



## BULLYFREE BUS

Consider this information to keep your Bus Bully Free!

# Courage

**COURAGE** is the ability to meet danger without fear.

Courage, or the ability to meet danger without fear, is a character trait developed in children by setting good examples and by providing opportunities for children to practice making smart choices when faced with difficult, or even dangerous, situations. Prior to the first day of school, provide an opportunity for parents (perhaps through an earlier communication from your transportation department, an email or note to your school's administrators, or a brief face-to-face conversation with a parent or adult guardian at the bus stop) to share any existing fears that may impact your ride. On your school bus, verbally, but anonymously, acknowledge new riders' possible fears (such as becoming a target for bullying by another student or riding on a bus for the first time). Help children visualize their fear, talk them through coping strategies to diffuse or confront these issues, and guide them to overcome their anxieties. For example, riders may fear confrontation with a bully. Introduce yourself to new riders, and let each child know you will do your best to keep them safe on their ride to and from school. When the opportunity presents itself, calmly talk through or model potential situations (such as how to respond should they feel threatened by another child) to disarm potential fears. Guide and encourage students to develop the courage to confront, face, and then overcome fears associated with riding your bus to school. Have a great week and enjoy your **Bully Free Bus!**