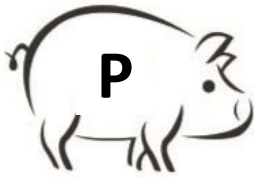


## PARENT INFORMATION 2

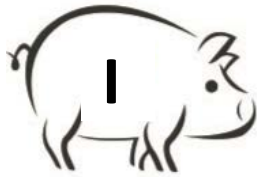
### Making Positive Choices & The Six Step Stick Up 4 Me

Bullying is a HIGHWAY HAZARD that occurs in different ways and in different contexts. Sometimes your child might be the target of the bullying, and at other times, they might be the bystander who witnesses it. The most empowering TOOL that we can give children, is to emphasise that they have **CHOICES** when it comes to dealing with bullying.

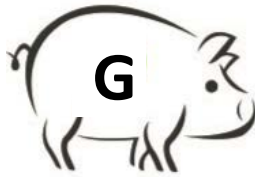
The **PIGS** choices in bullying have been introduced to your child like this:



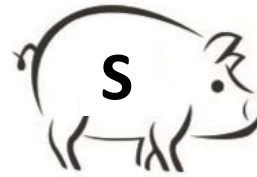
**P**rotection by  
bystander  
(If it's safe)



**I**gnore the bully  
(Never for physical  
bullying)



**G**et help



**S**ix Step Stick  
Up 4 Me

Often the advice - in the early days of a child being bullied - is to ignore it, in the hope that it will go away. However, responding assertively the very first time the bullying occurs, is far more effective, and will also ensure the child is not a regular target. Let's have a look at the differences between aggressive and assertive responses to bullying - which is covered this week in your child's Home Activity. Please try to find some time to fully discuss the differences, as it is a very important differentiation to understand.

**Standing up for yourself AGGRESSIVELY looks like this:**

- ✗ Hitting, punching, pushing.
- ✗ Yelling, shouting.
- ✗ Name calling, blaming, put downs.

**Standing up for yourself ASSERTIVELY looks like this:**

- ✓ Using your body confidently.
- ✓ Using your voice confidently.
- ✓ Using words confidently and clearly.
- ✓ Telling someone clearly to STOP!

This week your child has learned and practised The Six Step Stick Up 4 Me - a HIGHWAY TOOL for dealing with bullying. These six steps bring together a calm approach, confident posture and a strong voice using assertive words. Keep the following poster handy this week.

### THE SIX STEP STICK UP 4 ME

-  1 • Stand tall on both feet and hold your shoulders back.
-  2 • Keep your chin up and look the person in the eyes.
-  3 • Stay calm and keep your arms at your side.
-  4 • Speak slowly in a loud and strong (but not shouting) voice.
-  5 • Keep looking into the person's eyes for 3 seconds before you turn away.
-  6 • Walk away. Don't look back. Don't answer.

**REFLECTION POINT:**

*How often are children told to ignore bullying - and it will go away? The research tells us that in reality this is very rarely the case; children who are bullied successfully, remain a target for a long time. Having an assertive strategy for confidently responding to bullying - as it happens - is very effective for putting a swift end to it.*

*As an adult, do you have an effective and assertive way of dealing with bullying? Maybe you could also practise The Six Step Stick Up 4 Me, and see how effective it is?*