

# PREVpectives

Networks of Centres of Excellence—New Initiative



Volume 1, Issue 2

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**PREVNet's 2nd Annual Conference—Rise Up for Respectful Relationships!**

The title of PREVNet's 2nd Annual Conference is inspired by the words of Her Excellency The Right Honourable Michaëlle Jean, the Governor General of Canada and PREVNet's patron: "Let's all rise up for a world where respect is valued above all else".

This year's conference raised awareness about bullying and victimization and shared best practices from leading experts. As PREVNet is a Networks of Centres of Excellence—New Initiative partnering with 42 National Organizations and 39 Canadian Researchers, over 400 participants from a broad cross-section of constituencies had the opportunity to network and exchange knowledge.

The conference was held at McGill University, Montreal, Quebec from Wednesday, May 16th to Friday, May 18th. Wednesday, May 16th was PREVNet Research Partners Day, Thursday, May 17th was PREVNet Research and National Partners Day, and Friday, May 18th was General Public Day.

Highlights of the conference included: a welcoming address from Dr. Debra Pepler and Dr. Wendy Craig (two of Canada's leading experts in the field of bullying and victimization and the Scientific Co-Directors of PREVNet), live theatre, musical performances, video presentations, and hands-on learning opportunities at workshops presented by a variety of PREVNet Partner Organizations and Researchers.



**Dr. Debra Pepler and Dr. Wendy Craig, Scientific Co-Directors, PREVNet**



**(L) Dr. Alain Canuel, NCE Program Officer, PREVNet Board of Directors at the Wine & Cheese reception and (R) a performance by the Coronation School Senior Steelpan Band**



# PREVpectives

## Photos from PREVNet's 2nd Annual Conference



Members of PREVNet's Researchers and NGOs at the Wine & Cheese reception



A keynote by Shelley Cardinal, Aboriginal Consultant, RespectedED Violence & Abuse Prevention, Canadian Red Cross and PREVNet



A blessing by Elder Billy Two Rivers and performance by Aboriginal singers opened the General Public Day



Dr. Tina Daniels, Carleton University, PREVNet Researcher



Dr. François Bowen, Université de Montréal, PREVNet Researcher





**Ms. Emily Simkins-Strong, York University in front of her poster at PREVNet’s lunch reception on the General Public Day**



**Mr. Andrew Bacchus (centre), Project Director – Canadian Training Institute with students at the lunch reception**



**Saara Siddiqi, Manager – Team Toronto, Youth Canada Association (YOUCAN) co-leader of the New Technology and the Social World of Teens Workshop**



**A musical performance by Red Cross National Spokespersons Brea Lawrenson and Braiden Turner at the lunch reception**



**Dr. David Smith, University of Ottawa, PREVNet Researcher**



**(Left to right) Dr. Wendy Craig, Ms. Janis Douglas, Dr. Debra Pepler, and Mr. Mark Branch in front of donations to the Boys & Girls Clubs of Canada from attendees of the conference**



# PREVspectives

## Five Minutes With: Dr. Darcy Santor



Dr. Darcy Santor

**“... A bullying prevention program has to be so integrated into what teachers, students, and parents do everyday that it becomes a part of what it means to attend or teach at that school”**

One of the challenges in research on school-based interventions is creating sustainable programs. While we have developed good treatments and programs designed to prevent mood problems and eliminate bullying, these programs typically last only as long as there is funding. For a program to be sustainable it needs to be not only cost effective, but also tailored to the ongoing needs of the school or community group so that it comes do be seen as a part of what the group does on an ongoing basis. For example, a bullying prevention program has to be so integrated into what teachers, students, and parents do everyday that it becomes

part of what it means to attend or teach at that school. Sustainable interventions cannot feel burdensome or like extra work.

One of the lessons that I have continuously learned and relearned in my career is that none of us will meet the challenge of building sustainable programs unless we partner with others in the broadest possible way. In point of comparison, our collective success at reducing smoking in young people has been because of systemized and concerted effort by a number of people from numerous sectors. One of my goals for my partnership with PREVNet is to collaborate with many groups of individu-

als who work with or provide services to young people. Together we can work to develop resources and interventions that promote relationships and eliminate violence, and see these resources implemented on the broadest possible scale.

*Dr. Darcy Santor is a Full Professor at the School of Psychology at the University of Ottawa and a Senior Research Scientist at the Provincial Centre of Excellence for Child and Youth Mental Health at CHEO in Ottawa.*

*For more information, please visit: <http://www.socialsciences.uottawa.ca/psy/eng/profdetails.asp?login=dsantor>*

## Featured NGO: Girl Guides Canada



Girl Guides of Canada  
Guides du Canada



PREVNet has brokered a very productive partnership between PREVNet researcher, Dr. Tina Daniels of Carleton University and GGC in order to create a Training Enrichment for Adult Members Module (TEAM) on the topic of girls' social aggression and bullying. GGC has 85,000 Guides who will ultimately benefit from the Social Aggression and Bullying Training Module developed for their leaders.

The Social Aggression and Bullying Training Module (SABTM), written by Dr. Daniels and her graduate student, Ms. Danielle Quigley, consists of a presenta-

tion and a facilitator's manual. The objective of the training module is to educate the women who lead girl guides groups (Guiders) about the prevalence and developmental trends of social aggression and bullying among girls, and to provide practical strategies for guiders to use to create positive social climates and reduce negative group dynamics. GGC has over 900 volunteer trainers who provide training in a variety of topics to 22,000 guiders. GGC uses a "train the trainer" model, so the SABTM presentation was written to ensure that volunteer trainers can use it with ease and confidence when

they train guiders.

The Keg Spirit Foundation awarded GGC \$10,000 to finance an electronic learning version of the Social Aggression and Bullying Training Module, so that all Canadian Guiders can participate in the training. The award will also fund a PREVNet brochure for Guiders, Guides and their families. GGC is developing an associated Badge that Guides can earn when they complete activities designed by Dr. Daniels to promote positive peer relationship skills. GGC plans to launch these initiatives during Bullying Awareness Week in November 2007.

## Reader's Digest Canada's Heroes of 2006: Hetty van Gorp

When Hetty van Gorp's son passed away after an incident with a bully, the Halifax elementary teacher decided that she would try to get rid of school violence by teaching and promoting peaceful relationships.

Hetty van Gorp founded Peaceful Schools International (PSI). The outline for a PSI program is that staff collaborate with students, parents and the community to identify needs and goals, then write an action plan. Teachers learn anger-management and conflict-resolution strategies, which they model in dealing with

students. Selected students become peer mediators. Often, the student body breaks into small groups with adults to discuss issues, and learn to identify bullying, to problem solve and to monitor their own words and actions.

There are 212 PSI schools, where hundreds of thousands of students share her goal of promoting peace and conflict resolution; and where bullying is banished and students learn to interact without violence. Each school determines its own process, and, on average, two new schools a week earn the right to fly a PSI flag. Large

amounts of money aren't required; a collective commitment is.

Hetty van Gorp uses her own funds to travel to schools to initiate the concept and develop materials. She also writes a monthly newsletter, has written three manuals, runs a website and galvanized the National Film Board to create two DVDs for a PSI tool kit.

*For more information, please visit: [www.readersdigest.ca/mag/2007/01/hero2006.php#gorp](http://www.readersdigest.ca/mag/2007/01/hero2006.php#gorp); <http://peacefulschoolsinternational.org/>*



**Hetty van Gorp, Founder of Peaceful Schools International**

## PREVNet's Collaboration with Kid's Help Phone

Kid's Help Phone (KHP) provides services to over 5,600 Canadian children and youth per year. In 2006, PREVNet collaborated with KHP, to develop a new program.

Because children and youth are often reluctant to disclose bullying due to feelings of shame or fear of retaliation, counselors sensitively

help the caller work through these feelings, encouraging the caller to consider writing a letter if they are not comfortable with a face-to-face disclosure. Counselors direct callers to the KHP website where they can download a ready-made letter that can be personalized to reflect the caller's unique situation.

Since initiating this program in March of 2006, 1,621 letters have been downloaded. Our collaboration with KHP ensured that KHP telephone counselors are able to provide state-of-the-art and evidence-based counseling to support and connect children and youth seeking help for bullying related problems.

**“Since initiating this program in March of 2006, 1,621 letters have been downloaded”**

## March Declared Red Cross Awareness Month in Toronto

The Toronto Region's 'March is Red Cross Month' was launched on March 1, 2006. The highlight of the kick off event was when Mayor David Miller met with volunteers and staff to tour the ERV. He then proclaimed March as 'Red Cross Month' and talked about the importance of the Red Cross in the

community citing their involvement during the Peterborough floods of 2003.

“Whereas the Canadian Red Cross Society has been engaged in preventing and alleviating human suffering across Canada and around the world and during the past year has provided assistance

to millions of people affected by natural disasters”

*Excerpt from the 'March is Red Cross Month' Proclamation presented to the Red Cross by the Honourable David Miller, Mayor of Toronto*



**Tim Steele, Disaster Management Chair (left) and John Saunders, Director of Disaster Management (right) join Mayor David Miller (centre)**

# Promoting Relationships to Eliminate Violence

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## Launch of the Official Website of PREVNet



In March 2007, PREVNet announced the launch of the official website (<http://www.prevnet.ca>). New features will be added over the next couple of months, such as a French version of the website and polls for the public and our partners about important policy issues.

The website provides information on PREVNet, PREVNet Partners, news and events, and research on bullying. Downloadable toolkits are available for the general public, as well as links to other resources.

One of the special features of the website is an exclusive section for members

that is open to PREVNet Partners.

The website is informative and full of resources. It will be frequently updated with current events and information relevant to PREVNet. Please visit <http://www.prevnet.ca> for more information.

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**PREVNet is Canada's strategy to stop bullying and to promote positive relationships and eliminate violence for all children and youth.**

**PREVNet is based on partnerships between and among Canada's leading researchers and national organizations, governments, and communities.**

**Together these partners mobilize knowledge related to the PREVNet four Strategy Pillars:**

**EDUCATION & KNOWLEDGE EXCHANGE**

**ASSESSMENT & EVALUATION**

**PREVENTION & INTERVENTION**

**POLICY & ADVOCACY**

**PREVNet's research themes focus on social adaptation and relationships across developmental stages:**

**EARLY CHILDHOOD**

**MIDDLE CHILDHOOD**

**ADOLESCENCE**



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