

It's important for children to understand that not all unkind behavior is bullying, but all unkind behavior should still be addressed.

Unkind Acts

- Can be a one-time incident
- Often impulsive or thoughtless
- May involve hurtful words or actions without ongoing intent
- Can usually be resolved with reflection, empathy, and problem-solving

Bullying

- Repeated behavior over time
- Intentional and meant to hurt or control
- Involves a power imbalance (size, age, popularity, confidence, etc.)
- Can be physical, verbal, social, or online

Helping children understand this difference empowers them to recognize when to seek help and how to respond appropriately.

Conversation Starters for Home

Encourage children to think about how they can “sprinkle kindness” wherever they go. Here are some gentle questions parents can use to spark meaningful conversations:

- What does kindness mean to you?
- How can your words affect how someone feels?
- What would you do if you saw someone being treated unfairly?
- What’s one kind thing you did today—or saw someone else do?
- How does it feel when someone is kind to you?

These conversations help children build empathy, confidence, and awareness.

Sprinkle Kindness by including others, using kind words, helping out, and standing up for what’s right.