**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**3rd Grade Expectations for Learning About Ethical Behaviors**

**Students will know the people involved in the bullying triangle; bully, target, bystander/upstander.**

**Students will know how to be an upstander in a bullying situation. (Empathy).**

**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)

• Ask your child, “Who are three friends who support you if you are having a problem?”

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

• Talk with your child about why someone might stand by and do nothing in a bullying situation.

“What are some things you could do to stand up for someone that you are brave enough to try?”

• Discuss empathy (putting yourself in someone else’s shoes). Ask, “What could you say to someone whose pet just died to show that you care about them?”

• When watching movies with your child, notice if characters are bystanders or upstanders.

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