



As part of the **One Can Count**® leadership campaign, an important child in your life has chosen you to be an adult they trust they can ‘go-to’ when needed. **One Can Count**® is based on Kathryn Otoshi’s award-winning book, *One*, and encourages children to treat each other with respect and to step up when they see others being mistreated. In other words, to be an *Upstander!* The campaign also encourages children to seek the help of an adult – that’s you!— if they feel they are being bullied or see others being bullied.

**What is bullying?** It can take many forms: physical (*hitting or kicking*), verbal (“*You’re ugly!*”) or exclusionary (“*You can’t sit here!*”). It is repeated mean behavior meant to make another person feel bad. Bullying is a complicated issue but most bullying prevention experts advise children who feel they are being bullied to tell a trusted adult. Children are often reluctant to tell someone for fear that the situation will worsen, but it is key that they don’t feel alone.

### Tips on how to Be the **BEST** ‘Go-To’ Adult Possible

#### 1. Take an Interest

- *How are things going?* Really listen. Let them talk it out.

#### 2. Ask what happened

- *Are you ok?* Don’t overreact or judge, but take their concerns seriously.

#### 3. Talk about respect for ourselves and for others

- *You are important!* Remember that the overall goal is that he/she feels valued and understands the need to value others as well. Everyone deserves to be treated with respect.

#### 4. Create a strategy

- *How can I help?* Work with the child to create a strategy, including going to speak to the teacher, principal or others who can help solve the issue, if necessary.

#### 5. I will stand by you!

- *You’re not alone!* Reassure the child that you will be a thoughtful part of the solution and you will tread carefully while keeping their best interests in mind, while being respectful to others. Since bullying takes on many forms, it may mean simply being a sympathetic ear or it may mean taking some action. Let them know that you feel honored, you will work to keep their trust, and that everyone is worthy of being treated well.

*Sometimes it just takes One.*

Thank you for being a caring and reliable adult. For more tips and resources, please visit: [www.tangledball.com](http://www.tangledball.com)