

# BULLYING AWARENESS WEEK NEWSLETTER

Resources for Teachers and Parents



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## Healthy Relationships in a Digital World

This month technology takes center stage as we welcome thousands of Canadian children back into classrooms and fall routines. More than ever before, children and youth in Canada will utilize technology inside and outside of the classrooms as a part of their everyday lives. Here at PREVNet we understand the importance of equipping teachers and parents with the tools

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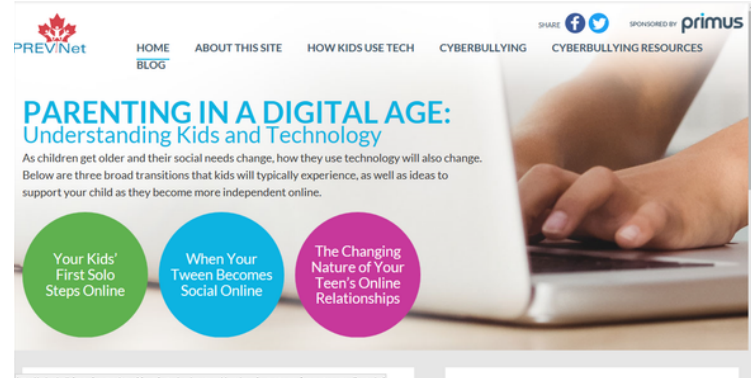
they need to guide children and youth in using technology safely to promote healthy relationships both online and in person. This month we are excited to announce the launch of a **new website to help parents navigate cyberbullying**, as well as **tools from our partners MediaSmarts and Family Channel**. Read on and discover how you can support healthy relationships in a digital world.

## WHAT IS CYBER- BULLYING?



Using technology to cause harm to another person

Children who experience cyberbullying also tend to be targets for traditional bullying



## Introducing: Parenting in a Digital Age

PREVNet and Primus partnered to create an innovative website designed for and tested by **parents** that provides online tools and resources designed to promote safe online environments for children and youth. This website to helps parents learn more about cyberbullying and helping kids stay safe online.

**Get the latest information  
at [Cyberbullying.primus.ca](http://Cyberbullying.primus.ca)**

## A WORD FROM OUR DIRECTORS

Over 5 million Canadian elementary or high school children and youth returned to school this fall. This time can be stressful for children and youth, parents, and teachers as they navigate the transition to school. Transitions, such as starting school, also are an opportunity for growth and change. In times of stress and change- healthy relationships can make a difference by helping to buffer the stress. Teachers' warmth and sensitivity are related to students' academic engagement, social competence, emotional adaptation, and their friendships in school. Teachers can take a social emotional learning approach by promoting respect, patience, cooperation, awareness, sharing, validating students' thoughts and emotions and by making suggestions about how to collaborate with peers, handle negative emotions and deal with challenges or setbacks. In other words, teachers can support the healthy development and healthy relationship develop of students by creating a nurturing environment is that reinforces prosocial behaviour, self-regulation, and skills for adulthood and monitors and limits opportunities for negative behavior. They can minimize stressful events (e.g., victimization, witnessing bullying at school) and provide students with a sense of being cared for, valued, and appreciated for their unique characteristics. It is not just teachers who can make a difference in the new school year, all adults in children's lives can buffer the stress of returning to school. Be the adult in children's lives who provides that safe, nurturing, and loving relationship. Welcome back to school.



**Dr. Wendy Craig  
Dr. Debra Pepler**



## Family Channel Resources

PREVNet partnered with Family Channel to create the StandUp! Campaign which has lots of great evidence-based resources available **free online** in both English and French. Here are some tips they suggest sharing with children and youth who find themselves being cyberbullied:

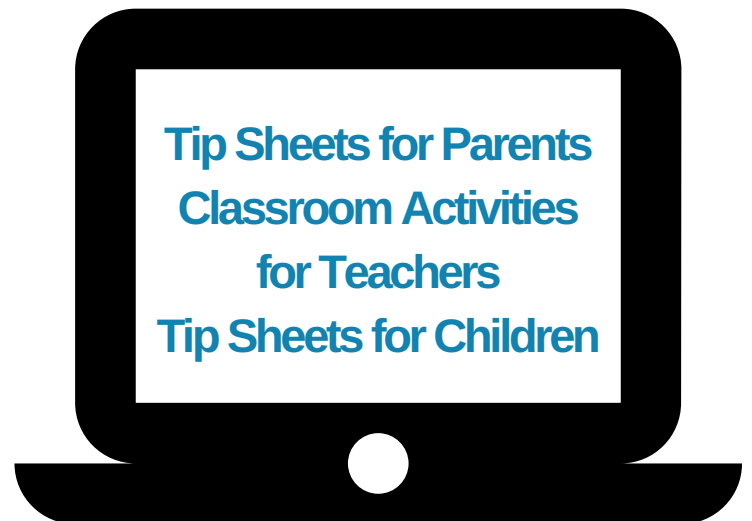
- 1. Tell someone you trust.** This can be a parent, teacher, coach, school counselor, sibling, friend or call Kids Help Phone.
- 2. Stop and think about how you are feeling.** You may have the urge to say something mean back but this often makes the situation worse.

**3. If it is an isolate incident, ignore the cyberbullying.** Pay attention and if it happens again, it is time to tell someone.

**4. Keep copies of what is going on.** This can include screenshots and saved material so you have records.

**5. Use settings and feature available to protect your privacy.** Where possible remove the material that is being used to cyberbully you.

**Visit [Family.ca/StandUp](http://Family.ca/StandUp) for more!**



## New Videos for Parents from MediaSmarts

PREVNet's partner MediaSmarts has just released two MediaSmarts Parent Network videos to help parents have a conversation with their children and teens. The videos cover excessive use and privacy, as well as how to make sure kids and teens stay safe online.

**Video 1: The Parent Network: Social Media and Your Kids - Managing Excessive Use**

**Video 2: The Parent Network: Social Media and Your Kids - Understanding Privacy**

# PREVNet's 9th Annual Conference

Canada Coming Together to Promote Children's Well-Being



**NOVEMBER 16, 2017** ● **OTTAWA-GATINEAU**

Bring state-of-the-art knowledge to your settings and promote healthy relationships and well-being. Choose from 14 workshops!

**Click [here](#) to register or for more information!**



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HIGHLIGHTS FROM OUR 2016-17 ANNUAL REPORT

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