[Insert date]

Dear Parent or Guardian,

Today, your child’s class began superhero training with me. The focus of our time together was on being kind. The class learned about acts of kindness by watching and singing along with the You Tube video, “Be a Superhero,” by Jack Hartman, an upbeat song that focuses on being kind.

We then discussed why being mean back to a bully isn’t a good idea. We practiced standing up for ourselves by using our strong voices to call out the person being mean by saying:

* Please stop.
* That hurt my feelings.
* That wasn’t nice.
* I don’t like that.
* Don't do that anymore.
* Don't say that again.

**Please practice these empowering statements with your child.** Research shows that most

bullies do not expect someone to stand up to them and often target children they believe they

can intimidate. Teaching children to call out the bully can be very effective in stopping bullying.

Standing up to a bully can be difficult, but the more our children get comfortable using their voices to stop mean behavior, the easier it will become.

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

whose mission is to end cyber, and other bullying 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]