



## Acceptance

**Acceptance** means respecting the differences among people. It entails recognizing different opinions and ideas.

### Activity 1

Explain to your child that ACCEPTANCE means respecting the differences among people. Help your child understand that having the ability to accept differences in others can help prevent bullying behaviors. Talk about the many ways people differ. Give examples such as gender, hair or eye color, nationality, etc. To help your child realize how many different nationalities are in the world, try the following activity: Together, think of the different nationalities of people that your family knows. (Examples could include Hispanic, Indian, American, etc.) Then, make a list of the various cities and countries where your friends were born. Finally, help your child do some research on each of the different places. Use a globe or a map to help your child visualize the location of those areas.

### Activity 2

Explain to your child that people are different in ways which we can see, like the color of skin, eyes or hair. Explain how some differences are invisible, such as a learning disability or an illness. Ask your child to think of differences in people that he or she can see, and then have him or her think of some invisible differences. Look for opportunities to teach the principle of accepting others as you listen to your child's responses. Have your child choose one color of crayon or colored pencil and try to draw a rainbow. Explain that having only one color will not create a rainbow. Explain that just like many colors are needed to draw a rainbow, many different types of people bring beauty into our lives. Emphasize to your child that showing acceptance towards others can help prevent bullying behaviors.

### Activity 3

Discuss the importance of showing acceptance and understanding toward others with your child. Explain that when people try to understand one another, many problems are easier to solve. Explain that having the ability to solve problems peacefully can help prevent bullying behaviors. Problem solving often involves seeing things from a different point of view. To help illustrate this have your child safely stand on a stepladder or something tall and ask what he or she sees (the top of lamps, tops of dresser, etc.). Then have him or her lie down on the ground and look up, and ask what he or she sees (the under side of a table, ceiling, etc.). Explain that people see different things depending on their viewpoint. Help your child try to understand that all people are different and that people see things differently.

### Activity 4

Talk to your child about the importance of self-acceptance. Discuss why it is good that people are different. Also acknowledge that it can be hard for children to be different than their peers. Reinforce the importance of recognizing individual differences. Conduct an experiment by measuring your child's height, foot size, and how far he or she can jump from a stationary position. Find a way to measure his or her accomplishments. For example, you can measure height or the distance jumped with a tape measure or ruler. Ask your child if it is possible to measure what's inside of a person. Explain that even though inner character can't be measured with numbers, it is more important than anything else. Encourage him or her to continue developing unique and individual strengths.

### Activity 5

Together with your child, research holidays or religious traditions that are different than your own. Consider having a foreign culture night by making food from another country or playing a game that originated on another continent. Talk about how different cultures can add to the diversity and fun of life. Remind your child that accepting the differences in others is a practice that can help result in peaceful resolution to solving problems and preventing bullying behaviors.