Golden Gate Kids
March Family Newsletter: I will include everyone.

"It's not enough to teach kids what not to do, we also have to teach them what to do to promote kindness and compassion among their peers." Katie Hurley "How to Teach Your Child to Be An "Includer"

This month students are going to begin learning about Pledge #6...

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Students will learn how to include everyone and why it is important. Students often feel hurt and excluded, so they respond by hurting and excluding. Excluding is a form of relational aggression. Relational aggression is a behavior that intends to harm others by damaging and manipulating their relationships. Other forms of relational aggression include gossiping, rumor spreading, alliance building, and public humiliation. A survey done through The Ophelia Project shows that 48% of students are exposed to relational aggression and students 11 to 15 are exposed to 33 acts during the week. Many bully prevention programs are teaching children prosocial behaviors to help them make positive choices in school and in the real world. Parents often ask how to help their child. Be kind and what to do when they are excluded. The best thing parents can do is empower their kids to act as includers. Follow these steps to teach your child how to include others.

1. Listen and empathize: When we empathize with our kids, we teach them to do the same for others.
2. Be an includer: If we want our children to reach out to others we need to do the same.
3. Look for someone who needs a friend: Teach your child to look for someone who might need a friend.
4. Talk about unintentional exclusion: In helping our children process emotions, we show them that kindness counts!

PARENT/GUARDIAN CHALLENGE:
This month, we challenge each of you to have your children help you plan an activity you can all do together. What is something you all enjoy doing and everyone can participate? Some ideas are, playing a board game, eating dinner together, playing outside, or taking a walk. Encourage your children to include someone new during their play at school this week.