



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Dear Parent/Guardian:

The second ABC book is *Simon's Hook* by Karen Gedig Burnett. In this book, Simon is teased because he's having a "bad hair day." *Simon's Hook* helps children learn that there are many ways to respond to teasing, and offers several examples of ways that kids can empower themselves and avoid becoming a victim of someone else's hurtful behavior.

To reinforce this lesson, please ask your child to explain these terms:

- "Don't take the bait."
- "Swim free!"

In the book, Simon's neighbor, Grandma Rose, teaches him ways to avoid being a target of his friends who are exhibiting *bucket dipper* behaviors. She offers five strategies to help Simon avoid *taking the bait*:

- Do little or nothing—don't react!
- Pretend to agree with the bully's *hook*.
- Change the subject to distract the bully.
- Laugh at the *hook* and make a joke of it.
- Stay away from the *hooks* and swim in another part of the sea.

Each of these strategies is a valuable skill to protect kids from being hurt and to help them *swim free*! When you discuss teasing and bullying at home, please use these terms and strategies to remind children about their choices and power in a teasing situation. To learn more about *Simon's Hook*, you can visit Grandma Rose's website at www.grandmarose.com.

By teaching our children how to navigate friendships, peer relationships, and social cruelty, we create a stronger school community where all students feel safe and know that they belong.

Activity that you and your child(ren) can do at home:

Take the "Fish Quiz" together. All answers are correct and reflect the *5 ways to avoid taking the bait*. Ask your child to circle the response that they would feel most comfortable using in each situation. Choose one or more of the situations and do a role-play.

Fish Quiz



If you heard teases or *put-downs*, what would you say?

Think about the "Rules for a Free Fish" and what Grandma Rose told Simon.

What would you say or do to swim as a free fish?

(Hint: There is more than one right answer!)

1. You're a loser!
 - a) It takes special skill to be a loser. (Laugh, Joke)
 - b) Cool... (Do Little)
 - c) Yep. Sometimes I lose at this game. (Agree)
 - d) Did you see The Sharks game last night? (Distract)
 - e) I think I will go play on the bars today. (Stay Away)

2. I don't like you!
 - a) Thanks for telling me. (Do Little)
 - b) Whatever. (Do Little)
 - c) I don't like hot dogs. Do you? (Distract)
 - d) Hey, I see Juan. I am going to go hangout with him. (Stay Away)

3. Your friend is ugly!
 - a) Let's go play on the grass. (Stay Away)
 - b) Yep. We are just an ugly bunch of friends. (Laugh, Joke)
 - c) Really? Thanks for telling me. (Laugh, Joke)
 - d) We'll be right back. Let's go get my sweatshirt. (Distract)
 - e) Him? He's a super-model! Look at *my* ugly face! *Make a funny face. (Laugh, Joke)

4. I can play handball better than you!
 - a) I'm going to go play something else. (Stay Away)
 - b) I think you can, too. Can you show me how you do it? (Agree)
 - c) Hey, they have nachos in the cafeteria, today! (Distract)
 - d) You may be right. (Agree)
 - e) It's your serve! (Do Little)

5. Get lost! Go home!
 - a) Cool... (Do Little)
 - b) Okay. (Agree)
 - c) Hey, home base is the basketball court! (Laugh, Joke)
 - d) Great idea. My Dad just made brownies! Wanna come? (Distract)
 - e) I'll see you guys tomorrow. (Stay Away)