**URBANDALE ELEMENTARY COUNSELING PROGRAM**



**Kindergarten Expectations for Learning About Ethical Behaviors**

**Students will know the difference between bullying and non-bullying behaviors.**

**Students will know who to go to for help in a problem situation; peer, trusted adult.**

**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.

• 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**