



PREVpectives

Networks of Centres of Excellence—New Initiative



Volume 4, Issue 1

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A Message from the Scientific Co-Directors

Happy 2010! We join Cathy, Joanne, Jennifer, and Stacey in wishing all the best for you, your families, and your organizations for 2010. As we reflect on the last year, we are so grateful for the opportunity to work with each of you and your organizations. PREVNet's successes are truly a result of our strong collaborations and our co-creations of knowledge, tools, and research. Due to our joint success, we are pleased to announce that PREVNet has been granted a fully funded year extension from the National Centres of Excellence New Initiative Program to continue our wonderful work together. This is a huge collective achievement and we are excited to have the opportunity to continue to work with you for another year conducting PREVNet activities. This funding provides the ongoing support for the work we are already engaging in, and also gives us much needed time to continue to find sustainable funding for PREVNet. Both of us believe that PREVNet is able to collectively do so much more than each of us can alone and are committed to ensuring its longevity!

As a result of the new funding, there will be a 2010 PREVNet conference on May 27th and 28th in Hamilton, Ontario. This conference will be held jointly with the Hamilton Mac CURA led by Dr. Tracy Vaillancourt, a Canada Research Chair in Children's Mental Health and Violence Prevention now at the University of Ottawa. The CURA team consists of university scholars and community agencies, groups and individuals who have come together with a shared goal of reducing bullying among children and youth. This team has truly achieved unprecedented community and research activities to address bullying in Hamilton. Their community work and bullying research will be a central feature at our 5th annual conference this year on May 27th and 28th in Hamilton. The theme for this conference is inspired and designed to celebrate the outstanding work of Mac CURA and is Healthy Re-



Community-University Research Alliance for the Prevention of Bullying mac-cura.ca

present the 5th annual conference



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lationships, Healthy Development, Healthy Communities. Please mark the date on your calendars and join us in Hamilton to learn more about how we can make all communities in Canada safe for children and youth. Registration for the May 27th and 28th conference will be available at www.prevnet.ca at the beginning of March.

This year, we have eight streams of workshops including: Children's Mental Health and Healthy Relationships; Challenging Behaviours in the Early Years; Aboriginal Children and Youth; Bullying and Clinical Practice; Neurobiology of Abuse; Working with Aggressive and Delinquent Youth; The Role of Adults in Promoting Healthy Relationships; and Building Healthy Communities: The Hamilton Mac CURA. Presentations will be from leading researchers, national organizations, and practitioners. Don't miss this educational opportunity and come and hear about the recent research advances and the innovative programs and activities to address bullying. **See you in Hamilton!**

PREVspectives

PREVNet Participates in the 4th Milestones of a Global Campaign for Violence Prevention Meeting: "Boosting global violence prevention"

Following the World Report on Violence and Health (2002), the World Health Organization (WHO) launched a global campaign for interpersonal violence prevention. In September 2009, the 4th Milestones of a Global Campaign for Violence Prevention Meeting was held at WHO headquarters, Geneva. Canada was well represented and several PREVNet members and associates were present including: Debra Pepler (Scientific Co-Director) Judi Fairholm, National Director RespectED, Canadian Red Cross – a PREVNet partner organization, Julie Laforest from Institut national de santé publique du Québec (INSPQ) and a member of the steering committee of Prevention of Violence Canada – a PREVNet partner organization.

The theme of the 4th Milestones meeting was "Boosting global violence prevention" with the goal of enhancing the coverage, intensity and effectiveness of international support for country-level violence prevention activities, four key outcomes were achieved.

1. There was an increased commitment among key players around the importance of data-driven, evidence-based violence prevention. The centerpiece of this conver-

gence was the launch of a series of reports entitled: *Violence prevention: the evidence*. These eight well-written reports are an excellent resource for PREVNet members and can be downloaded from this site (see below for a listing of these new resources):http://www.who.int/violence_injury_prevention/violence/4th_milestones_meeting/publications/en/index.html

2. There was an agreement to increase efforts to secure funding for violence prevention in low- and middle-income countries, with a funders' workshop to begin to develop a violence prevention donor network.

3. There was agreement on strategies for strengthening global violence prevention coordination, including through the preparation of a five-year action plan for the field, a global status report on violence prevention, and a strengthened political mandate, perhaps through a United Nations General Assembly resolution calling for an integrated approach to violence prevention.

4. Finally, the Violence Prevention Alliance (VPA) was strengthened – the Norwegian

Ministry of Health, UNDP, UNICEF, UNODC and the International Centre for the Prevention of Crime (based in Canada) announced their formal participation in the Alliance. The International Federation of Red Cross and Red Crescent Societies and the World Bank's newly established Conflict, Crime and Violence Team indicated their intention to join the VPA.

Canada was frequently cited during the meeting for its violence prevention work. From a PREVNet perspective, there is still a long way to go within our country to promote healthy relationships and eliminate violence. Recent results from the WHO Health Behaviours of School Aged Children (HBSC) survey reveal that Canada is ranked near the middle of the countries on bullying and victimization. There is much work to be done to ensure that we have consistent support and monitoring across Canada to prevent violence and promote healthy development. PREVNet will be working with POVC to find innovative and constructive ways to ensure that Canada is living up to the WHO's expectations for violence prevention.

New Resources from the World Health Organization's Global Campaign for Violence Prevention

WHO and Liverpool John Moores University launched *Violence prevention: the evidence*, an eight-part series of briefings on the evidence for interventions to prevent interpersonal and self-directed violence. By spotlighting evidence for the effectiveness of interventions, *Violence prevention: the evidence* provides clear directions for how violence prevention funders, policy makers and programme implementers can boost the impact of their violence prevention efforts.

The eight briefing booklets cover the following topics:

1. Overview of Violence Prevention: The Evidence
2. Preventing violence through the development of safe, stable and nurturing relationships between children and their parents and caregivers
3. Preventing violence by developing life skills in children and adolescents
4. Preventing violence by reducing the availability and harmful use of alcohol
5. Guns, knives and pesticides: reducing access to lethal means
6. Promoting gender equality to prevent violence against women
7. Changing cultural and social norms that support violence
8. Reducing violence through victim identification, care and support programmes



Bullying Awareness Week 2009

We are excited to report that Bullying Awareness Week 2009 was a great success, enabling PREVNet to reach out to Canadians everywhere and get conversations started about the issue of bullying. Through PREVNet's strong media release and active media outreach, we were able to generate excellent media coverage in radio, television, print and on-line right across Canada. Wendy and Debra were frequently interviewed throughout the week and they passionately delivered PREVNet's key messages. Highlights of media coverage include CBC's The National, The Toronto Star, 680 News, The Kingston Whig-Standard, and Canada.com.

For the third year, PREVNet collaborated with Family Channel in its Stand UP to bullying campaign. Hundreds of schools across the country participated in a nationwide 'wave' that aired on Family Channel and their website (www.family.ca). PREVNet was busy in early November touring the country with the Family Channel Tour. PREVNet was represented in Halifax by Dr. John LeBlanc, in Winnipeg by Dr. Wendy

Josephson, and in Oakville by Dr. Debra Pepler, Catherine Cappadocia and Jennifer Martin. On Friday November 13th, Debra and Jennifer attended St. Andrew's Junior High (Debra's old school!) and participated in a school-wide wave in the school yard to stand up to bullying! It was quite a sight to see all of the students united in the message that they will stand up with each other and for each other.

PREVNet is thrilled to be partnering with Nico Archambault in his Stand Up Rise Above Bullying Prevention Campaign. There were two great launch events on November 24th in Toronto and November 25th in Montreal. Dr. Debra Pepler had the opportunity to deliver PREVNet's key messages to the audience and media. Nico delivered an emotional and strong message to the crowd and remains an active and powerful champion of bullying prevention and all things PREVNet. Nico and TXT Carbon, a clothing and lifestyle brand, collaborated in the design and production of a creative and meaningful t-shirt, with a portion of sales benefiting PREVNet. We



Jennifer Martin, Debra Pepler, and Joanne Cummings attend the Toronto Launch of Nico Archambault's Stand Up, Rise Above Bullying Prevention Campaign.

greatly appreciate Nico's generous fundraising support.

Thanks for everyone's support and contributions to this year's Bullying Awareness Week! We are already looking forward to an even more successful and powerful Bullying Awareness Week in 2010!

PREVNet Working Group Updates

Aboriginal Working Group

The focus of PREVNet's Aboriginal Working Group has been on developing a proposal to evaluate the Canadian Red Cross Walking the Prevention Circle (WTPC) violence prevention program. WTPC is a model program developed by Aboriginal people for violence prevention in Aboriginal communities. The Aboriginal Working Group worked over the spring, summer and fall on an application to CIHR's Institute of Aboriginal People's Health for the Aboriginal Intervention Health Operating Grant Competition. In November, the working group submitted a grant entitled: *Walking the Prevention Circle: Evaluating a Community Capacity Building Model for Violence Prevention*. The central hypothesis for this research is that by engaging with Aboriginal communities, WTPC's culturally specific, community capacity building model of violence prevention serves to reduce violence and improve the health and well being of individuals and communities. The opportunity for collaboration between a PREVNet partner and several PREVNet researchers was extraordinary! There was so much to learn from each other. We are eagerly awaiting the decision from this grant competition.

Education and Training Working Group

The Education and Training Working group has been regularly for the past year, working on an exciting initiative – the creation of an up-to-date Canadian compendium of Violence Prevention/Intervention Programs. The scope of programs we are considering is wide ranging and comprehensive, including for example, bullying prevention, anti-bias education, conflict mediation, and restorative justice programming. The common denominator of all programs included in the compendium is that each program seeks to prevent or reduce aggression and violence. Each program will be rated by PREVNet researchers and graduate students with reference to: the theoretical and empirical underpinnings of the program, evidence of effectiveness, and likelihood of high-quality implementation. There is a critical need for such an initiative, as educators, youth programmers, and mental health practitioners across Canada are faced with a confusing array of programs. Educators and youth serving organizations have a responsibility to create healthy, violence-free environments. The PREVNet rating framework will provide the science based information that educators and other programmers need to make informed decisions when selecting violence prevention programs.

The PREVNet Compendium of Violence Prevention Programs builds on the work of PREVNet researcher Dr. Leslie Tutty, Faculty of Social Work, University of Calgary. Dr. Tutty has created a Resource Manual of School-based Violence Prevention Programs, which we are updating and expanded upon. Led by PREVNet researcher, Dr. David Smith, Faculty of Education, University of Ottawa, the Working Group has developed a set of rating criteria and coding manual so that programs can be evaluated and rated using reliable and rigorous methodology. We will keep you updated on the progress of this exciting initiative.

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PREVNet's Featured Researcher, NGO, and Student

Dr. Joanne Cummings



Main Area of Interest

We define "relationship capacity" as the constellation of physical, social, emotional, behavioural, and cognitive competencies that enable a child to have healthy relationships. Through my work as PREVNet's Partnership Director, I find myself increasingly interested in how children's development of relationship

capacity is influenced by their experiences, first in the family, and then with other socializing adults and with peers. At PREVNet we work with socializing adults, whether they are teachers, group leaders, coaches, or mentors, with the goal of promoting practices that foster the development of relationship capacity in children and youth. We believe that children who have experienced multiple relationships with adults who are knowledgeable and skilled about relationships will grow up to be healthy, happy and productive citizens. So I am really passionate to identify the knowledge, attitudes and practices of socializing adults that are empirically linked to positive relationship capacity outcomes in children and youth, such as caring, character, school and community engagement, self regulation and self efficacy.

What are you most pleased with in terms of your work in the past year?

Looking over the last year, there is so much to be pleased about! Generosity and willingness to share characterize the members of this network, researchers and youth-serving organizations alike, and this collaborative spirit is wonderful to be part of. I really treasure the work I have done with our graduate students, who have produced some truly state-of-the-art literature reviews and knowledge mobilization resources –available for downloading through the PREVNet website. It has been really gratifying to see many of the PREVNet partnership initiatives with partner organizations move towards fruition over the last year. For example, we are thrilled that Girl Guides of Canada is launching its e-learning version of their training module for Guiders (adult leaders) entitled "Girls United". This means that Guiders living in remote communities will have access to this wonderful training program. It was immensely interesting to work with online interactive game developer Michael Gibson of Zapdramatic. Last fall we piloted the game in several grade 7 and 8 classrooms, and I was impressed with the enthusiasm and the level of discussion that the game engendered. Our partnership with Family Channel has evolved and we now have a graduate student internship funded by Family Channel and ACCELERATE Canada. We are tremendously excited by the mo-

mentum Family Channel has developed for the StandUP Rise Above Bullying campaign that culminates in Bullying Awareness Week each November. Finally, it has been a real joy and honour to be included as an editor with Wendy Craig and Debra Pepler of *Volume II of the PREVNet Series, Rise Up for Respectful Relationships: Prevent Bullying*. I have learned so much from each of the contributors to this volume, and can't wait to see it published.

What is the biggest lesson you've learned through your work in the past few months?

The biggest lesson I have learned over the last few months occurred at our Annual Meeting and Conference held last June, when we asked our partners for feedback as we envision a self-sustaining model for PREVNet after our initial start-up phase of funding through the Networks of Centres of Excellence is over. The learning for me, which was deeply gratifying, was the extent to which PREVNet is valued and the degree to which our partners believe we are effectively fulfilling a critical need. Our youth serving organizations articulated that PREVNet has created a community of influence and that PREVNet provides connections with top researchers, and independent scientifically based evaluation capacity, endorsement and credibility. Our researchers articulated that PREVNet has provided them with access to a forum for sharing and learning about evidence-based approaches to preventing and responding to violence. Looking back, what was so powerful and moving for me personally was the feeling of consensus and commitment that was expressed in that meeting. It was deeply empowering for the PREVNet team, enabling us to boldly move forward with a renewed sense of validation and confidence as we transition to a new funding model.

How can you benefit from your partnership with PREVNet?

I benefit everyday through my role in PREVNet. I have ongoing opportunities to learn about the latest research related to children and youth's social development and violence prevention. I am constantly thinking about how the research is impacting or has the potential to impact the everyday practice of youth-serving organizations. I feel privileged to have developed so many wonderful relationships within our network, with people who are so amazingly knowledgeable, talented and passionate! This has been enriching to me as a person, for it is truly a joy to join with others and work collectively for such an important cause.

What is your ultimate goal for your partnership with PREVNet?

As the Partnership Director, my ultimate goal is to see the interconnectivity of the network grow each year, so that more and more researchers and organizations are involved in more and more productive collaborations. The possibilities are truly infinite, as we bridge research and practice to promote positive relationships and eliminate violence.

Launch of Donate Now Button

PREVNet now has a "Donate Now" button on our website courtesy of Canadahelps.org.

Interested donors can now simply click on the donate button to contribute to PREVNet and support and help the amazing work that PREVNet's staff, national organizations, graduate students and researchers are doing to end bullying in Canada.



Donors will automatically receive a charitable tax receipt from Canadahelps.org. Visit www.prevnet.ca and check out our new Donate Now button in the top right hand corner. **Send the link to a friend!**

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PREVNet's Featured Researcher, NGO, and Student



PREVNet Graduate Student, Dilys Haner discussed the role of YouCan and its partnership with PREVNet with YouCan's Director of Programming and Development, Barbara Mitchell. Ms. Mitchell had this to say: "YouCan is a peer training program in conflict resolution that is for youth and by youth. It is a product of the peer mediation movement. We send our youth trainers anywhere in the country to lead programs in conflict resolution and restorative practices.

With offices in Ottawa and Edmonton, YouCan is able to send peer trainers across Canada. It is really a youth focused organization. We have a couple of adult "circle-keepers," who are our staff trained in restorative practices that are based on aboriginal teachings. But for the most part, we send youth on their own. Even our board of directors is comprised entirely of youth aged 18-26, so it really is a youth model.

Perhaps the most exciting accomplishment this past year has been an increased awareness of restorative practices in different communities, particularly Ottawa. We are very lucky to have a chief of police who is interested in restorative practices, and the community is open to it. We just did a video project this year called "A New Way," and our police chief is in that. We've also done training in the school board and they've really taken it on as part of their safe-schools mandate to look at alternatives

to suspension. This model really gives young people a opportunity to take responsibility for their actions with a positive result.

We feel that the community is ready for this. Even though there is a lot of media attention regarding prisons and longer sentences, particularly when it comes to youth crimes, it is quite negative. But when out on the street, educators, police, regular people realize that this doesn't always work and we need other opportunities for those who have been perpetrators. We may still need punishments but there can be other alternatives. There is a willingness to look at restorative practices in the communities. YouCan has already benefited so much through the PREVNet network. While I have been onboard personally since its inception, I made YouCan an NGO member formally as soon as I began working here. We are currently working on a school video project with Dr. David Smith at the University of Ottawa, looking at a program intervention affecting school climate. It's very exciting for YouCan to have this formal partnership with a researcher!

Most of all, PREVNet has offered us relationship building and an open sharing of information. It's important for us to share what we are doing but it's invaluable for us to gain insights into project and proposal writing. And it is so easy to tap into the network to get help. People have always steered me toward helpful information. It's an incredible relationship for us to move to that next level.

Ms. Aanchal Sharma **What is your main area of interest?**



Building on my supervisor's (Tracy Vaillancourt) research, which aims to understand the correlates and causes of bullying and aggression, I have two main areas of interest. My main body of research involves investigating indirect aggression among females from an evolutionary perspective. I have developed a program of research, under my supervisor's guidance, to provide experimental support for intrasexual competition. Since I have explored indirect aggression from many angles over the past 5 years, I also developed a secondary interest in knowledge translation. Specifically, I am interested in exploring how research can be used to inform effective and efficient public policy development.

What are you most pleased with in terms of your work in the past year?

I would say I am most pleased with the progress I have made as a researcher overall. I am particularly happy with how well received my research has been among my colleagues. Additionally, it has been extremely fulfilling to have been able to collaborate with NGO and government organizations, such as: UNICEF, UN Association of Canada, Human Resources and Social Development Canada. These opportunities have provided me with invaluable experience and contributed to my continued growth as a researcher.

What is the biggest lesson you've learned through your work in the past few months?

It is important to maintain passion for your research. As a fifth year

doctoral student, my interest in contributing to research on indirect aggression has persevered. Today, I still have the same enthusiasm I had for my research when I first started. As I prepare to write my dissertation, I have also found it helpful to place my research in the applied world and not only focus on its academic value, which I think is important for any research project.

What is your ultimate goal for your partnership with PREVNet?

I would like to stay committed to PREVNet's mandate and continue to contribute in the capacity of student and researcher. I am truly grateful for the opportunities I have had through my membership, which has enabled me to gain experience working with NGOs and policy boards, while receiving important insight on my research from established scholars. None of these would have been possible without PREVNet's consistent support for its graduate students. In the future, I would like to take part in its growth and preservation.

How can you benefit from your partnership with PREVNet?

I already have in multiple ways. It has contributed to my growth both as a student and professional. The conferences, internships, and the AGMs all provided learning opportunities and the chance to exercise my skills as a researcher. This has allowed me to work closely with groups that are committed to society's well being. It has been inspiring to see the interdisciplinary efforts among professionals and researchers. PREVNet continues to demonstrate how research can be effective in eliminating bullying, improving relationships, and disseminating knowledge. Best of all, is that each of these lessons have been provided with great depth and quality.

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