



































Remember, actions can be contagious; one small act of kindness can encourage others to be kind too.

We all walk with Vanessa



## FOR CHILDREN: HOW YOU CAN HELP SOMEONE WHO IS BEING BULLIED

When you see someone being hurt or bullied, there is often something you can do. No matter how small it may seem to you, it makes a big difference to the person who is being hurt. Here are some suggestions:

- Be extra friendly to that person. Include them in your play and games. Let them know you will not join in when other kids are being mean or bullying.
- The girl in this book noticed what happened to the girl who was being bullsed. Then she thought about how she might feel and what she should do. When you see mean behavior or bullying, ask yourself, "How would I feel if that happened to me?"
- It is important to always be safe when you respond to bullying behavior. If someone is being hurt or bullied, you can tell a trusted grown-up, letting someone know help is needed is not tattling. Tattling is getting someone in trouble, and telling is getting someone out of trouble.
- As in the story, actions can be contagious. Kindness multiplies. One small act of kindness can inspire more kind acts, so talk to others about your ideas for showing kindness and invite them to join you.



## FOR ADULTS: SOME HELPFUL WORDS TO USE WHEN TALKING ABOUT THIS BOOK WITH CHILDREN

aggressor: Someone who says or does hurtful things.

ally: Someone who helps or stands up for another who is being bullied or is the target of prejudice.

brave: Describes doing something you would not normally do that may be physically or emotionally difficult.

bullying: When a person or group behaves in ways-on purpose, and over and over-that make someone feel

hurt, afraid, or embarrassed.

bystander: Someone who sees bullying or prejudice happening and does not say or do anything to stop it. name-calling: Using words to hurt or be mean to a person or group.

target: Someone who is bullied or treated in hurtful ways by a person or group on purpose, and over and over.

teasing: Laughing at and putting someone down in a way that is either friendly and playful or mean and unkind























