



BRAVE
BOUNDARIES

News & Updates



January 2026: Speaking Out & Standing Up

Teacher's Corner

We hope you had a joyful and restful holiday season!

As we step into a new year, we're excited for all the learning, creativity, and growth that await you and your students.

Remember to take time for yourself, too—whether it's a quiet moment with a cup of tea or a short walk outside. Small acts of self-care can make a big difference in your energy and focus.

Consider setting one simple goal for yourself this year, whether it's reading for fun, trying a new hobby, or connecting with a colleague for support. Taking care of your well-being helps you bring your best to the classroom every day.

Thank you for all that you do, and here's to a happy, healthy, and inspiring New Year!

Safety Tips for Students

Tell a safe adult if you see bullying
Asking for help shows courage and responsibility—it's about keeping everyone safe.

Support the person being bullied
Stand nearby, listen, or include them in activities to show they're not alone.

Use your voice safely
If it feels safe, calmly tell the bully to stop. Avoid putting yourself in danger or escalating the situation.

Stay with friends or groups
Being around others can make it less likely for someone to be targeted.

Remember: reporting bullying helps
It doesn't get anyone in trouble unfairly.



And the winner is...



Drumroll, please! We're excited to announce that our giveaway winner is Tammy Dougan, a 2nd grade teacher at Cedar Hall!

Tammy brings the magic to the classroom every day, and now it's her turn to be celebrated.

Congratulations, Tammy—we hope this prize adds a little extra sparkle to your school year!

Thank you to everyone who participated!

Remember!

If a student discloses, **STOP** and **contact DCS** immediately at **800-800-5556**



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Activity



"What Would You Do?" Scenario Game

How it works:

- The teacher reads a scenario.
- Students think first, then share: "What would you do—and why?"
- After a few responses, the class discusses smart, safe, and respectful choices.

Example Scenarios:

A group chat starts making fun of a classmate who isn't in the chat.

Possible responses: -Leave the chat. -Speak up or message privately. -Tell an adult.

A friend asks you to keep a secret that makes you uncomfortable.

Possible responses: -Tell them you can't keep unsafe secrets. -Talk to a trusted adult

A friend wants your login so they can "fix something" on your account.

Possible responses: -Say no. -Protect your account and tell an adult if needed

A website or app asks for your name, email, birthday, or location.

Possible responses: -Check with a trusted adult. -Decide if it's really necessary

Someone posts a picture of you or tags you without asking.

Possible responses: -Ask them to take it down. -Adjust privacy settings
-Get adult support if needed

You see someone being excluded or targeted at school.

Possible responses: -Include them. -Report it if it feels unsafe. -Support them after

Wrap-Up Reflection

Have students turn to a partner and finish the sentence:

"A responsible choice is..."

Close with:

"Speaking up, setting boundaries, and getting help are strengths—not weaknesses."

