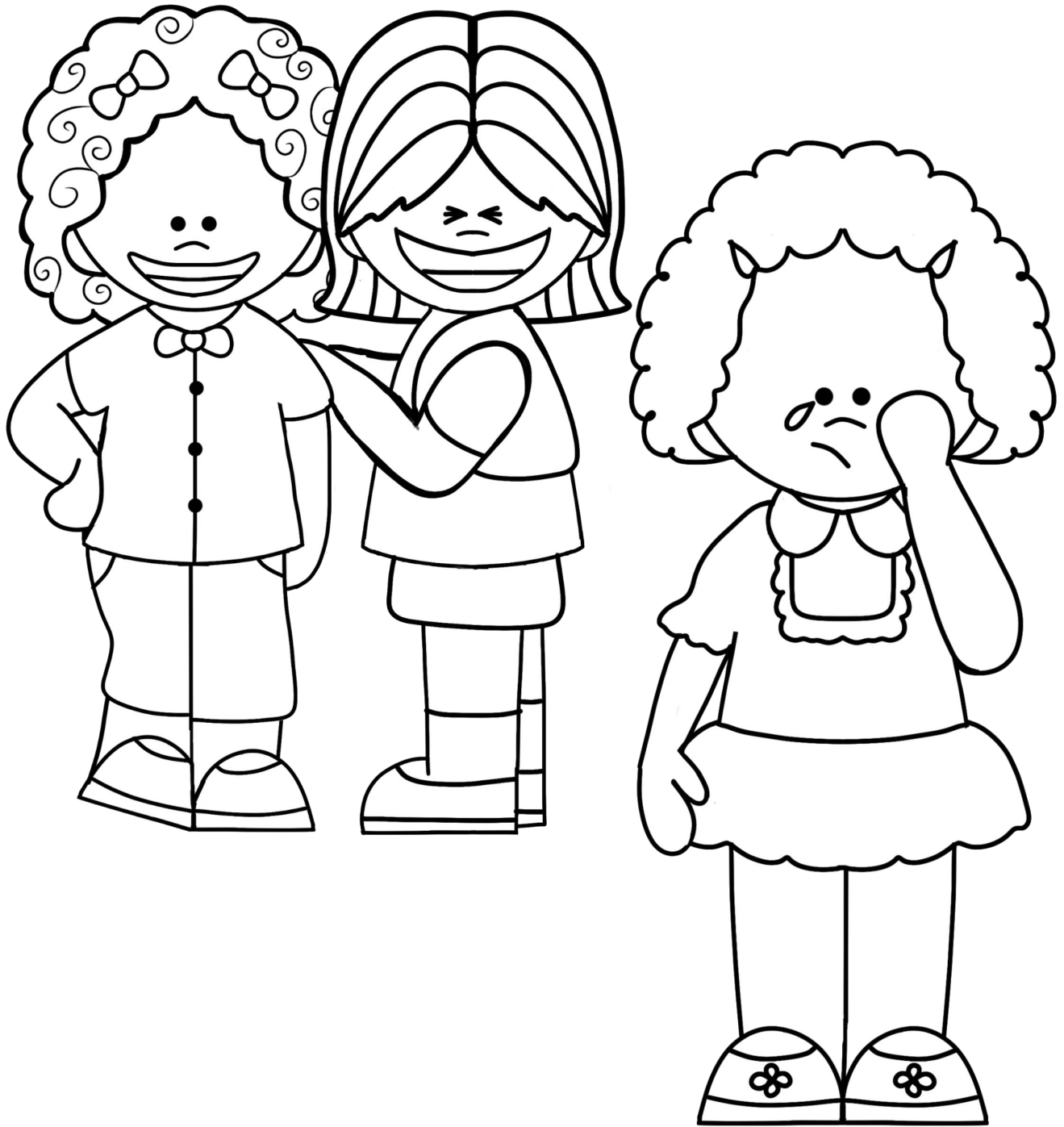
**Cyberbullying**

**is cruel and can be traced  
back to the bully.**

**Don't be that person.**

**#RespectEachOther**





**How you make others feel  
says a lot about you.  
Do the right thing.**

**#RespectEachOther**



**How you make others feel  
says a lot about you.  
Do the right thing.**

**#RespectEachOther**

# Educator's Guide

## Objectives

To teach children how to identify bullying behavior, how to deal with it and avoid it.

To help children choose kindness over bullying.

## Materials

- Discussion Questions
- What Would You Do? Game Cards
- Writing Papers/Prompts
- Pencils

## Procedures

### Option 1

- Spend time talking to your students about the discussion questions listed on page 17, using the Discussion Questions Guide to help you.
- You may prefer to break these questions up into several days worth of discussions, and begin by reading one of the stories from our recommended reading list on page 34.

### Option 2

- After your class discussions, use the writing pages to help your students summarize the key points or to discuss their viewpoints further.

### Option 3

- Cut out the writing prompts on pages 31 & 32.
- Have your students select one of the cards and write their thoughts down in their class journal or on a sheet of paper. (A blank writing page has been included on page 30.)

# Discussion Questions

1. What does it mean to be American?  
Who can be an American?
2. What is the Constitution of the United States?  
How does it affect all of us?
3. What is the Bill of Rights? Who wrote it? What are some of the things written on it?
4. Do you think that the Bill of Rights applies only to U.S. citizens? Why? Why not?
5. What is an immigrant? Can you name some famous immigrants?
6. Who can become a U.S. citizen? Is it easy? Does it take a lot of money? Does it take a lot of time?
7. How does our country benefits from having immigrants?
8. What is a protester? Can you name some famous protesters in U.S. history?
9. What was the Boston Tea Party? Who was involved?  
-----
10. What does kindness mean to you? To whom should you be kind? What are some ways that you can be kind to others?
11. What does respect mean?
12. What does diversity mean? What would happen if everyone was exactly the same? How does our country benefit from having diverse groups of people living in it?
13. How are laws made in our country? Can one person make a law?
14. What is a hero? Who can be a hero?
15. What are some ways you can be kind? Inclusive? Respectful?  
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16. What is a bully? What happens when you bully someone? What should you do if you are bullied by someone?
17. What should you do if you see someone else being picked on by a bully?
18. What is cyberbullying? How can we avoid it?



# Discussion Questions Guide

## 1. What does it mean to be American? Who can be an American?

Answers will vary.

Key points: Anyone born in the United States is officially an American. People from other countries can apply to become American citizens even if they weren't born here.

Key Words: Fair, Honest, Hard-working, Free,

## 2. What is the Constitution of the United States? How does it affect all of us?

Key points: The Constitution of the United States is the highest law in the country. It tells how our government works and all other laws come from it. It determines how our country's government treats us.

## 3. What is the Bill of Rights? Who wrote it? What are some of the things written on it?

Key points: The Bill of Rights describes the basic rights and freedoms of American citizens. Written by James Madison, it limits the rights of the government on the citizens. For example, the Bill of rights protect a person's right to freedom of religion, freedom of speech, and freedom of the press.

## 4. Do you think that the Bill of Rights applies only to U.S. citizens? Why? Why not?

Key points: While they were written for the American people, these freedoms are universal and should be enjoyed by people all over the world. However, the American government can only govern the people in this country. But these rights should be available to everyone living in this country because they are basic human rights, not just American rights.

## 5. What is an immigrant? Why do immigrants come to the United states? Can you name some famous immigrants?

Key points: An immigrant is a person who was not born in this country, but who comes to this country to live. People come to America to escape wars and/or to create a better life for themselves and their families.

Famous immigrants: Albert Einstein, Mila Kunis, Sammy Sosa, Natalie Portman, Carlos Santana, Bruce Willis, Freddy Adu,

# Discussion Questions Guide

**6. Who can become a U.S. citizen? Is it easy? Does it take a lot of money? Does it take a lot of time?**

Key message: It takes a long time and a lot of money to become a U.S. citizen. Immigrating to the U.S. is very complicated.

- People who have lived legally in the U.S. for 5 years or more
- People can legally live and work in the U.S. if they get a visa. Only a certain number of visas are issued each year.
- People must pass a test to become a U.S. citizen

**7. Do you think our country benefits from having immigrants? How?**

Key message: Yes. Immigrants bring new ideas, new inventions, and enthusiasm for our country.

**8. What is a protester? Can you name some famous protesters in U.S. history?**

Key message: A protester is a person who publicly demonstrates strong objection to something. A protester does not advocate violence. Most effective protesters have been peaceful.

Famous protesters in U. S. history: Martin Luther King, Jr., Thomas Jefferson, Benjamin Franklin, Cesar Chavez, Dolores Huerta, Rosa Parks

**9. What was the Boston Tea Party? Who was involved?**

The Boston Tea Party was a famous protest in 1773 by the colonists in Massachusetts, who dressed up as Mohawk Indians and boarded three British trade ships in Boston Harbor at midnight and dumped all the chests of tea into the water in protest of the Tea Act. The colonists objected to the British king's governing of the colonies and his unfair taxes.

**10. What does kindness mean to you? To whom should you be kind? What are some ways that you can be kind to others?**

Answers will vary.

Key message: to be friendly, generous, considerate, respectful. Making others feel good about themselves. We should be kind to everyone. Ways to be kind: holding doors open for others, comforting those who are sick or hurt, complimenting them, helping others, not talking about them behind their back...

# Discussion Questions Guide

## 11. What does respect mean?

Key message: When you treat someone with respect you show that you care about their feelings.

## 12. What are some ways you can be kind? Inclusive? Respectful?

Key message:

DO: Speak nicely to others; include others; listen to their ideas; help them if they don't understand something;

DON'T: Call people names; exclude others; make fun of others; laugh at them; hurt them

## 13. What does diversity mean? What would happen if everyone was exactly the same? How does our country benefit from having diverse groups of people living in it?

Answers will vary.

Key message: When we talk about people, diversity means "different" or "unique" - people who look different, maybe speak different languages, are from different places. If we were all the same, it would be hard to be creative and invent new things, we'd all think the same and look the same. Diverse groups of people like doing different things, inventing new things, exchanging ideas.

## 14. How are laws made in our country? Can one person make a law?

Key message: All laws begin as a bill. The bill must be approved by the U.S. House of Representatives, the U.S. Senate, and the President to become a law. No one person cannot make a law.

Resource:

<http://kids.clerk.house.gov/grade-school/lesson.html?intID=17>

## 15. What is a hero? Who can be a hero?

Key message: a hero is a person who does something brave or outstanding, or saves someone's life. Anyone can be a hero. But you don't have to save a person's life to be a hero. Standing up for others and doing what is right can be a heroic act.

# Discussion Questions Guide

**16. What is a bully? What happens when you bully someone? What should you do if you are bullied by someone?**

Key message: A bully is someone who hurts you or hurts your feelings on purpose more than once. If someone bullies you, you should:

- Tell them to stop. Be brave and strong. Tell them they aren't being nice and to stop doing whatever they are doing.
- Ignore them and walk away. It's no fun to pick on someone who doesn't react.
- Laugh. If they are trying to hurt your feeling by laughing at you, and you laugh, too, then they aren't successful.
- You should tell an adult right away if someone bullies you - usually a teacher, coach, or principal. And *always* tell your parents.
- Avoid bullies by walking in groups or changing your route and staying away from them.

**17. What should you do if you see someone else being picked on by a bully?**

Key message: *Always speak up if you see someone being hurt.*

- Say something; tell the bully to stop.
- Walk up to the victim and start talking to them, ignoring the bully
- Walk away with the victim, ignoring the bully.
- Report it! Tell an adult right away.

**18. What is cyberbullying? How can we avoid it?**

Key message: Cyberbullying is saying mean things on social media or other online programs to hurt or embarrass a person. Cyberbullying can always be traced back to the bully.

If you are cyberbullied:

- Tell someone right away.
- Ask the bully to stop.
- Never share personal information or secrets online.

What does it mean to be American?  
Who can be an American?

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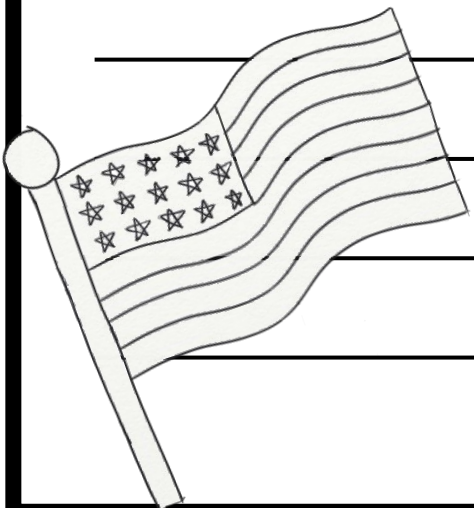
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To whom does the Bill of Rights apply?

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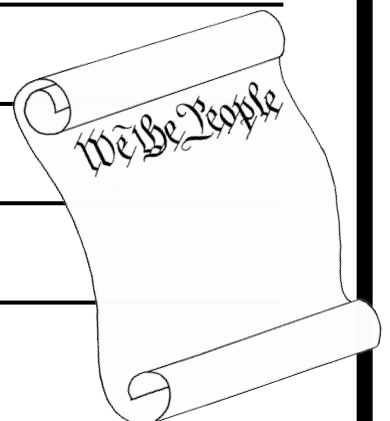
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# How does our country benefit from immigrants?

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What does kindness mean to you?

To whom should you be kind?

How can you show kindness to others?

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What is a hero?  
Who can be a hero?

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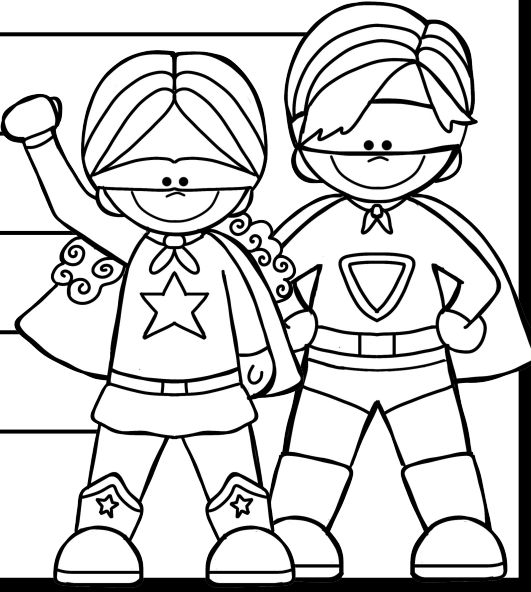
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# Discussion Questions/ Writing Prompts

<p>What does it mean to be American?</p> <p>Who can be an American?</p> <p>#RespectEachOther</p>	<p>What is the Constitution of the United States?</p> <p>How does it affect all of us?</p> <p>#RespectEachOther</p>	<p>What is the Bill of Rights?</p> <p>Who wrote it?</p> <p>What are some of the things written on it?</p> <p>#RespectEachOther</p>
<p>Do you think that the Bill of Rights applies only to U.S. citizens? Why? Why not?</p> <p>#RespectEachOther</p>	<p>What is an immigrant?</p> <p>Can you name some famous immigrants?</p> <p>#RespectEachOther</p>	<p>Who can become a U.S. citizen? Is it easy? Does it take a lot of money? Does it take a lot of time?</p> <p>#RespectEachOther</p>
<p>How does our country benefit from having immigrants?</p> <p>#RespectEachOther</p>	<p>What is a protester? Can you name some famous protesters in U.S. history?</p> <p>#RespectEachOther</p>	<p>What was the Boston Tea Party? Who was involved?</p> <p>#RespectEachOther</p>

# Discussion Questions/ Writing Prompts

<p>What does kindness mean to you? To whom should you be kind? What are some ways that you can be kind to others?</p> <p>#RespectEachOther</p>	<p>What does respect mean?</p> <p>#RespectEachOther</p>	<p>What does diversity mean?</p> <p>How does our country benefit from having diverse groups of people living in it?</p> <p>#RespectEachOther</p>
<p>How are laws made in our country? Can one person make a law?</p> <p>#RespectEachOther</p>	<p>What is a hero? Who can be a hero?</p> <p>#RespectEachOther</p>	<p>What are some ways you can be kind? Inclusive? Respectful?</p> <p>#RespectEachOther</p>
<p>What is a bully? What happens when you bully someone? What should you do if you are bullied by someone?</p> <p>#RespectEachOther</p>	<p>What should you do if you see someone else being picked on by a bully?</p> <p>#RespectEachOther</p>	<p>What is cyberbullying? How can we avoid it?</p> <p>#RespectEachOther</p>



# What do you do... at school?

At lunchtime,  
you see the new kid  
in school is sitting  
alone eating.  
*What do you do?*

#BeKind

You're walking to  
class and the kid in  
front of you (that  
you don't really hang  
out with) trips and  
falls.

*What do you do?*

#BeKind

At recess, you see a  
student who has  
fallen down and is  
bleeding.

*What do you do?*

#BeKind

Your teacher  
accidentally knocks a  
bunch of papers off  
her desk.

*What do you do?*

#BeKind

You see a student  
crying before class.  
You ask what is  
wrong and find out  
they forgot their  
homework.

*What do you do?*

#BeKind

Another child in  
school forgot to  
bring lunch and  
doesn't have money  
to buy some.

*What do you do?*

#BeKind

There's a student on  
your track team who  
always comes in last.  
*What do you do?*

#BeKind

A kid in your class  
always knows the  
right answers.

*What do you do?*

#BeKind

There's a child at  
school who looks  
very different from  
the other students.

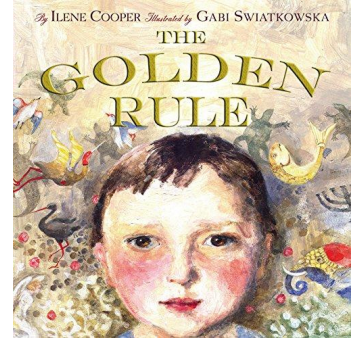
*What do you do?*

#BeKind

# Recommended Reading List

## Books to Foster Kindness, Respect, & Doing Good

- Each Kindness by Jacqueline Woodson
- Chrysanthemum by Kevin Henkes
- The Way I Act by Steve Metzger
- The Golden Rule by Ilene Cooper
- The Invisible Boy by Trudy Ludwig
- The Three Questions by Jon J Muth
- Good People Everywhere by Lynea Gillen
- Kindness Is Cooler, Mrs. Ruler by Margery Cuyler
- Ordinary Mary's Extraordinary Deed by Emily Pearson



## Books to Deal with Bullying

- The Recess Queen by Alexis O'Neill
- Stand Tall, Molly Lou Melon by Patty Lovell
- Bystander Power by Phyllis Kaufman Goodstein and Elizabeth Verdick
- Leave Me Alone by Kes Gray
- The Hundred Dresses by Eleanor Estes

## Books that Celebrate Diversity

- The Name Jar by Yangsook Choi
- Whoever You Are by Mem Fox
- Yes! We are Latinos by Alma Flor Ada
- Barefoot Books World Atlas by Nick Crane
- We All Sing With The Same Voice by J. Philip Miller
- Marisol McDonald Doesn't Match by Monica Brown
- Last Stop on Market Street by Matt de la Peña
- The Barefoot Book of Children by Tessa Strickland

