**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**5th Grade Expectations for Learning About Ethical Behaviors**

**Students will know how to distinguish between joking, mean moments, conflict and bullying situations.**

**Students will know how to make a positive difference in a bullying situation when they are upstanders.**

**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 explain the difference between joking, mean moments, conflict, and bullying.

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

• Ask your child, “How can you make a positive difference for a friend in a bullying situation?”

• Have your child reflect on a time someone was an upstander for them and how they felt.

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

• Ask your child to share some positive thoughts they have about themselves to help them feel confident and empowered.

• Have your child tell you different ways you can be an upstander for the target without saying a word to the bully (help the target walk away, invite the target to sit with you, tell the target you are there for them and you understand how they feel).

• Ask your child, “Is there anything you can do or say to help the bully change his or her behavior?”

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