Dear Parents/Guardians:

Today your first grader learned to distinguish the difference between joking, teasing, and bullying and how easily joking and teasing can turn into bullying. After learning the difference between the three, students practiced empowering themselves by a­sking someone to stop teasing or joking, as it was hurting their feelings.

The following are the definitions the students learned for each concept:

**JOKING** is to say funny things or play tricks on people to make them laugh. Joking is between friends, makes all people laugh, isn’t meant to be mean, cruel, or unkind, doesn’t make people feel bad and stops before someone gets upset.

**TEASING** means to make fun of someone playfully; it can be friendly but can turn unkind quickly. Teasing can include small insults, physical bumps and pushes, and minor insults.

**BULLYING** happens over and over and can include name calling, taunting, insulting, gossiping, leaving people out, kicking, hitting, making someone look silly on purpose, spreading rumors, mean phone calls or text messages or making fun of someone.

After learning the difference between joking, teasing, and bullying, students practiced empowering themselves by saying, "Stop bothering me," when dealing with unwanted behavior.

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

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, please visit www.DavidsLegacy.org.

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

Sincerely,

[Insert name]