**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**1st Grade Expectations for Learning About Ethical Behaviors**

**Students will know what bullying is.**

**Students will know the difference between tattling and reporting; Tattling - to get someone in trouble, it doesn’t involve me, I can take care of it myself, no one is hurt or in a dangerous situation; Reporting - I have tried to solve the problem myself, someone is hurt or in a dangerous situation, property is destroyed.**

**What you can do at home to help your child**

**Definition of Bullying**

 Mean or hurtful behavior

 Done on Purpose

Repeated over time

Must have an imbalance of power (target feels scared or uncomfortable)

• Have your child name three friends at school who are fun to be around.

• Talk about problems your child can solve alone and problems where help is needed.

• When children come to you for help with a problem, try not to respond with, “No tattling!” Instead, ask the child, “Have you tried to solve the problem yourself?” “Is anyone hurt or injured?” If the answer is no, help them brainstorm solutions so they can work toward solving the problem themselves.

• Ask your child “How do you feel when someone tattles on you?” Help your child understand that others may feel the same way in a tattling situation.

• Who in your neighborhood can your child go to for help?

• Who would your child go to at school if there was a problem?

• When reading a book with your child discuss how the characters solve their problems.

**Contact your Elementary School Counselor for more ideas**