

PREVNet

PROMOTING RELATIONSHIPS &
ELIMINATING VIOLENCE NETWORK



HIGHLIGHTS FROM OUR
2018-2019 ANNUAL
REPORT

WHO WE ARE:

PREVNet is a national research hub comprised of 131 researchers and 191 graduate students from 30 universities that partners with 62 organizations to co-create solutions to prevent interpersonal violence and bullying to foster healthy relationships among children and youth



OUR MISSION:

To create, facilitate, evaluate and mobilize science-based knowledge, tools and research on building and sustaining healthy relationships in Canada and around the world

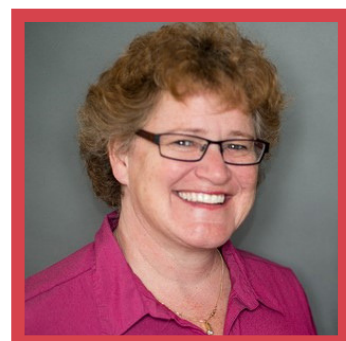
OUR STRATEGY:

To create space where research and practice converge. We connect the best and brightest minds in the area of child maltreatment, bullying, youth violence, intimate partner and sexual violence, with youth-serving organizations, businesses and governments. Our unique partnership model allows researchers to collaborate with practitioners and policy makers to ensure knowledge development is informed by on-the-ground expertise.

Message from our Scientific Director;

Dr. Wendy Craig

Officer of the Order of Canada and Professor and Head of the Department of Psychology, Queen's University



"2018-2019 was a time of many transitions for PREVNet. Dr. Debra Pepler stepped down from her position as Scientific Co-Director of PREVNet; we are grateful for Debra's prodigious contribution to the creation and success of PREVNet and with love, gratitude and profound respect we wish Deb the very best in her continued endeavors to make the world a safer and healthier place for children everywhere. Also, PREVNet's thirteen-year funding as a Network of Centre of Excellence (NCE) is winding down; we are grateful that the NCE federal funding enabled us to develop a network to improve the lives of every child and youth in Canada by enhancing the practices of all adults involved in their lives. Since PREVNet began in 2006, the proportion of students who report bullying others has **decreased by 62%** and the proportion of students who report both bullying others and being victimized has **dropped by 44%**. We believe this decrease is in part a result of the work of all members of PREVNet and its cumulative impact across the country. Another pivotal transition was that PREVNet was awarded a five-year grant by Public Health Agency of Canada to create a national Community of Practice for 21 teen dating violence prevention projects in Canada. Thus, our new primary focus will be on preventing teen dating violence while at the same time we will continue as an important national hub for research and practice to co-create and mobilize bullying and cyberbullying prevention and healthy relationships tools and resources with our partners. We are confident that with our strong partnerships, evidence-based products, and joint responsibility, **PREVNet's legacy** will be sustained knowledge mobilization for Canada to lead the world in finding solutions to bullying and other forms of relationships violence."

PREVNet BY THE NUMBERS



Network of Graduate Students and Young Professionals grew by 4%, with a total of 191 graduate students

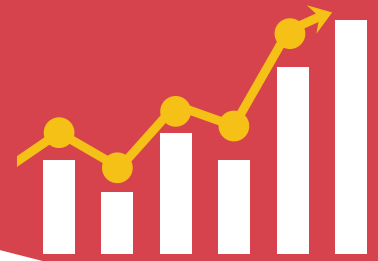
PREVNet representatives appeared in more than 100 media interviews



Global News



radio



PREVNet's social media communication has continued to increase awareness about bullying prevention



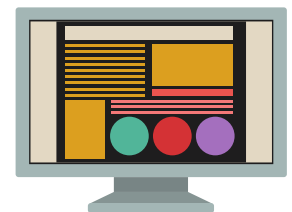
45,000+ TOTAL REACH
& **64,000+** TOTAL IMPRESSIONS

9% GROWTH OF TWITTER FOLLOWERS (3,466)
540,200 IMPRESSIONS



1000+ IMPRESSIONS

194,000+ WEBSITE VISITS, A **28%** INCREASE



TOP 10 ACHIEVEMENTS FROM 2018-2019

1 *PREVNet to Lead a New Community of Practice to Address Teen Dating Violence*

PREVNet's expertise as a knowledge mobilization network that facilitates co-creation among researchers and organizations was recognized with the successful application to Public Health Agency of Canada to build a national Community of Practice to address teen dating violence. PREVNet was awarded funding of \$2,198,158 over five years by PHAC to enhance collaboration and consolidate learning across 21 teen dating violence prevention projects in Canada. The new grant will allow us to continue to sustain and leverage the expertise and knowledge in the PREVNet Network and expand our scope to now include dating violence. It will also enable PREVNet to continue our KM work as we update and create resources on the website and ensure the legacy of several of our tools as new professionals and organizations are trained with these tools.

PREVNet Continues to Enhance Educators' Capacities

2

PREVNet continues to leverage the **Bullying Prevention Toolkit (BPT)** to turn policy into practice in Ontario, Quebec and beyond by co-creating new resources (e.g., workshops, webinars, newsletters) to better meet the needs of our stakeholders. This comprehensive bilingual on-line toolkit for educators has been adapted into 12 one-hour workshops for educators and is being mobilized and used in two large Ontario school boards. By this fall, these workshops will also be available as on-line webinars for educators across Canada to download. We have also adapted BPT content into a series of **brief monthly newsletters** circulated to Ontario educators and also featured on our website for all to access. In partnership with the Quebec Ministry of Education and the Jasmin Roy Foundation, PREVNet has created two workshops based on the BPT which has reached over 2,500 people from the education sectors representing all regions in Quebec as part of **Les Grandes Rencontres**.

[3]

3 *Creation of Two Guides to Evaluate and Disseminate Programs*

Dr. Pepler worked with a graduate student and a post-doctoral student to create two online guides:

(1) **Do You Want to Know Whether Your Program Works? A Guide to Program Evaluation.** This guide has tips to begin your evaluation. It breaks down steps involved in program evaluation and what to do with the findings. PREVNet's guide also provides perspective on working with a research partner to implement program evaluation.

(2) **Do You Have A Program You Want to Share With Others? A Guide to Program Dissemination.** This guide is a great tool to make sure you have the right audience and training in order to deliver and share your program. Interested in learning more about Indigenous approaches to program evaluation? PREVNet's guide also provides resources and insight on research with Aboriginal communities. There is no one way to share your program, but the guide is a great stepping-stone.

PREVNet Partners with Live Different to Spread Kindness 4



PREVNet's National Youth Advisory Team helped to create teacher and student resources based on their PREVNet's #spreadkindness campaign for **Live Different**. The theme of the 2018-2019 cross-country school tours was "Kindness Changes Everything" . Over 112,000 students were reached from 308 schools in 10 provinces. Additionally, 41,000 students accepted a "spreadkindness" bracelet which meant they committed to do at least one act of kindness in their community.

5 *PREVNet's Annual Conference: "Creating Places for Children and Youth that Promote Equity, Diversity, Inclusivity"*

PREVNet's 10th annual conference was held on May 14-15, 2019 in Toronto centered around the theme, "Creating Places for Children and Youth that Promote Equity, Diversity, Inclusivity".



Over 240 participants attended including researchers, graduate students, partner organizations and professionals from education, mental health, police, justice, academia, and government sectors. Additionally, participants were engaged by the keynote speakers and the 12 workshops offered including:

- Strategies to promote mental wellness and foster resilience for Indigenous youth and their families
- Strategies to strengthen resilience of newcomer children and youth in a school-setting
- Strategies to promote mental health and healthy relationship for LGBT2Q+ youth
- Strategies to promote social norms that protect youth against teen dating violence
- Strategies to reduce bias-based bullying for students who are perceived by their peers as different based on academic (dis)ability, ethnicity, and sexual/gender identity

Click [here](#) to see keynote presentations and workshop slides.



Uniting with Family Channel's Stand UP! Against Bullying Annual Campaign

Since 2003, PREVNet's researchers and Family Channel have collaborated to create an annual social marketing campaign to provide knowledge, strategies and tools that will empower children to prevent bullying. During **Bullying Awareness Week (BAW)** the partnership mobilizes evidenced-based knowledge to a multi-platform campaign that features a dedicated website complete with PREVNet created bilingual resources, a national in-school rally tour and special bullying prevention TV programming. Dr. Hoglund and her students co-created the teacher's guide and activities for the 16th annual BAW, which had 3 million media impressions.



Partnering with PRIMUS to Help Parents and Youth Prevent Cyberbullying

Based on PRIMUS research, parents are concerned about cyberbullying. PRIMUS and PREVNet partnered to launch Canada's first e-learning program to help parents and youth prevent cyberbullying: **Parenting in a Digital Age: Understanding Kids and Technology**. Visits to this site have increased from over 6,000 to over 18,000 since the last fiscal year (a 195% increase). Dr. Shapka and her students and PRIMUS staff generated monthly blogs for the site including:

- A Parent's Guide to Reddit
- A Parent's Guide to Scamming
- A Parent's Guide to Stream
- Public vs. Private Instagram

8 *Updating Provincial and Territorial Bullying Policies*

Each province and territory has different definitions of bullying, different procedures to address bullying, and different requirements for prevention and intervention. This makes it difficult for parents and educators to understand their rights and strategies to support their children. In 2013, PREVNet developed a tool with an interactive map that outlined legislation and policy in each province and territory, as well as the rights and responsibilities of parents and educators. This resource has been one of the most frequently accessed tool on our website (with more than 95,000 views since its launch). As of 2018, each province/territory's policies were reviewed and updated by legal professionals and updated content posted on PREVNet's website legislation resources available in both **English** and **French**.

PREVNet Partners with Wisdom2Action to Engage with Youth 9

As part of our new PHAC Community of Practice grant, we hosted a **youth engagement webinar** led by Lisa Lachance and Fae Johnstone from Wisdom2 Action. They covered topics such as:

- Best practices for creating safe space for youth that is trauma-informed and inclusive
- Examples of ways to facilitate meetings to encourage youth to participate (e.g., activities, sharing/talking circles, physical space)
- Ways to engage youth who may be less vocal in group setting
- What should adults avoid doing?
- How to recruit youth both within and outside of school settings?
- Considerations for recruiting youth to ensure diversity such as gender, abilities, ages, culture, income, community

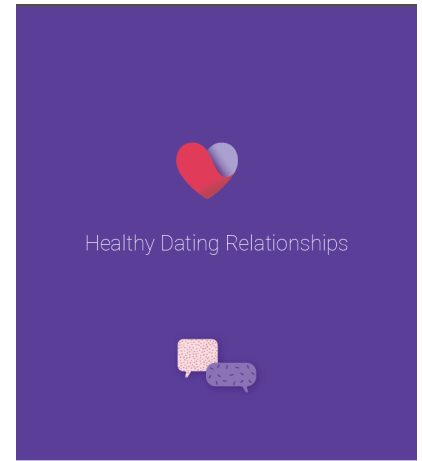
We also created two bilingual tipsheets:

- **Why engage youth?** Evidence for involving youth in decisions that affect them
- **Youth Engagement:** The What, The Why, and The How



10 *Creation of Healthy Dating Relationships Guide*

PREVNet created a **Healthy Dating Relationships Guide** to accompany Facebook Canada's new dating feature. This guide outlines key features of what a healthy relationships looks like, strategies to keep yourself safe online, along with a quiz to check whether you are in a healthy or unhealthy relationship.



THANK YOU

To the staff, researchers, students and partners who dedicate their time to PREVNet's governance and knowledge mobilization resources. We are truly grateful.



CONNECT WITH US

