



Learn how the *Friend* magazine can help your family understand a different sensitive topic each month.

THE BURDENS OF BULLYING

Preparing your children to deal with bullies—or to avoid becoming bullies themselves—will help them as they interact with others in school, at church, in the neighborhood, and even in home settings. Talk with them about bullying and how it can hurt others. Explain that if someone treats us badly, we should stick up for ourselves, but we can also choose to be kind. Let your children know that if they ever encounter bullying, they can come to you, a teacher, or other trusted adult to work out a solution together. Use stories from this month's *Friend* to help start a discussion and to plan safe ways for your children to stand up against bullying.



“Enough Is Enough!” (pages 32–34)

Can bullies get bullied too? Olivia has never been nice, but what happens when someone stands up for her? After reading this story, role-play some similar situations so your kids can practice what to say and do in the heat of the moment.

Find stories, activities, and media about other gospel topics at lessonhelps.lds.org. For past *Friend* Connection articles, visit FriendConnection.lds.org.

“Being Like Nephi” (page 16)

When Mason gets angry at his brother, he decides to follow Nephi's example instead of being mean back. Find examples in the scriptures of men and women who chose to be kind, even in tough situations. You could draw and hang up pictures of these scripture heroes as reminders.



SCRIPTURE SUPPORT

Jesus said, “Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me” (Matthew 25:40). We show Christ we love Him by the way we treat other people. How can we be kind to bullies, even if we want to be mean too? What can you do if they are still rude after you've tried your best?



OBJECT LESSON IDEA

Cover several cans of food with paper and take turns writing on the cans ways that others hurt us, like ignoring, yelling, hitting, or saying, “I don't like you.” Then blow up some balloons. Use a marker to write on the balloons ways that others make us happy, like sharing toys or saying, “I like playing with you.” Have two people each hold a basket or box while everyone else gives balloons to one person and cans to the other. Explain how positive behaviors and words make our loads easy to carry, but negative actions and comments can weigh us down. Talk about what you and your family can do to help lighten others' burdens.