[Insert date]

Dear Parent or Guardian,

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

how to avoid and discourage bullying, as well as replacement behaviors when we feel like being

mean to others.

Teaching your child how to handle big emotions is one step towards the prevention of bullying.

Today, we talked about how it’s normal to feel mean sometimes, even for adults. We discussed

what we can do when we’re feeling mean:

1. Stop and think before saying or doing something that might hurt others;

2. Find something else to do, like read a book, color, play games, or play outside;

3. Talk to a trusted adult.

**The most important portion of today’s lesson was encouraging students to talk to a trusted**

**adult if they exhibit or experience bullying behaviors.** The more we empower our children to

stop bullying, the better their school experience will be. Children learn best when they feel safe.

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

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

Sincerely,

[Insert name]