



Hickory Elementary School
2800 W. 227th St
Torrance, CA 90505



Dear Hickory Parents:

Teaching our students about Bully Prevention is an on-going effort at Hickory Elementary. We are writing to follow up with you about the Bully Prevention Training that occurred here at Hickory a couple of weeks ago. Some of your children may have mentioned it to you already. First through fifth grade students received the training with their grade-level peers.

We would like to review some of the concepts we covered in the training so you can reinforce them at home with your children and possibly refer to them if your child becomes the victim of a bully.

We discussed the definition of bullying. Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening or leaving someone out on purpose. We talked about how it feels to be bullied, as well as how it feels to be a bully.

We discussed the **3 R's of Bully Prevention – Recognize, Refuse and Report**. If students feel they are being bullied, the first step is to **Recognize** the bullying. If students feel safe after recognizing it, the second step is to **Refuse** the bullying. This can be done by ignoring it, so as to not give the bully the satisfaction of knowing they are bothered or to be assertive and tell the bully to stop. In the training, we reviewed what being assertive means and different ways to be assertive. If refusing is not successful, step three is to **Report** the bullying to an adult.

An important component of the training was called “**Bystander Power**.” We discussed how bystanders could either help or hurt a bullying situation. Bystanders who laugh at bullying behavior or do nothing at all can give the bully more power. Bystanders who refuse to laugh, who stand up for the victim and who report what they observe to an adult can really help to make the situation better.

Many students may think of reporting bullying as tattling. We taught students the difference between reporting and tattling. Reporting is telling an adult to help keep someone safe. Tattling is telling an adult primarily to get someone in trouble.

All of the first through fifth grade teachers were present for the student training so they will be able to consistently advise students about how to respond to bullying. Please reinforce these bully prevention concepts with your children at home. Together we can prevent bullying at Hickory.

Please contact either of us as (310) 533-4672 if you have any questions or concerns.

Sincerely,

Edna Schumacher
Principal

Andrea Rice
School Counselor