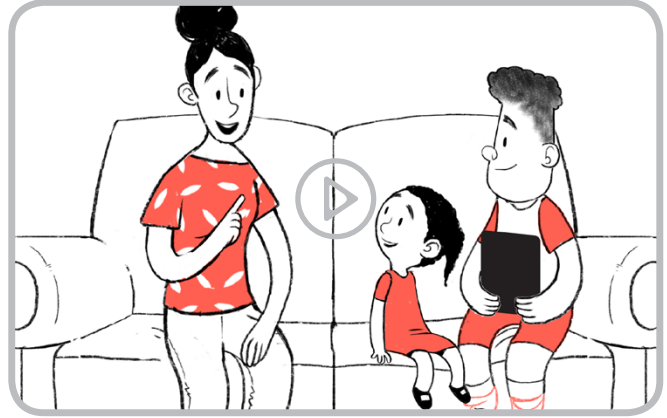


Dear Parents,

At school, your child has been learning key life skills that are important for growing up in this digital age. Developed by Power of Zero and Scholastic, the Power of Kindness program teaches students about the power of words, in person and online. Help your young child practice important social-emotional skills, such as resilience, compassion, and respect, as they learn how the Internet works, even before they have devices of their own.



▶ Watch our video about mindful online behavior at [scholastic.com/respect](https://www.scholastic.com/respect).

Teach your child to pause.

This key strategy can help protect your child from meanness online.

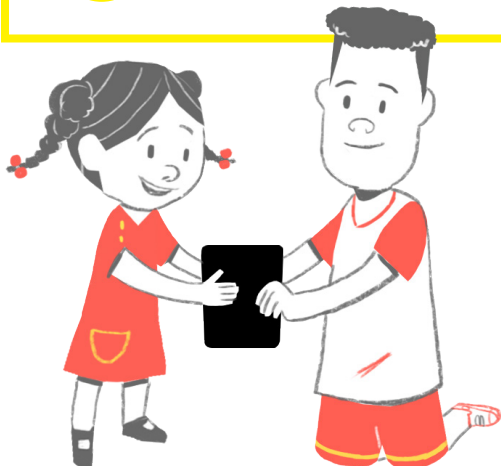
P is for **Protecting** yourself by reporting or blocking people who are using mean words

A means **Always** telling a parent, teacher, or trusted adult

U stands for **Using** your willpower and don't respond to mean messages

S is for **Saving**, printing, or taking a screenshot of upsetting or hurtful messages or images, and reporting them to an adult

E stands for **Everyone** deserves to be treated kindly



Let's all work together to help children build stronger peer relationships, create more inclusion, and reduce meanness.

Teaching our kids about responsible online behavior is the first step to enable them to navigate the expanding digital world safely and successfully as they grow up.