FAMILY LETTER 1

Dear Family,

I, Aneesha Babani am a Ph.D. scholar pursuing Clinical Psychology at the Sampurna Institute of Advanced Studies, which is a practice school of MLCU.

In my research, I am studying the effectiveness of an anti-bullying intervention in reducing bullying behavior among sixth standard boys. I am therefore conducting a program with the class that your son is part of. This program is intended to help protect the middle school students from risky behaviors such as bullying and aggression. This workshop also aims at improving student’s school success.

This week we begin the Stepping Up program. The program focuses on skills that will help your student succeed in school and in life. These skills include:

• Empathy
• Communication
• Perspective taking
• Respectful disagreement
• Assertiveness
• Emotional management
• Problem solving

You play an important role in helping your son develop strong social skills such as empathy, problem solving, etc. During these next few weeks, the focus of the lessons will be empathy and communication.

Please do ask your son questions about the skills he is learning, such as:
• “How do you show someone you’re actively listening to them?”
• “What are some ways you can be friendly and supportive to someone?”
• “Why should you try to understand other people’s perspectives?”

The classes will be held from 25th June to 30th July 2012, on every Monday and Wednesday between 2:20 to 4:00pm. Kindly make the necessary arrangements and pick your child from school at 4:00 pm on the days mentioned above.

If you have any questions about the program, please do not hesitate to contact me for more information. Thank you for supporting your son in learning the skills that lead to success in school and in life.

Sincerely,

Ms. Aneesha Babani