



## *Steps to Respect*

Ms. Melonie Bennett, the Director of Physical Education and Health, has been teaching the Steps to Respect program to grade 4 students. The Steps to Respect program is an anti-bullying program that is researched based. She is working on teaching the students about **RESPECT** and what it means to be respectful. In addition, they have discussed what respectful behaviors are and how those behaviors should be used every day. They have also discussed conflict, bullying and how to recognize bullying. During the next couple of months, Ms. Bennett will continue to talk about respect, how to refuse bullying, how to report bullying, bystanders and cyber-bullying.

### *Vocabulary and Definitions:*

- **Respect** - Treating people the way you want to be treated.
- **Conflict**- A disagreement that happens when people want different things. The people involved in a conflict have equal power to solve the problem.
- **Bullying** -Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose. One or more is the bully (aggressor) and the other is the victim (target).
- **Bystander**- Someone who knows that bullying is happening. That includes people who witness bullying. A bystander can find out about bullying in two ways: Seeing or Hearing.
- **Cyber-Bullying** - Is being cruel to others by sending or posting harmful material or engaging in other forms of social aggressions using the internet or other digital technologies. For example, cell phones.

If you have any questions about the curriculum, please do not hesitate to contact her for more information. Thank you for supporting your student(s) in learning the skills that leads to success in school and in life. Ms. Bennett's contact information is (781) 848-4000 ex.2235 or [mbennett@braintreema.gov](mailto:mbennett@braintreema.gov).