# Friendship and Bullying

## We Share God's Love with Others

Remind your child that Jesus loves us no matter what. He calls us to be loving and forgiving. Discuss how your child can show love to people through his or her words and actions.

## Empathy Is Important

Friends use empathy to understand and share the feelings of others. Share with your child about a time when someone showed you empathy and how it made you feel. Invite your child to tell you about a time when someone supported or showed genuine concern for him or her.

## Be a True Friend in All Circumstances

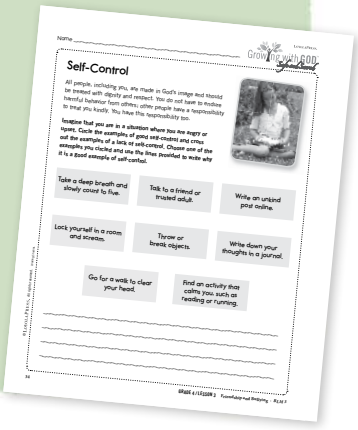
We can show kindness to others even when we disagree or experience conflict with them. Discuss how your child handles conflicts within his or her friend groups. Together, ask God in prayer for the grace to be generous, kind, and understanding toward others.

## Contributing to a Group

Take time to talk as a family about ways your family works well together—for example, by being respectful, encouraging, and helpful and by asking for help. Discuss areas in which your family wants to grow in harmony with one another.

## Responses to Bullying Behavior

Brainstorm with your child some strategies for responding to bullying from others. Emphasize that your child deserves to be treated with kindness and respect at all times and encourage him or her to tell you if he or she ever experiences bullying. Discuss how self-control helps us show respect to others and stay calm when we experience mistreatment from others. Use the Self-Control handout to discuss specific situations in which self-control might be necessary.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**Self-Control**

All people, including you, are made in God's image and likeness and should be treated with dignity and respect. You do not have to endure harmful behavior from others; other people have a responsibility to treat you kindly. You have this responsibility too.

Imagine that you are in a situation where you are angry or upset. Circle the examples of good self-control and cross out the examples of a lack of self-control. Choose one of the examples you circled and use the lines provided to write why it is a good example of self-control.

Take a deep breath and slowly count to five.

Talk to a friend or trusted adult.

Write an unkind post online.

Lock yourself in a room and scream.

Throw or break objects.

Write down your thoughts in a journal.

Go for a walk to clear your head.

Find an activity that calms you, such as reading or running.

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