



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



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.

# ***IT JUST TAKES ONE***

Name \_\_\_\_\_

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**