



Name: _____

What do respectful and responsible mean to you?

Talk with an adult family member about the definitions of respect and responsibility you learned in class, and then with your adult think of your own definitions together. When you are done, talk with your adult about ways you can show respect and responsibility at home, then write those down too.

Respect	Responsibility
<p><i>Second Step</i> definition: You consider how others want to be treated and treat them that way.</p> <p>Our definition: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><i>Second Step</i> definition: You can be trusted to do what is right.</p> <p>Our definition: _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>What I can do to show respect at home: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<p>What I can do to show responsibility at home: _____</p> <p>_____</p> <p>_____</p> <p>_____</p>	

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Name: _____

Bullying is when someone keeps being mean to someone else on purpose. The person it's happening to hasn't been able to make it stop. It is unfair and one-sided.

Show this definition of bullying to an adult family member and explain the difference between bullying and a conflict. Work together with your adult to identify which scenarios below are bullying, then decide how you could report or refuse the bullying if it happened to you.

You and your friend can't agree which movie to watch. Your friend calls the movie you want stupid, so you call the movie your friend wants dumb.

Is this bullying? **Yes** **No**

Why or why not? _____

If it is bullying, what could you do or say to:

Refuse the bullying? _____

Report the bullying? _____

Who could you report this to? _____

The other kids on your school bus always call you smelly and refuse to sit next to you. You tell them to stop, but they won't.

Is this bullying? **Yes** **No**

Why or why not? _____

If it is bullying, what could you do or say to:

Refuse the bullying? _____

Report the bullying? _____

Who could you report this to? _____

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Pretend that every day after school one of your friends makes jokes about what some of the younger students wear and how they look. Sometimes he tries to scare them by hiding and jumping out at them. There is one third-grader your friend really likes to pick on because he always starts screaming and crying. Your friend thinks it's funny, but you recognize what he's doing is bullying.

Describe how you would feel watching a friend bully younger kids after school:

What could you do to help stop your friend from bullying kids after school?

Show the story above and your ideas for how to help stop the bullying to an adult family member. Talk with your adult about other things you could do to help stop bullying.

Write any new ideas you and your adult come up with below:

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Our lives begin to end the day we become silent about things that matter.

—Dr. Martin Luther King, Jr.



It takes a lot of courage to speak up when you see something bad happening, like bullying. Dr. Martin Luther King, Jr., was a civil rights leader who saw many people being treated unfairly based on the color of their skin and had the courage to speak out against it.

Read the quote above with an adult family member and talk about what you think it means. Write down what this quote means to you, and have your adult write down what it means to him or her.

What I think this quote means:

What my adult thinks this quote means:

Talk with your adult about why it is important to speak up about bullying, even if it takes a lot of courage. With your adult, come up with at least one reason why it is important to speak up about bullying, and write it down.

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There are many ways you can socialize with your friends. Every day you see friends and talk with them in person. You may also socialize with your friends using technology. This can be really fun and useful, but technology can also be used to hurt or cyber bully other people.

Make a list of the different ways you socialize with friends, both with and without technology. When you are done, show your list to an adult family member and talk about ways you can work together to stop any face-to-face or cyber bullying you may see or hear about.

Ways I Socialize With Technology	Ways I Socialize Without Technology
For example: texting <hr/> <hr/> <hr/>	For example: talking on the bus <hr/> <hr/> <hr/>
What can my adult say or do to help me if I see or hear about someone being bullied face-to-face? <hr/> <hr/> <hr/>	
What can my adult say or do to help me if I see or hear about someone being cyber bullied? <hr/> <hr/> <hr/>	

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