[Insert date]

Dear Parent or Guardian,

Today, your child’s class learned about bullying. The focus of our time together was identifying

bullying behaviors and what to do when they see them. **The most important portion of today’s**

**lesson was empowering students to be an upstander and take action when they witness**

**bullying.**

The class learned about ways to be an upstander by watching the YouTube video, “Be an

Upstander - Prevent Bullying: A NED Short,” a short cartoon that illustrates four ways to stop

bullying:

1) Be a buddy

2) Interrupt

3) Speak out

4) Tell someone

**We encourage you to ask your child(ren) about what they learned today. Ask them to share**

**what it means to be an upstander, and encourage them to be an upstander if they witness**

**bullying.** The more we empower our children to stop bullying, the better their school experience will be. Children learn best when they feel safe.

Today’s lesson was brought to your student by David’s Legacy Foundation, an organization

whose mission it is to end bullying and cyberbullying of children and teens through education,

legislation, and legal action. For more information about the nonprofit, visit

[www.DavidsLegacy.org](http://www.DavidsLegacy.org).

If you have any questions about today’s lesson, please feel free to contact me.

Sincerely,

[Insert name]