Dear Parent/Guardian:

The seventh ABC book this year is One by Kathryn Otoshi. According to Otoshi, “How one voice can count and affect change. Many times we think, ‘I’m so small. What can I do?’ But we do have an effect! It’s about changing thinking. When one person stands up for something, it might be just enough to tip the next person over and inspire him or her to also stand up.”

One helps students recognize that they have the power to effectively react and respond to bullying behaviors. The key messages are “Everyone counts” and “It just takes ONE to make a difference.”

The lesson also focuses on the difference between passive bystanders and proactive UPstanders. Bystanders can become UPstanders by saying or doing something to support targets of bullying. UPstanders know that it just takes ONE to make a difference. UPstanders take action to influence others to stop hurtful behavior.

Here are some ways that we all can be UPstanders at home and in our communities:

- Refuse to join-in with bully behaviors.
- Use positive peer influence to help friends “do the right thing”.
- Say or do something when someone needs help. (Just standing near someone will make him/her feel better!)
- Help all kids join the fun. Invite someone new to play!
- Use body language to stand tall!
- Use the ability to read body language to de-escalate conflict and keep things calm.
- Laughing and joking with friends is fun, but laughing at a friend is hurtful.
- Help kids “save face” when they are in a tough spot.
- Always get an adult if you need help especially if there is violence or a weapon!

Talk with your child about One. To reinforce the message at home:

- Talk about ways that each family member counts!
- Role-play ways to de-escalate conversations using a calm tone of voice, positive words, and comforting body language.
- Practice ways to stand tall using positive body language.
After reading the book, One by Kathryn Otoshi, we discussed how students can stand tall, and that it just takes ONE to make a difference. In the story, the color dots become empowered as UPstanders. Discuss how your family stands tall at home and in the community. Use this worksheet as a springboard to promote positive family communication (Asset #2)!

What activities help you stand tall in your family?

1.

What healthy foods do you eat to stand tall in your family?

2.

What do you do to count in your neighborhood?

3.

Our family makes a difference in the world by:

4.