



Introductory Letter to Parents

Counselor Resource

Dear Parent or Guardian:

Let me introduce myself. I am a practicing middle school counselor who has been invited to participate in an exciting curriculum project at your child's school. Over the course of the next few weeks, your child is going to be hearing a series of lessons on the subject of **Cyberbullying**. Let me start by giving you a bit of a definition of cyberbullying. It is a form of bullying that relies on the use of Internet-connected devices to bully and harass others. Sadly, research and experience have taught us that this form of bullying has grown enormously in the last few years. For many of us it is a new form of harassment that we just haven't thought too much about. For your children, however, it is an every day piece of their life. We feel excited that this curriculum is being created to specifically and proactively address this issue.

I'm participating in the project in a different sort of way. I believe that parents are the most important partner that we have in education. As such, in my practice I started writing a letter to my parent community each week to share bits and pieces of life in the middle school. The letters became conversations and dialogs that strengthened our understanding of one another and opened up communication between school and home. My charge with these lessons is to share the materials with you in ways that feel meaningful and pertinent to you as parents. I hope to give you ideas for talking to your children as well as conversation prompts for healthy discussion at home. I plan to bring you along with us so that we can share the same common terms and set goals together to improve the culture of school and community.

You'll get a letter from me with each lesson. I'll break the lesson down a bit so that you can have an idea exactly what was discussed in class. I'll then strive to give you some strategies that you can use with your parenting to help us eliminate Cyberbullying. As a parent myself, I embrace the responsibility that we all have to help our kids navigate these tough waters of adolescence and sail more smoothly and peacefully into the adult world. I feel privileged to begin these conversations with you.

Kind regards,

Chris