

**SPECIAL
EDITION**



IN THIS ISSUE:

A Note from PREVNet's Scientific Co-Directors

How PREVNet partners are marking BAW 2015

For Teachers: Facts and tools you need for your school!

Welcome to this special Bullying Awareness Week edition of PREVspectives

This year marks the 13th Anniversary of Bullying Awareness Week (Nov 16-22). It is amazing to think that when we started our bullying prevention research over 25 years ago there was very little awareness of the serious problems associated with bullying. The growing awareness, particularly with the emergence of cyberbullying, has put bullying in the spotlight and raised it as a serious concern for Canadians. Since 2006, we have led PREVNet (Promoting Relationships and Eliminating Violence Network), which is a national network of researchers and youth serving organizations working together to develop and disseminate tools and resources for parents and others involved with children and youth. All of these resources are available on our website (www.prevnet.ca).

To help celebrate the launch of Bullying Awareness Week, PREVNet is hosting a bullying prevention conference. Please join us in Toronto on November 13th and celebrate the launch of the 13th anniversary of Bullying Awareness Week. Our conference will explore links between bullying and mental health. There is still time to register! Visit our [conference site](#) to see our exciting program! See our [media release](#). We grateful acknowledge the support of our co-sponsor, Western University's Centre for School Mental Health. And for the generous conference support from Facebook Canada, Peace Grantmakers Network, TELUS, Wynford, and the Canadian Psychological Foundation.



Although there is increased focus on bullying during Bullying Awareness Week, the prevention of bullying and the promotion of healthy relationships is an ongoing challenge. PREVNet and its 62 national youth-serving organization partners are committed to providing evidence-based knowledge, tools and strategies that can be used all year long in schools, organizations, the community, and the home – everywhere children live, play, learn and work.

In this edition of PREVspectives we highlight some of the initiatives our partners have planned for Bullying Awareness Week and throughout the year.

We hope you find this special Bullying Awareness Week edition of PREVspectives interesting and informative, and as always, we're happy to hear what you think. You can email us at prevnet@queensu.ca.

Debra Pepler and Wendy Craig

CANADIAN RED CROSS FOR BULLYING AWARENESS WEEK November 16 – 20, 2015

The Respect Education program of the Canadian Red Cross will be training youth facilitators in the Beyond the Hurt program at the following schools; Central Peel Secondary School, H M Braithwaite Secondary School and St. John Chrysostom Catholic Elementary School. These youth facilitators will be great advocates for a bullying-free environment.

Healthy Youth Relationships will be launched nationally with immense engagement by youth across Canada. Utilizing a strength-based approach, the program highlights the powerful skill development for healthy relationships such as honest communication, inclusion and personal boundaries.

Respect Education will be working with UNICEF staff in Toronto on November 19th to learn about Workplace Bullying and Harassment as well as Personal Security in the Workplace. This training highlights that bullying is not solely a youth issue, and that awareness and prevention remain a necessary strategy.



**CANADIAN
RED CROSS**

RESPECT EDUCATION USEFUL LINKS:

Violence, Bullying and Abuse Prevention: www.redcross.ca/respecteducation

Healthy Youth Relationships: www.redcross.ca/respect

[Healthy Youth Relationships Free Online Course for Youth](#)

[Respect Education E-Learning](#)

[Respect in the Workplace](#)

YOUTH FORUM - TDSB (Toronto) Nov 19, 2015

The Toronto District School Board and the Canadian Centre for Gender and Sexual Diversity are excited to announce an upcoming conference for TDSB high school LGBTQ students and their allies!

Date & Time: November, 19, 2015 9-3pm

Location: Central Technical School

725 Bathurst Ave, Toronto, ON



Please visit the [Canadian Centre for Gender and Sexual Diversity's webpage](#) for more information on registration for this event.



Join Prevention of Violence Canada- Prévention de la violence Canada during Bullying Awareness Week by signing a [violence prevention charter](#) and be part of the change you want to see in your community and country.





PREVNet has been working with Family Channel again this year on the 13th annual Stand UP! campaign for Bullying Awareness Week. The team, led by Wendy Josephson (University of Winnipeg) with the help and advice of PREVNet Knowledge Mobilization Director Joanne Cummings, includes the following PREVNet student members:

Jeremy Doucette (York University)
Cassandra Erichsen (Carlton University)
Irene Hong (Queen's University)
Megan Lamb (Carlton University)
Jasprit Pandori (Western University)
Ellen Shumka (University of British Columbia)
Mary Spring (University of Toronto)

Family Channel will have a special line-up of bullying prevention-themed programming and interviews with Family stars about bullying prevention, to be aired throughout Bullying Awareness Week, from November 16 – 22. Family will also air three Top 5 lists on bullying prevention from the cast of *Gaming Show (In My Parents' Garage)* made especially for Bullying Awareness. The Top 5 lists, along with an original music video written for Bullying Awareness Week featuring Shane Harte, were premiered at Family Channel's Stand UP! rallies in four schools across Canada during October. Team members represented PREVNet in leading student discussion about the Top 5 lists at the rallies: Jasprit in Etobicoke and Saskatoon, Cassandra in Moncton, and Megan in Calgary. The music video is available for streaming on the Stand UP! website, <http://www.family.ca/contests/stand-up/>. PREVNet team members (Jeremy, Mary, Jasprit, and Wendy) have created a teacher's guide for using the Top 5 lists in classrooms. The Top 5 lists will be available for streaming at <http://www.family.ca/contests/stand-up/> starting the week of November 9, and the teacher's guide can be downloaded from there, too.

PREVNet team members (Mary, Jeremy, Ellen, Irene, Wendy, and Joanne) also developed a variety of activities that students can try for themselves or that teachers can use in class to introduce facts and vocabulary about bullying prevention. These activities and other resources, such as tip sheets for teachers, parents and students, can be downloaded from <http://www.family.ca/contests/stand-up/>.



New Initiative from Kids Help Phone BroTalk: A support zone for teen guys

Teen guys are **19% less likely to discuss mental and emotional health issues** with Kids Help Phone and **23% less likely to discuss suicide** and suicide related issues than girls. Despite the need, teenage guys engage in high-risk behaviours and die by suicide more frequently than young women.

That's why, with generous support from the Movember Foundation, Kids Help Phone created [BroTalk](#). BroTalk is a dedicated online support zone and referral service that provides guys with somewhere to reach out to when times are tough. Kids Help Phone created this new service with the guidance of teen guys themselves, basing the language and content on what matters most to them.

For more information about BroTalk, please go to www.brotalk.ca. To order BroTalk posters or wallet cards, please contact marketing@kidshelpphone.ca.

For Teachers: Facts and tools you need for your school!

WHAT CAN EDUCATORS DO TO HELP



TRY THIS. PREVNet has developed a school resource featuring **current fact sheets and specific how-to tools** addressing common bullying related issues and questions. It's an online resource that's **free** to use and available in both French and English.

HOW TO PUT IT INTO PRACTICE



Do you have a question or concern?



Get the evidence-based information you need from our fact sheets



Use the specific strategies and how-to tools to put knowledge into action!

HOW DOES IT WORK?

This resource offers over 30 fact sheets and accompanying tools related to 4 key areas:

- Education
- Assessment
- Prevention and Intervention
- Policy



Visit www.prevnet.ca to access the resource. Fact sheets and tools are listed in a convenient table of contents allowing you to easily choose your area of interest or concern. Read the fact sheet to learn what the latest research says and then see the accompanying tools to get helpful strategies, plans and checklists.



[Click here](#) or scan the QR code below to use this free tool



- ✓ Evidence-based
- ✓ Bilingual (French and English)
- ✓ Free to use
- ✓ Created with the guidance of the ON Ministry of Education