Creating a Culture of Kindness & Caring

“Bullying 101: What Everyone Needs to Know” – Presented by Mary Ann Kluga RN, LCDC
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- Teach the difference between tattling and telling.
  - Tattling is getting someone in trouble.
  - Telling is getting someone out of trouble.
  - Sometimes you tell when it is both.

- How do we teach kindness and caring?
  - Small things: open doors, smile, help someone out, be polite, say please and thank you, etc.
  - Have kids talk about how they know you care and how they show they care.
  - Repeat over and over again: I care!

- Be consistent with rules and consequences.
- Validate and reward assertive behavior.
- Suggest ways to join in with others.
- Have a caring service project each month.
  - Draw pictures for elderly in a nursing home.
  - Have a canned food drive for the homeless.
  - Bring in pajamas for shelter victims.
- Get parents involved too.
- Make sure adults are warm, caring and having a positive influence with the children.
- Invite kids to make choices.
  - Do you want this or that?
  - Would you rather this or that?
  - Feel free to this or that?
  - Would you prefer this or that?

- Use teachable moments – relate everything to kindness and caring.
- Role model positive, respectful, and caring behavior. Watch own reactions and words.
- Have adequate adult supervision.
- Make kindness and caring parts of your everyday vocabulary.
  - Is that caring behavior?
  - Wow ! You really care!

Resources
- www.connectsafely.org; www.cyberbullying.us
- www.tolerance.org; www.stopcyberbullying.com
- www.samhsa.gov; www.stopbullyingnow.hrsa.gov;
- www.kidsareworthit.com; www.trevorramain.com (“15 Days of Caring Curriculum”)
- The Bully, The Bullied, and The Bystander – Barbara Coloroso
- Bullies are a Pain in the Brain – Trevor Romain
- Tongue Fu at School – Sam Horn
- Take the Bully by the Horns – Sam Horn