



Dear Family,

Over the next several weeks, your child will be discussing bullying as part of Second Step® Middle School. Bullying is at its peak in middle school, and research indicates that taking proactive steps to address bullying will help reduce occurrences of it in our school.

Second Step Middle School is designed to support your child in developing the knowledge and skills to help stop bullying. Students will learn how to recognize bullying in various contexts, how to use strategies to stand up safely to bullying, and how to seek help if they or someone they know is being bullied.

Here are some key definitions your child will be learning:

- **Bullying:** intentional physical, verbal, or social aggression. It's often repeated over time and occurs when there's a real or perceived power imbalance.
- **Bystander:** anyone who's aware that bullying is happening
- **Online bullying:** the use of technology to harass, threaten, or intimidate another person
- **Physical bullying:** hurting someone's body or possessions
- **Relational bullying:** hurting someone's reputation or relationships, such as by excluding them
- **Upstander:** someone who stands up for a person being bullied
- **Verbal bullying:** saying or writing mean things about someone

We encourage students to report any instances of bullying they witness or experience to you and to trusted adults at our school. Please contact \_\_\_\_\_ at \_\_\_\_\_ if you need support in reporting or dealing with bullying. Additionally, if you have any questions about Second Step Middle School, please don't hesitate to contact me for more information. Thank you for your support as we work together to build a bullying-free community.

Sincerely,