

“Say No To Bullying” Packet Contains

- Parent Packet
 - Letter to parents
 - Bully Survey Results
 - Tips for parents
 - Keeping Kids Bully Free
 - Bringing Out the Best in Kids

- Teacher Packet
 - Letter to teachers
 - Calendar for week
 - Packet of possible activities
 - HA, HA, SO Strategies
 - CARE Strategies
 - Track Bullying on TV
 - Teach Positive Self-Talk
 - True or False Test
 - Random Acts of Kindness
 - Affirming Students
 - Exploring Ways to Deal with Bullies
 - Bully Free Classroom
 - Anger Management Skills
 - Other Ideas List
 - Role Plays
 - Video Material
 - Real Kids: What We Learned About Bullying
 - Program Overview
 - Discussion Questions & Suggested Activities
 - How I Learned Not to Be Bullied
 - Program Overview
 - Discussion Guidelines & Suggested Activities
 - Sample Parent Letters