

# PREVpectives

Networks of Centres of Excellence—New Initiative



Volume 3, Issue 1

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## Welcome to 2009! A Message from the Scientific Co-Directors



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

In this first newsletter of the year, we join with Joanne, Peter, Caroline and Jennifer to extend our warmest wishes for a peaceful 2009. It is hard to believe that PREVNet started just three years ago, with activities beginning in the spring as the PREVNet offices were established at Queen's and York. Since then we have grown exponentially with a 160% increase in PREVNet researchers and over 50% increase in PREVNet partner organizations. The success of PREVNet is attributable to contributions from all those who have joined together to promote safe and healthy relationships for children and youth. We are so grateful for the support, energy, wisdom, and resources of all within PREVNet.

As we look to PREVNet's future, we recognize how important the relationships are that have been built among and between PREVNet's researchers and partners. We celebrate the exceptional progress that we have collectively made within PREVNet over the past three years. We want to assure you that we are committed to working collectively to continue the critical efforts to promote healthy relationships for Canadian children and youths' healthy development. The synergy, commitment, and sharing within PREVNet have enabled us to surpass expectations in the New Initiative phase of our Networks of Centres of Excellence (NCE) grant. As it stands today, our funding from the NCE will terminate in December 2009 and, with the government's current priorities, there is no possibility to apply for the next stage of NCE support to ensure continuity of activities within PREVNet. We are working with our Board to consider potential strategies for fund raising and for a revenue generating model to sustain PREVNet. We will be asking for your input regarding feasible strategies to sustain PREVNet at the upcoming Annual General Meeting in early June.

We are looking forward to our 4<sup>th</sup> Annual Conference focused on the theme "Life without Bullying" with workshops that cover critical relationship issues across the lifespan from infancy through to old age. The eight workshop streams will include: Infancy and Early Childhood, Middle Childhood and Adolescence, Marginalized and GLBTQ Youth, How to Engage Youth, Workplace Harassment, Elder Abuse, Aboriginal, and Cyber/New Media. For the conference, we are publishing the second book in the PREVNet series, entitled "Rise up for Respectful Relationships: Prevent Bullying". Our last book has met with critical acclaim. One Safe Schools Coordinator described it as a treasure that she constantly refers to for guidance and strategies. Our second volume promises to be as informative.

# PREVspectives

## PREVNet at the Bullying Awareness Week 2008 Events

Bullying Awareness Week 2008 was a great success! The researchers and organizations of PREVNet were involved in numerous events across the nation. Our partners were involved in officially proclaiming Bullying Awareness Week, organizing conferences, and participating in rallies at public schools across Canada.

### Kingston Officially Stands Up!

The City of Kingston issued an official proclamation that “Kingston Stands Up! To Prevent Bullying” for Bullying Awareness Week. The motion was passed unanimously by Kingston City Council at their November 5<sup>th</sup> meeting.

Kingston Mayor Harvey Rosen enthusiastically supported the proclamation to highlight the importance of communities and adults sharing the responsibility for bullying prevention.

The bullying prevention initiatives of Sir Winston Churchill were in the national spotlight on November 18, when Family Channel staged a surprise rally at the school. A written nomination from three students was judged as one of the three best in Canada, and hundreds of students were thrilled by the appearance of the stars of the Latest Buzz series to thank and congratulate the school. Winston Churchill has embraced many of the best practices from PREVNet at their school programming.

The following day PREVNet held a workshop and town hall meeting on youth bullying issues (i.e. grades 7-12) at Kingston City Hall for youth. Parents, teachers and students attended and engaged in working discussion and activities to learn about addressing the bullying issues at their schools.

It was very rewarding to see how the City of Kingston is applying and

supporting the principles and practice developed by PREVNet in their schools and in the community.



**Ms. Tricia Myles-Dutcher, Toronto Bullying Coalition and Mayor David Miller**

### Toronto, Ontario Officially Proclaims Bullying Awareness Week

On the 17th of November, 2008 Mayor David Miller issued a Proclamation of Bullying Awareness Week at Toronto City Hall. The event was organized by Toronto's Coalition for the Awareness and Prevention of Bullying.

Mayor Miller spoke to the attendees about bullying and PREVNet's Scientific Co-Director Dr. Debra Pepler addressed the attendees.

PREVNet shared a table with Family Channel. PREVNet introduced the Kandersteg Declaration (<http://www.kanderstegdeclaration.org>), an international declaration signed by the world's leading researchers who study bullying. Participants had the opportunity to sign the declaration. Family Channel displayed materials

from their annual Stand Up! program.

The Toronto Coalition for the Awareness and Prevention of Bullying is a collaboration between organizations which include: The Canadian Safe School Network, Family Channel, Kids Help Phone, PREVNet, Toronto Children's Aid Society, Toronto District School Board (TDSB), Violence Intervention Project (East Metro Youth Centre), and others. The E-Kit can be found at <http://org.kidshelpphone.ca/media/43584/e-kit.pdf>.

### Family Channel and PREVNet Stand Up Across Canada

This year Family Channel and PREVNet organized three “Stand Up” rallies across Canada. “Stand Up” is Family Channel's nationwide bullying prevention campaign during Bullying awareness week. Dr. Pepler and Dr. Craig were invited to speak at the rallies about bullying and answered the students' questions.

A Certificate of Excellence from PREVNet was rewarded to the three schools who won the Stand Up! challenge congratulating them on their excellence in promoting relationships and eliminating violence within their schools.

Congratulations to the winners of the Stand Up! Challenge:

Sir Winston Churchill Public School—Kingston, Ontario  
 Highbury School—Winnipeg, Manitoba  
 Tomekichi Homma Elementary School—Richmond, British Columbia

Please visit our website <http://www.prevnet.ca> for tip sheets and tools for parents, teachers and kids based on our research and links to other resources.

## PREVNet's Featured Researcher, NGO, and Student

### Dr. Bonnie Leadbeater



My research contributes to knowledge about gender differences in depression and peer victimization, resilience in high-risk youth and adolescent mothers, transitions to young adulthood for vulnerable youth, and the prevention of peer victimization in elementary school children. My publications include contributions to theory, research methodology, and ethics in these areas of study and I am highly committed to efforts to translate theory and research into student training and into policies and programs that improve the mental and physical health of children, youth, and their families. Acknowledging contributions to linking university-based research to community partners, in 2005 I received the University of Victoria's Social Science Faculty Award for Excellence in Community Outreach and in 2008 I received the Victoria Leadership Award for linking the Community and University of Victoria.

For the past 10 years, I have worked with the Rock Solid Foundation of Victoria and a group of talented graduate students on the development and evaluation of the WITS and WITS LEADS programs for the prevention of peer victimization in elementary schools. Initial evidence supports the effectiveness of the WITS programs in reducing peer victimization, and in increasing helping and social responsibility in grades one to three. This program has shown positive effects on the reduction of peer victimization and in increasing socially responsible behavior in young children.

I have learned that ongoing, collaborative research partnerships are the key to creating action from research-based knowledge. Collaborative partnerships engaged in community-relevant research can be rapidly transferred into making a difference in outcomes for children and youth. In the past three years, the WITS program has been adopted in most schools in Victoria BC. The possibility of a whole community who can speak with one voice to prevent peer victimization and bullying has been greatly enhanced by our community-university partnership.

I am hopeful that emerging PREVNet partnerships, specifically, will assist in the dissemination of intervention programs like the WITS Programs across Canada. I think that the partnership overall will have a large scale impact on the reduction of bullying and victimization that will help to enhance our children's capacity to become socially responsible citizens who care about and for other members of their communities.

I am benefiting from the partnership with PREVNet in many ways. For instance, I have met colleagues from across Canada who are interested in research on bullying and victimization, PREVNet has provided opportunities for the dissemination of research to wide audiences of users and decision makers through conferences and book projects, I have also been supported in efforts to network with new investigators and students, I believe that connections for postdoctoral students to study in different places have been created, and finally my own students have had opportunities to network with other faculty, community partners and graduate students across Canada.

### Boys & Girls Club of Canada



Boys & Girls Clubs of Canada  
Clubs Garçons & Filles du Canada

Ms. Carol Davies—Director of National Communications: Through an association of 102 Boys and Girls Clubs across Canada, we provide children and youth with safe, supportive places when they're not in school to experience new opportunities, overcome life challenges, build healthy relationships with peers and adults and develop confidence and skills for life.

Boys and Girls Clubs of Canada (BGCC) is most pleased with our ability to provide information, resources and counseling to children and parents on cyber bullying and bullying through the generous support of Microsoft Canada and Sears Canada. We know that relationship-based programming is a vital element of our BGCC approach. We have found through over 100 years of experience that the ability to build and solidify trusting, caring relationships between children and staff, as well as provide ongoing positive adult role models to promote positive social behaviours is as important as the programs we provide. The positive relationships that members develop with dedicated, trained club professionals and volunteers have been shown to have a lasting beneficial influence on their entire lives. Ninety-three percent of alumni stated they would give special credit to particular Boys and Girls Clubs staff members for developing, helping and supporting them. (Ipsos-Reid survey, 2005).



# PREVspectives

## PREVNet's Featured Researcher, NGO, and Student

Boys and Girls Clubs encourage acceptance and respect for self and others. We provide welcoming environments where children are encouraged to develop their skills and self-esteem through involvement in a variety of enriching group activities. All club members are taught to accept others for who they are and that all people have value no matter what their cultural, religious or socio-economic background. Staff and volunteers provide ongoing adult role models, mentoring and programs to help develop positive social behaviours throughout Clubs in Canada on a daily basis. Many Clubs provide specific anti-bullying, conflict resolution and anger management programs.

The ultimate goal of the partnership between the Boys and Girls Clubs and PREVNet is to advance the creation and implementation of a National Strategy on Safe and Healthy Child and Youth Development. This strategy would fundamentally promote safe and healthy relationships to address issues of bullying and improve the well-being of all Canadian children. It would also help secure investments in quality community programs that encourage healthy child and youth development through the building of positive relationships, positive behaviours and resiliency among young Canadians. Boys and Girls Clubs, and ultimately the children, youth and families we serve will benefit from our work with PREVNet by having access to education and intervention resources and research, created by PREVNet, on bullying and how to deal with it.

### Ms. Sam Yamada



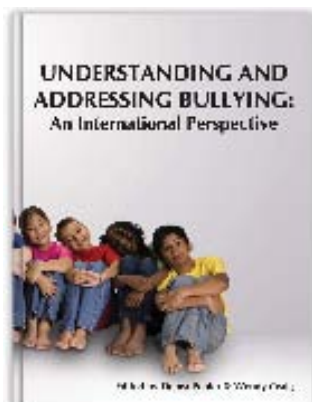
I am currently in my second Year of the Master of Clinical Developmental Psychology Program at York University. I am working with Dr. Debra Pepler and my current research projects are Knowledge Translation and developmental trajectories of substance use.

I am a member of PREVNet's Student Executive Committee. As well, I presented at PREVNet's 3rd AGM in 2008 on the topic of Bullying in Sports. I have been involved with several organizations such as Respect in Sport, High Five with Sports Canada, and the National Ballet of Canada. I also organized a literature search for a report that was written for the Substance Abuse and Mental Health Services Administration of the United States of America. The project was led by PREVNet Scientific Co-Directors Dr. Debra Pepler and Dr. Wendy Craig. Lastly, I have worked on a logic model for online training.

Being a member of the PREVNet Student Network is great because I get to network with both NGOs and graduate students. I also get amazing training opportunities. For example, there was a workshop held for the Student Executive Committee on Presentation Skills.

I would like to help PREVNet develop its own evaluation program for evaluating its own effects. I also want to get to know more about the members of PREVNet and develop other connections on a national level.

For the full interviews please visit <http://www.prevnet.ca>



## PREVNet's First Book Available for Purchase

PREVNet is pleased to announce the release of the first volume in the PREVNet Series: Understanding and Addressing Bullying: An International Perspective. This volume is based on the workshops presented at PREVNet's First Annual conference in May 2006.

Please look for the second volume of the PREVNet series based on the workshops from our Second Annual conference in May 2007 "Rise Up for Respectful Relationships!"

We will be releasing the Second volume at our Fourth

Annual Conference in June 2009.

For more information and to order your copy of the first volume please visit: <http://www.authorhouse.com/BookStore/ItemDetail~bookid~51727.aspx>

## PREVNet Welcomes New Members to the Network

PREVNet is pleased to welcome new researchers and partners who have joined us in 2008.

### Canadian Researchers:

Dr. Judith Finlay,  
Ryerson University

Dr. Tom Hollenstein,  
Queen's University

Dr. Tracey Peter,  
University of Manitoba

Dr. Barry Schneider,  
University of Ottawa

Dr. Catherine Taylor,  
University of Winnipeg

### Canadian Organizations:

Big Brothers, Big Sisters of Canada,  
<http://www.bigbrothersbigsisters.ca/en/Home/default.aspx>

Canadian Womens' Foundation,  
<http://www.cdnwomen.org/EN/index.html>

EGALE (Canada's LGBT Human Rights Organization),  
<http://www.egale.ca/index.asp?lang=E>

Prevention of Violence Canada,  
<http://www.phabc.org>

Please visit <http://prevnet.ca/Partners/Researchers/tabid/115/Default.aspx> for more information on PREVNet's Researchers.

Please visit <http://prevnet.ca/Partners/Organizations/tabid/116/Default.aspx> for more information on PREVNet's NGOs.



Canada's foremost national bullying prevention conference. Learn about the latest knowledge, tools and strategies to address bullying issues from infancy to adulthood from our nations leading experts.

Conference registration fees includes lunch, breaks and a copy of Volume 2 of the PREVNet Series: "Rise Up for Respectful Relationships: Prevent Bullying" when you sign in at the conference. This book is based on the presentations from our 2nd Annual Conference, May 2007.

\$220 CAD (tax included) on or before May 1st, 2009 or \$270 CAD (tax included) after May 1st, 2009