

Friendship and Bullying



Kindness

Words are powerful. They can build up others, and they can be hurtful. Talk about your family expectations for how to speak to others and practice self-control. Help your child come up with different ways to calm himself or herself when upset, such as taking deep breaths or walking away rather than responding unkindly.

Respect Others

When we respect others, we believe they are important and should be treated well. We share God's love with others when we respectfully consider how our words and actions affect them. Tell your child that as we get older, we interact with many more people, some of whom we may not especially like or understand. Remind your child that we are called to treat others with kindness and respect, even when it's not easy.



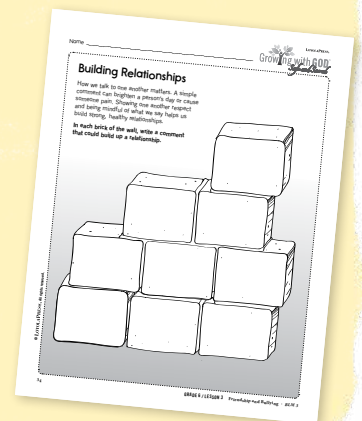
Empathy and Compassion

Empathy is the ability to understand and share in how others might be thinking or feeling. Point out some ways you already see your child practicing empathy and compassion for others and encourage him or her to continue doing so.

Building Strong, Healthy Relationships

Ask your child what he or she thinks are the most important qualities in a friend. Mention that we build strong, healthy relationships when we choose to treat others as we want to be treated.

Review with your child the Building Relationships handout. Remind him or her that we can always turn to Mary, our heavenly Mother, when we need help responding to others with empathy and compassion. Together pray the Hail Mary or a prayer of your own.



Name _____

Building Relationships

How we talk to one another matters. A simple comment can brighten a person's day or cause someone pain. Showing one another respect and being mindful of what we say helps us build strong, healthy relationships.

In each brick of the wall, write a comment that could build up a relationship.

