



PREVNet

presents its
4th Annual Conference

Life Without Bullying

Highlighting the latest knowledge,
tools and strategies
to address bullying issues from
infancy through adulthood
with Canada's leading experts.

PROGRAM

June 5th, 2009
Metro Toronto Convention Centre
Toronto, Ontario

YORK
UNIVERSITÉ
UNIVERSITY



Queen's
UNIVERSITY



Networks of Centres of Excellence
Réseaux de centres d'excellence



Agenda: Friday, June 5 2009

6:00pm-8:00pm Thursday, June 4	Wine and Cheese Reception < <i>The National Club, 303 Bay Street, Toronto</i> > <u>Note</u> : This is an optional event , \$25 CAD (tax included).
8:00am-9:00am	Registration and Hospitality Desk < <i>Main Lobby, Ground Floor</i> >
9:00am-9:30am	Welcome Address presented by Dr. Wendy Craig (Queen's University) and Dr. Debra Pepler (York University) < <i>Constitution Hall Room 107, Lower Level</i> >
9:30am-10:30am	Keynote Address: "Life Without Bullying" presented by poet Mr. Shane Koyczan < <i>Constitution Hall Room 107, Lower Level</i> >
10:30am-10:45am	Refreshment Break < <i>Constitution Hall Room 106, Lower Level</i> >
10:45am-12:00pm	Workshop #1 < <i>See back of your nametag</i> >
12:00pm-1:15pm	Lunch Reception < <i>Constitution Hall Room 106, Lower Level</i> >
1:15pm-2:30pm	Workshop #2 < <i>See back of your nametag</i> >
2:30pm-2:45pm	Break with Refreshments < <i>Constitution Hall Room 106, Lower Level</i> >
2:45pm-4:00pm	Workshop #3 < <i>See back of your nametag</i> >
4:00pm-4:30pm	Closing Remarks presented by Dr. Wendy Craig (Queen's University) and Dr. Debra Pepler (York University) < <i>Constitution Hall Room 107, Lower Level</i> >

Accommodation Information

PREVNet has reserved a block of rooms for participants who require accommodations in Toronto at the Novotel Hotel, 45 the Esplanade, Toronto, ON.

This facility is a full service hotel, located near St. Lawrence Market, the Air Canada Centre, and Union Station. All rooms are private with ensuite bathroom and amenities. Rates for single or double occupancy are \$154 CAD (before tax).

Please call the Reservations Department at: (416) 367-8900 or via email at: h0931@accor.com. Please state that you are a delegate with the PREVNet Conference when you call to book your room. Please be sure to book your **room by Monday, May 4th**, in order to ensure the rate listed above.

For more information, please visit:

www.novotel.com/gb/hotel-0931-novotel-toronto-centre/index.shtml

To view directions, please visit:

www.novotel.com/gb/hotel-0931-novotel-toronto-centre/location.shtml

Workshops: Friday, June 5

Workshop Session 1 (10:45am-12:00pm)

Infancy and Early Childhood Stream

1. Fostering Healthy Interaction Patterns and Navigating the Challenging Social World: Lessons from Research on Early Development.

Dr. Dale Stack and Ms. Julie Martin, Concordia University.



Healthy relationships and social competence begin in the home environment with parent-child interactions. Children need to develop several social and emotional competencies, such as empathy, perspective-taking, impulse control, cooperation, and conflict resolution, to build healthy relationships. These skills are essential to the regulation of emotions, coping, self-confidence, and ultimately for academic and social success, as well as overall wellbeing. In this workshop, you will be introduced to research demonstrating the vital role parents play in fostering the myriad of skills and abilities infants and preschoolers develop that lay the foundation for adaptive interaction patterns later in life. Drawing from a unique longitudinal study on aggression and social withdrawal in girls and boys across generations, we will also highlight how adaptive and maladaptive patterns develop from infancy to middle childhood and may be transferred from parent to child.

Middle Childhood and Adolescence Stream

2. Social-Emotional Development in Tweens and Teens: Links to Current and Future Well-Being.

Dr. Tracy Vaillancourt, University of Ottawa.

Although many parents and educators are familiar with the cognitive and physical milestones of children and youth, fewer have considered the important role social-emotional development plays in their health and well-being. Research about this important area of development is presented, demonstrating that the social and emotional lives of tweens and teens are indeed vital and need to be attended to and nurtured.



Marginalized and GLBTQ Youth Stream

3. Kids Speak Up for Safer Schools: Findings of the First National Climate Survey on Homophobia in Canadian Schools.

Dr. Catherine Taylor, University of Winnipeg, Dr. Tracey Peter and Ms. Sarah Paquin, University of Manitoba.

This paper presents the results of a national survey of Canadian high school students undertaken in order to identify the forms and extent of their experiences of homophobic incidents at school and measures being taken by schools to combat this common form of bullying. The paper presents key findings about students' experiences (unsafe spaces, homophobic comments, direct victimizations), the impacts of those experiences (feeling unsafe, skipping school, discomfort talking to staff and peers, lack of school attachment), institutional responses (safe school policies at school and divisional levels, GSAs), and the impacts of institutional responses (feeling safer, more comfortable, more attached; less victimization). We conclude with recommendations for safe school policy development at the ministerial, district, and school levels.

How to Engage Youth Stream

4. The Adult Ally Training Program.

Centre of Excellence for Youth Engagement and the PEACE Project.

Youth facilitators from the Students Commissions' Project PEACE, supported by adult allies, will provide an interactive, activity-based workshop for adults to learn skills to be allies to the youth in their lives. Project PEACE involves Toronto youth, the Toronto Police Service, community agencies and schools in an effort to reduce the negative impacts of guns and gangs. Learning from each other and working together in partnership, youth and police have developed videos, programs and workshops that address violence.



This workshop will bring together lessons learned from Project PEACE and the Centre of Excellence for Youth Engagement's Adult Ally training designed by youth researchers and organizations from across the country about effective practices and ingredients of engaging and talking to youth about bullying.

Workplace Harassment Stream

5. Workplace Bullying and Organizational Outcomes: Towards an Integrative Model.

Dr. Parbudyal Singh, York University.

The academic literature on workplace bullying had grown significantly over the past two decades.

This body of scholarly work has examined such phenomena as name calling by a bully in public, using individuals or groups as scapegoats in instances of organizational failure, increasing work pressures on targeted individuals or groups, sexual harassment, and physical abuse, among others. Using largely psychological perspectives, the extant research focuses mainly on individual level outcomes such as stress, apprehension, mental health, commitment and motivation. In this paper, in an attempt to develop an integrative model on workplace bullying, we use theoretical perspectives drawn from other disciplines such as human resources management and industrial relations. As a result, we develop propositions that include potential *organizational* level outcomes, such as organizational performance, as well as individual level effects.



Elder Abuse Stream

6. Elder Abuse - Bullying at its Worst: Occurrence within Canada's Senior Population.

Dr. Gloria Gutman, Simon Fraser University.



As older adults become more physically frail, they are less able to stand up to bullying. They may not see or hear as well or think as clearly as they used to, which may mean that they are taken advantage of. Physical or cognitive disorders may make them irksome companions for those who live with them. Participants in this stream will be provided with an overview of the serious problem of elder abuse from three perspectives. Dr. Gutman's session will focus of the first of these: an overview of elder abuse occurrence within Canada's senior population.

Aboriginal Stream

7. Girlz Group: The Participatory Action Research Model of Empowerment for Aboriginal Young Women.

Dr. Margaret Jackson, Simon Fraser University.



Girlz Group refers to a group of 20 young Aboriginal women in Vancouver who were brought together to effect positive change in their lives. Living near the Downtown Eastside, they daily experience many disadvantages that impact negatively on their mental health and wellness. Through co-researched activities and structured programming, the participants have evolved to overcome their situation. The group has existed for almost six years and is moving into a mentoring stage into which younger girls have been invited. The model has also been adapted in a northern BC community and is being considered for an African setting.

Electronic/New Media Stream

8. Promoting Internet Safety.

Dr. Wendy Craig, Queen's University.

The recent survey by Microsoft Canada and Youthography on Internet safety highlights two important trends in our society:

- 1) the use of the Internet for socializing and connecting with others is here to stay and can be used both positively and negatively; and
- 2) the dark side of Internet socializing is on the increase among Canadian youth (cyberbullying is up 20 percent from four years ago).

This workshop will address the benefits and the challenges for youth and adults responsible for youth in using the Internet. Specific strategies addressing Education and Training, Assessment and Evaluation, and Prevention and Intervention will be reviewed. There is a need for all of us to get connected, learn about the technology that youth use and monitor and supervise youth online.



Workshop Session 2 (1:15pm-2:30pm)

Infancy and Early Childhood Stream

1. Attachment and the Development of Relationship Capacity Throughout the Lifespan.

Dr. Joanne Cummings, York University.



In this workshop we will review attachment theory and explore how the quality of early relationships with caregivers affects interpersonal relationships throughout the life cycle and across generations. Attachment is a psychobiological system that involves physiology, emotions, mental representations and behaviours. We will examine the empirical links connecting the quality of parent-infant attachment and the nature of subsequent relationships with teachers, peers, romantic partners and offspring. We will then examine the theoretical links between the infant's experience of protection and stress regulation, the construction of working models of self and other, and the development of self regulation, trust in others,

and confidence in the self. Finally, we will consider the numerous implications of attachment theory for bullying prevention and intervention.

Middle Childhood and Adolescence Stream

2. eLearning Tools.

Dr. Darcy Santor and Ms. Lindsay Rosvol, University of Ottawa.

We will review and showcase a number of internet-based eLearning and Assessment Tools designed to facilitate on-line assessment, knowledge mobilization and intervention to improve both help seeking and reduce bullying behaviour.

Marginalized and GLBTQ Youth Stream

3. Homophobic and Transphobic Bullying Prevention: Building Resiliency and Supporting Equity.

Ms. Jennifer Fodden and Volunteer, Gay Lesbian Bi and Trans Youthline.

The Lesbian Gay Bi Trans Youth Line is an Ontario-wide peer support service connecting queer and trans youth to peers and community regardless of their geographic location using web and telephone services and supports. This presentation will explore the availability of existing supports, programs and services in Ontario that can boost the resilience of LGBTQ youth and contribute to the prevention of homophobic bullying in schools and communities. We will also discuss strategies for starting from scratch in developing such programs in your community or school settings.



How to Engage Youth Stream

4. Leave out Violence (LOVE): Youth Leaders Speak.

Staff member and Youth Leaders, Leave Out Violence (LOVE).

According to the mission and philosophy of Leave Out Violence (LOVE), youth are experts in their own lives and in youth culture. We believe that the simplest way to understand how to engage youth is to ask the youth themselves. At LOVE, youth develop the tools, skills and expertise to use their voices to talk about youth violence - its causes, consequences and solutions. LOVE Youth and Staff will lead a multi-media presentation on how adults can engage youth and how adults can facilitate constructive dialogue around issues of youth violence.



Workplace Harassment Stream

5. Bullying in the Workplace.

Dr. Wendy Josephson, University of Winnipeg.

In this workshop, we will discuss the research that has been done on bullying in the workplace, including the kinds of bullying that have been examined, the effects on its targets and the workplace, and promising strategies for preventing it and intervening when it happens.

Elder Abuse Stream

6. Elder Abuse - Bullying at its Worst: Identification and Prevention.

Dr. Sandi Hirst, University of Calgary.



In this session Dr. Hirst will expand upon the morning session by outlining and discussing key practical strategies to detect and prevent the occurrence of elder abuse. As older adults become more physically frail, they are less able to stand up to bullying. They may not see or hear as well or think as clearly as they used to, which may mean that they are taken advantage of. Physical or cognitive disorders may make them irksome companions for those who live with them.

Aboriginal Stream

7. Zoongadziwin (Keeping our Spirit Strong) Anti-bullying and Safety Program.

Ms. Bernadine Baskin, Native Child and Family Services Toronto.



Participants will be provided with an overview of the development and delivery of an interactive school-based program delivered to preschool to elementary school-aged First Nations children in 2004-2005. This adaptation of an existing, conventional approach, with privileged First Nations cultural practices, along with values and approaches that serve to increase children's understanding of safety from a First Nations cultural, holistic and human rights perspective and enhance their skills in handling bullying situations. Learn how Zoongadziwin was grounded in an understanding of the historical and current social realities for First Nations people and mobilized members of the First Nations and school communities to develop, implement and evaluate the program.

Electronic/New Media Stream

8. Youth Online Privacy and Cyber-bullying Prevention.

Dr. Andrea Slane, University of Toronto.

Youth engage in many different kinds of social interactions through technology, addressing audiences of varying size and character. Dr. Slane will present her work on privacy values – both as expressed in law and as revealed in youth accounts of online experiences – in order to suggest ways that a more explicit focus on privacy values could help youth (and adults) make better decisions about how to protect themselves and how to treat each other online.

Workshop Session 3 (2:45pm-4:00pm)

Infancy and Early Childhood Stream

1. Interactional Guidance: Enhancing Parent-Child Interactions through Videotaping.

Ms. Caroline Paton and Ms. Susan Mendolia, Toronto Public Health, Healthy Families Program.

Interactional Guidance Strategy - enhancing parent child interaction through the use of videotaping, is an intervention used by Toronto Public Health Nurses within the Healthy Babies Healthy Children Program. The Healthy Babies Healthy Children (HBHC) is a preventive and early intervention provincial program, designed to promote healthy child development from birth to age six. A component of the HBHC program is home visiting to at risk and high risk families by Public Health Nurses and lay family home visitors. Many families participating in the home visiting program have multiple risk factors that impact the parent's ability to provide sensitive and responsive care to their infants and children. Research has demonstrated that parental sensitivity is one of the most important predictors of the quality of parent-child attachment. The use of interactional guidance strategy incorporates videotaping parent-child interactions, reviewing and discussing the videotaped interaction with the parent. The video replay and the guided discussion with the Public Health Nurse, enables the parent to observe and reflect upon how they responded to their child. This presentation will review literature supporting the interactional guidance strategy, and will give videotaped examples of how this intervention is implemented during a home visit.

Middle Childhood and Adolescence Stream

2. An Integrated Approach to Healthy, Happy Kids.

Ms. Marisa Silver, Boys and Girls Clubs of Canada.



Tired of dealing with bullying behaviours through reactionary measures? The Boys and Girls Clubs of Canada, one of the country's leading providers of afterschool programming for children and youth, believes in an integrated approach to the development of healthy relationships – and healthy children. As Canadian children spend only 20% of their waking hours in school, the need for programming that keeps youth busy during out of school time – the hours they are most likely to get into trouble – is great. Our programs provide the opportunity for relationship-based activities, and give young people access to caring adults who can provide the support they need to succeed. By looking at programming aspects inherent in

all Boys and Girls Clubs programs and services, as well as a detailed look at specific preventative program approaches, we will discuss the trends, challenges and successes in working with children and youth during out-of-school hours.

Marginalized and GLBTQ Youth Stream

3. Keeping Kids Safe

Ms. Judy Finlay PhD (ABT), Ryerson University and Youth co-presenter.

The most vulnerable children in Canada are children living outside of the parental home; children who are living independently before the age of maturity and aboriginal children. Society has a special duty to care for these children and a responsibility to habilitate troubled or troubling children and youth. Experience confirms however that there is a trajectory for these children and youth from the children's service sector to the youth justice system, the system that is the least equipped to deal with their therapeutic and care needs. Furthermore, there is a significant gap between outcomes for these children and youth and their peers who live in familial environments. This presentation will look at current practice in keeping kids safe, drawing on recent national studies (Finlay, 2005, Finlay 2009). Youths' lived experience in facing the challenges of engaging systems to strengthen their resilience and their right to thrive will be a primary focus. Promising approaches to practice and community mobilization will be discussed.

How to Engage Youth Stream

4. The Directors Cut: Engaging the Digital Kid.

The Director's Cut.

This interactive workshop will demonstrate how Directors Cut has tapped into the imagination and creativity of the "digital kids" (mainly 8-14) to experiment with digital film and imaging software and hardware enabling them to publish storybooks, comic books, animate their toys, clamation, sound engineering/podcasting and music videos. Children have also produced videos on the issue of bullying as seen through their eyes.

The Director's Cut is the first mobile film and imaging studio dedicated to children in Canada, engaging more than 20,000 children aged in over 400 schools in 2007/08 (this year they expect to reach 50,000 kids!).

Workplace Harassment Stream

5. Building a Culture of Respect in the Workplace.

Respect in the Workplace.

Participants in this workshop will learn about the latest best practices in addressing the issue of bullying in the workplace. Respect in the Workplace is an audio/visual program with interactive questions, enticing animated vignettes, and animated first-person reflections everyone can relate to. The program is user-friendly and able to be completed by those with limited, or even no reading skills.

Respect in the Workplace provides knowledge and background about the sensitive subjects of discrimination, workplace bullying and harassment, and answers the question of "so what do I do now?" See how this leading edge program helps to facilitate safe workplaces with optimal productivity and cooperation.



Elder Abuse Stream

6. Elder Abuse - Bullying at its Worst: Practice Implications.

Dr. Judith Wahl, National Initiative for the Care of the Elderly (NICE).

Dr. Judith Wahl will wrap up this topic with the third component of this stream, a discussion of the practice implications of elder abuse in addressing this complex issue. As older adults become more physically frail, they are less able to stand up to bullying. They may not see or hear as well or think as clearly as they used to, which may mean that they are taken advantage of. Physical or cognitive disorders may make them irksome companions for those who live with them.

Aboriginal Stream

7. First Nations Awareness: The OPP & Communities Working Together to Build Positive Relationships.

Sergeant George Couchie and Sergeant Robyn MacEachern, Ontario Provincial Police.

The Ontario Provincial Police is committed to supporting communities and achieving crime prevention through social development. The OPP's Aboriginal Policing Bureau is breaking ground through the development and implementation of programs to support and develop youth in communities across Ontario. Youth development programs such as "Walking the Path" and "Niigan Mosewak" demonstrate a commitment to Aboriginal youth and bring an understanding of today's situation facing Aboriginal children. The teachings, partnerships and mentoring provide a template for individual and community health. Sgt George Couchie will speak on his experiences developing programs that fit for Aboriginal youth and the incredible successes experienced.

Electronic/New Media Stream

8. Think Critically, Act Ethically: Online Citizenship in the Digital Age.

Media Awareness Network.



Young people are often portrayed as being instigators or victims of the darker aspects of digital culture. While this may be true for some, youth are also positive online agents for societal change and activism, and they want to play a meaningful role in defining and shaping their digital landscape.

How can adults help young people practice good citizenship in online worlds and use the Internet as a force for promoting pro-social values and behaviours? This session will provide examples of best practices that can help children and youth maximize the potential and minimize the risks of digital technology.