



Back to School tips, tools and resources from PREVNet

PREVNet has a variety of tools and resources to ease the transition back to school. Whether you are a parent, teacher, or school administrator, you'll find the information you need to help build healthy relationships and prevent bullying, including PREVNet's latest book "Bullying Prevention: What Parents Need to Know". And parents, be sure to share with your children the special sections for children and youth as well as the one on cyberbullying.

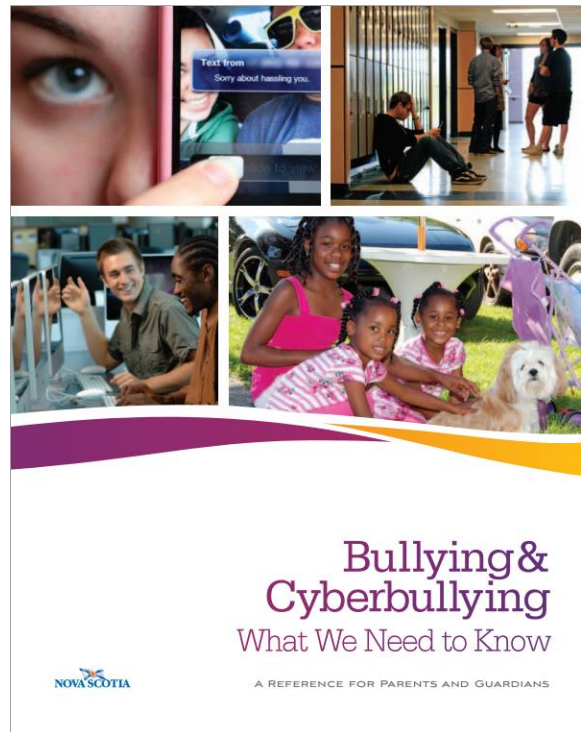
- PREVNet book - "[Bullying Prevention: What Parents Need to Know](#)"
- Videos <http://www.prevnet.ca/research-and-tools/videos>
- For educators <http://www.prevnet.ca/bullying/educators>
- For Parents <http://www.prevnet.ca/bullying/parents>
- For teens <http://www.prevnet.ca/bullying/teens>
- For kids <http://www.prevnet.ca/bullying/kids>
- Cyberbullying <http://www.prevnet.ca/bullying/cyber-bullying>

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Nova Scotia Parents' Handbook - Bullying & Cyberbullying: What We Need to Know

Families in Nova Scotia have a new provincial resource to help identify and prevent bullying and cyberbullying. The parents' handbook - [Bullying & Cyberbullying: What We Need to Know](#) was officially unveiled at the Speak Up! Bullying prevention conference in Halifax on August 16th. PREVNet is proud of its significant contribution to the handbook, which includes information on causes and types of bullying at various ages, how to identify bullying behaviour, how parents can help, and where to turn for help in the Nova Scotia school system and in the community.



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MyHealth Magazine 30 Day Challenge

MyHealth Magazine's 30 Day Challenge is a bullying prevention program for students in Grade 7 and 8. The program is primarily intended for students and educators, but also contains materials and activities for parents. It is delivered through a series of brief online learning and classroom activities that take place over four weeks. You can find out more about the 30 Day Challenge [here](#).

issue # 8
BULLYING
Bullying targeted

It's always wrong
Who? When? Where?
Don't excuse it
Stop cyber-bullying
Speak up
In your words

INTERACTIVE Survey
Test your knowledge about bullying

BREAKING News
70% have been bullied online

Poll OF THE MONTH
Is bullying a problem in your school?

DID YOU Know
Stop it in 15 seconds.

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FAMILY CHANNEL LAUNCHES STAND UP! CAMPAIGN

As summer vacation comes to an end, Family Channel gets ready for back-to-school with the launch of its 11th annual Bullying Awareness Week campaign. Family is spreading the message to Stand UP!, not stand by when you see bullying happen and this fall offers an abundance of bullying-themed programming, special messages and events designed to help students do just that.



Earlier this month Family Channel released the campaign's new original anthem "Stand Up and Shout." The music video features stars from Family's hit dance series *The Next Step*, and encourages bullying bystanders to intervene when they witness bullying behaviour. At first, the dancers are seen dancing alone but as the song progresses the group comes together to have a stronger impact, mirroring the importance of working together to put an end to bullying. The pop song's chorus features lyrics that kids and their families can sing and dance along to, and in the coming weeks an instructional dance-along version of the music video's chorus will be released on Family Channel, enabling viewers to join the Stand UP! movement.

Similar to past years, Family Channel is going on the road to bring the message of bullying prevention to schools across Canada. Students can enter to win one of three Stand UP! rallies, hosted by Family stars Brittany Raymond (Riley, *The Next Step*) and Trevor Tordjman (James, *The Next Step*) who will teach the entire school the "Stand Up and Shout" dance. Each rally will also include an interactive discussion led by a representative from PREVNet. Students can enter to win a rally by visiting Family.ca and explaining how they Stand UP! to bullying in their community. The contest runs until 5:00 p.m. ET on Friday, October 4.

This year's national Bullying Awareness Week takes place from Monday, November 18 to Sunday, November 24. All week-long, Family will air special bullying-themed episodes from popular series like *Good Luck Charlie*, *Wizards of Waverly Place* and *Wingin' It* with a special *Jessie* marathon and a brand new episode of *The Next Step* on Friday, November 22 beginning at 5 p.m. ET/PT. A special edition of the "Stand Up and Shout" music video featuring exclusive footage of the participants from the Stand UP! rallies will also debut during the week.

Check out Family.ca/StandUp to watch the "Stand Up and Shout," music video, learn more about the Stand UP! initiative and to enter for a chance to win a Stand UP! rally. Bullying prevention resources for students, parents and educators are also available for download, including new printable tip sheets and activities from an extensive [Teacher's Guide](#) prepared by PREVNet for Family.

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PREVNet Researchers and Partners "In the News"

As children and youth headed back to school, PREVNet researchers and partners were in high demand by the media. Here's a sampling of their interviews. You can find more on the "[In the News](#)" page at www.prevnet.ca.

Dr. Wendy Craig: [How to deal with the stress of back to school](#), CTV News

Dr. David Wolfe: ['Nothing abnormal' about back-to-school stress](#), Ottawa Citizen & Halifax Chronicle Herald

Dr. Shaheen Shariff, Prof. Wayne MacKay, Kids Help Phone: [Searching for an effective way to fight bullying](#), Montreal Gazette |

Dr. Shaheen Shariff, Prof. Wayne MacKay, Kids Help Phone, Jer's Vision: [Cyberbullying: Parenting in the digital age](#), Montreal Gazette

Family Channel, PREVNet: [Family Channel Launches Annual Bullying Awareness Week Campaign](#), Broadcaster

Dr. Tracy Vaillancourt, bullying.org: [What if your child is the bully?](#), Globe and Mail

Dr. Shelley Hymel (also Dr. Tracy Vaillancourt (lead author) and Dr. Patti McDougall): [Bullying damage can last a lifetime](#), Vancouver Province

Canadian Red Cross: [Red Cross Imagine No Bullying campaign raised more than \\$200K](#), Indo Canadian Voice

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Messages from some of our partners

For this edition of PREVspectives, we wanted to see how our partners were getting ready for back to school. Here's what some of them had to say:

[Jer's Vision](#)

[Lions Quest Canada](#)

[LOVE Leave Out Violence](#)

[PractiQuest](#)

[Society for Safe and Caring Schools and Communities](#)

[Toronto Argonauts](#)

[Wynford](#)

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Jer's Vision

Canada's Youth Diversity Initiative

<http://www.jersvision.org/>

JersVision.org is excited to go back to school in the Fall with new and exciting initiatives to help make schools safer and better places! Thanks to PREVNet, our research is up to date, and we are using the latest and greatest techniques to address bullying & discrimination.

Here is how we can help:

- Invite us to run classroom or assembly workshops on bullying, discrimination, homophobia & transphobia
- Be a pilot school for our new Pink Schools Initiatives, a transformative way to address bullying
- Invite us to train staff, sharing the latest anti-bullying techniques and resources
- Get involved with the International Day Of Pink (April 9, 2014). Free tools are online at: www.DayOfPink.org
- Need help? Email us at: Info@JersVision.org

We are proud to offer our services for free :)

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www.lionsquest.ca

Lions Quest Canada – The Canadian Centre for Positive Youth Development’s Response to Bullying

According to PREVNet, Canada’s national network of leading researchers and organizations, working together to stop bullying in Canada, “Bullying is a form of abuse at the hands of peers that can take different forms at different ages. It is targeted and repeated. It involves power, aggression, intimidation and shame. It preys on vulnerability and exposes both children who bully, and those who are bullied, to a number of social and mental health problems and a lifetime pattern of abuse. Any abuse - in particular the kind of abuse that can lead a child to contemplate suicide - is anything but harmless.” Lions Quest Canada is one of the original community partners of PREVNet.

How do we stop this bullying behaviour that seems to have reached epidemic proportions? At Lions Quest Canada we support caring adults who teach kids from day one that looking out for one another, being empathetic, being responsible for another’s well-being and treating others as we would like to be treated is the norm. We support teaching children that threatening, mean behaviours or excluding others will not be tolerated. That it is not funny, fair or productive to pick on each other to gain power and that the gifts and sparks that make us unique are things to be celebrated and encouraged, not personal traits to be ridiculed and repressed.

We advocate for the teaching and modelling of positive behaviours for our children in our homes, their preschools, their classrooms, their activities and their communities. We support parents who are looking for positive ways to raise their young children. We work with preschool professionals who teach children how to fill each other’s buckets every day with positive actions and that taking from someone else’s bucket or ‘bucket dipping’ is not right. We help our young people build positive values, social skills and positive identities in our schools by providing them with support, opportunities for empowerment, boundaries and expectations, and constructive use of time. [Read more here](#)

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<http://www.ontario.leaveoutviolence.org/>

LOVE believes **youth are the key** to solving youth violence. Since 1993, we have provided training and support to young people who have experienced violence in their lives. Through communication, media arts and leadership training, we help them find alternatives to violence. In the process, we build confident, engaged youth leaders who, as credible ambassadors, spread their authentic message of non-violence among their peers and members of their community. LOVE Youth Leaders are preparing to go into schools again this year to educate peers on bullying prevention and other issues linked to youth violence. These youth will share their insights and strategies in a youth-to-youth effort to create positive change.

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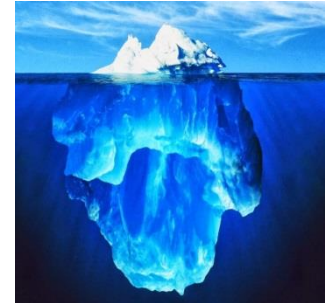


PractiQuest is now 5 years old!

From our humble beginnings, we have had wonderful growth and now have a whole suite of interactive bullying prevention resources that address the social needs of children across many ages and abilities.

To kick off the new school year, we are about to pilot an intermediate level tool to "take the classroom pulse". This student directed framework will empower students to use data driven analytics to create relevant classroom discussions and activities.

It's long been known in corporate and research that "you get what you measure" and we are excited to empower students and staff with such timely, actionable data and recommendations.



The new tools are an exciting addition to our vast collection of preventative "Choose Your Own Adventure" style modules where kids are engaged to guide and navigate characters through the difficult challenges of social situations.

We continue to thank our relationship with PREVNet to guide us and be our backbone. Visit us at www.practiquest.com to further explore our resources and to stay in touch!

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The Society for Safe and Caring Schools and Communities (Safe and Caring) is an Alberta-based not-for-profit organization that promotes healthy, respectful relationships as a means of preventing bullying, violence and exploitation of children and youth.

As a centre of excellence, Safe and Caring fosters effective networks and partnerships to improve the quality of life for all children and youth. Safe and Caring collaborates with a wide variety of partners and stakeholders to make available effective tools, resources and supports. Practices that teach, model and reinforce socially responsible and respectful behaviours are supported, so that every child and youth in Alberta has the opportunity to grow up in a caring and nurturing home, an engaging and supportive school, and a safe and inclusive community.

Visit our website at www.safeandcaring.ca for professional development and workshop opportunities, access to research and best practices, toolkits, tip sheets and lesson activities and youth action guidebooks.

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Toronto Argonauts

September 2013, marks the 13th anniversary of the Toronto Argonauts' Huddle Up Bullying Prevention Program, presented by Tim Hortons. It is an all encompassing opportunity for a school population to focus on the impact they can have on bullying in their own environment. The program involves Argos players, cheerleaders and staff members who share their powerful experiences with bullying. With support from the Canadian Safe Schools Network, the Huddle Up Program inspires and empowers youth to take action towards bullying prevention in their schools and communities. The messaging is designed to encourage students to stand up, play an active role in preventing conflicts, and make positive choices for themselves and their peers. The program has effectively grown in popularity, at both the elementary and secondary school levels, reaching over 35,000 students and 45 schools each year. For more information and to book the Huddle Up Bullying Prevention program, visit our website at www.argonauts.ca/huddleup. Schools are booked on a first-come-first-serve basis.

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Wynford's Quazar Helps to Build Character and Success

It's that time of year again. Schools are back in session and in need of an evidence-based Character Education program that complies with recent Ontario legislation. The "Quazar" Build Character Build Success program, sponsored by Wynford, is one of PREVNet's 10 project knowledge mobilization projects and best of all, it's absolutely free! Check it out at www.buildcharacterbuildsuccess.com

This program delivers everything that's needed to comply with current legislation in our schools including measurement tools to assess each school's individual progress.

There are currently 8 Ontario public schools using the program and we've done the research and have the statistics that proves it's definitely working and making a difference.

So, why did Wynford, a private company, create this program? We did it to help our communities' kids, teachers, and parents. We all live in the same world, and we're dedicated to helping to create quite simply, a better one. We'd love to help, and we'd love for you to help us to spread the word.

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