

**TO: Secondary Principals and Vice-Principals
Elementary Principals and Vice-Principals**

CC: Academic Superintendents

FROM: A. Cordeiro, Superintendent of Education, School Services

DATE: November 16, 2020

**RE: Supporting Schools and Parents During
Bullying Awareness and Prevention Week 2020**

Administrators are kindly asked to share this communication with staff and parents.

The Ministry of Education recognizes the pressures school boards and local schools are facing while managing competing priorities during the pandemic. To assist with planning for Bullying Awareness and Prevention Week (BAPW) taking place from November 15 to 21, 2020, they have developed the attached Guide and Parent Resource to support your plans for BAPW.

The Guide includes links to various resources, programs and activities, to provide guidance for elementary and secondary schools looking to engage with students, families, and school communities on bullying awareness. Also included in this Guide is a Program Inventory with a list of evidence-based anti-bullying and positive behaviour programs and resources.

As student interactions through online learning environments and various social media platforms have increased, it is important to raise awareness about cyberbullying. The Parent Resource has been developed to highlight instances of cyberbullying and provide information to caregivers to support their children's success.

Thank you for your ongoing efforts to reduce and prevent bullying and cyberbullying in HCDSB schools.

AC/np
Attachment

Guide for Bullying Awareness and Prevention Week

November 15 – 21, 2020

Resources for Schools and School Boards as they prepare for Bullying Awareness and Prevention Week

Daily Activities for Elementary and Secondary Schools

Bullying Awareness and Prevention Week 2020

A safe learning environment is physically, culturally and emotionally safe, free from bullying, violence, harassment and discrimination, and provides students with acceptance, support and respect

Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week to help promote safe schools and a positive learning environment. Bullying includes cyberbullying.

During Bullying Awareness and Prevention Week – November 15-21, 2020 – Ontario students, school staff and parents are encouraged to learn more about bullying and its effect on student learning and well-being.

As students may be engaging with their peers more frequently in an online learning environment, it will be especially important to ensure parents and students are aware of bullying and cyberbullying.

By participating in Bullying Awareness and Prevention Week, schools will be affecting positive change in student learning, achievement and well-being by promoting a safer learning environment, which is essential to their success.

Everyone has a responsibility to stop bullying behaviour. We encourage everyone – students, parents and guardians, educators – to get involved with bullying prevention. To get you started, we have provided some sample resources around 5 daily themes:

- Bullying and Cyberbullying: Raise Awareness
- Engaging the Whole School
- Engaging Students
- Engaging Parents. Guardians or Caregivers
- Educator/School Staff Resources

Bullying and Cyberbullying: Awareness Raising

Sharing information is a great way to bring the school community together.



| Elementary and Secondary | |
|--|---|
| Kids Help Phone: What is Bullying | Includes descriptions of discriminatory bullying, cyberbullying and social bullying |
| PREVnet: Bullying: Facts and Solutions Types of Bullying What is Cyberbullying | Evidence-based research including definitions of gender-based, race-based and disability-based |
| Cyber Security Awareness Month – Theme: “Work, Teach, Learn Remote, Secure and Safe” English - https://ecno.org/cyber-security/k12cam2020-en French - https://ecno.org/cyber-security/k12cam2020-fr | An internationally recognized campaign being held this year from October 26 to November 20, 2020 with an objective of helping everyone in K-12 education – teachers, staff, students and parents – be safer and more secure online. |

Engaging the Whole School

A whole-school approach involving all education and community partners is needed to bring about necessary systemic change



| Elementary and Secondary | |
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| OTF and COPA Becoming an Ally | Tools are intended for all members of the school community. They recognize that everyone has a part to play in creating a safe, equitable and inclusive culture. |
| Council of Ontario Directors of Education Parent Engagement Toolkit: Building Healthy Relationships | Toolkit and guide for parents that was developed to support parents in the whole-school approach to safe, inclusive and accepting schools. It focuses on topics such as mental well-being, conflict resolution, bullying prevention, social media and resilience. |

| | |
|--|---|
| COPA: A Circle of Caring | Bullying prevention resources for First Nations, Métis and Inuit Communities, Families, and Schools. |
| COPA: We All Belong | Multimedia Tool Kit for educators and families to encourage parent engagement and promote a whole school approach to safe, inclusive and accepting schools. |
| WITS (Walk Away, Ignore, Talk it Out, Seek Help) | The WITS® group of programs brings together schools, families and community members to help elementary school children (grades 1-6) learn effective strategies on how to deal with bullying and peer victimization. |

Engaging Students

In a positive school climate, students are encouraged and given support to be positive leaders and role models in their school community.



| Elementary | Secondary |
|--|---|
| TVO's Bullying Awareness & Prevention uses stories to engage children in understanding and responding to bullying. | Victim Services Toronto Join a youth-led conversation on Thursday, November 19th at 7pm - @tearyouthto An innovative forum led by youth leaders to discuss and bring awareness on a variety of complex topics related to healthy relationships, equity and trending issues in a fun and positive way Victim Services Toronto |
| CBC's Kids Small Talk Series is a video series designed to provide authentic insight and perspective from children on issues about bullying, technology, and well-being. | Kids Help Phone What to do if you witness bullying and What to do if you are experiencing bullying |
| Prevnet What Kids Need to Know Supportive information for Children including what to do if you witness bullying or may be experiencing bullying. | Egale Canada - Bullying and cyberbullying prevention resources and webinars for Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning), Intersex and Two-Spirit (LGBTQI2S) students, parents and allies. |

Engaging Parents, Guardians or Caregivers

Key partners in bullying prevention and intervention.

| Elementary and Secondary | |
|--|---|
| Ontario Principal Associations Cyber Safety Parent Tip Sheets and Cyber Safety: Parents Portal | NEW Cyber Safety Parent Tip Sheets available in 22 Languages and Parent Portal |
| Settlement.Org Bullying, We Can All Help Stop It | Parent Resource available in 21 Languages |
| Roots of Empathy Roots of Empathy | A video series about mental health and well-being for parents with subtitle in multiple languages. Indigenous resources are available. |
| Prevnet Strategies for Parents to Help LGBTQ Youth Deal with Bullying | Includes examples of bullying based on gender identity/sexual diversity and strategies for parents to support their child/children. |
| COPA We All Belong – a Multimedia Tool Kit for Parents and Schools | 20 vignettes, discussion guides and a resource book for parents and schools to encourage parent engagement and home/school collaboration and to promote a whole school approach to safe, inclusive and accepting schools. |

Educators and School Staff

Educators and school staff play a key role in fostering a positive learning environment.

| Elementary and Secondary | |
|--|---|
| Ontario Principal Associations Effectively Navigating Cyberbullying | Rise and Learn Principal Chats from Voiced |
| Voiced Anti-Racist Education Reads | Multi-media space for vibrant, provocative conversations about issues, challenges and opportunities. Live sessions every Wednesday evening with sessions available as podcasts. |

| | |
|--|--|
| <p>The Ontario Native Education Counselling Association (ONECA) Indigenous Well-Being in Schools: Web-based Resource Guide</p> | <p>ONECA undertook a focussed discussion with ninety-nine (99) Indigenous educators and administrators across Ontario to examine the well-being of Indigenous learners in school. This discussion resulted in a shared understanding of well-being & the identification of the kinds of resources needed to support the well-being of learners at school.</p> |
| <p>Media Smarts</p> | <p>Canada's Centre for Digital and Media Literacy, provides general resources and interactive activities about cyberbullying and cybersafety. Classroom resources for all grades are available.</p> |
| <p>Secondary Lesson Plans: Media Smarts: Cyberbullying and the Law</p> <p>White Ribbon: Sexual Exploitation Resources and Lesson Plans</p> <p>Elementary: Story Books COPA</p> <ul style="list-style-type: none"> • Toof and That Blanket • Specs and The Best Part • Bouncy and The Any Kind at All Fish | <p><u>Cyberbullying and the Law</u> Students learn about and discuss the legal aspects of cyberbullying. They review a variety of hypothetical scenarios and a case study, and they consider the seriousness of the situations; who is legally responsible, what action (if any) should be taken and by whom</p> <p><u>Sexual Exploitation</u> Aligned with the current Ontario secondary curriculum, the lesson plans and resources explore topics like human trafficking, online safety, healthy relationships, consent, and building healthy masculinities</p> <p><u>Story Books</u> Reading is such an important way to help us learn and understand messages around kindness, acceptance, and inclusion. Children storybooks are available in print and online</p> |
| <p>Ophea How Educators Can Foster Safe Physical and Emotional Environments in H&PE</p> | <p>A Safe Place to Play, Learn and Grow</p> |

For More Information:

[School Mental Health Ontario](#) - Supports (videos, posters, courses, resources) for students, educators, parents, leaders, school mental health professionals.

[Black Youth Help Line](#) - serves children, youth and families, and provides access to professional, culturally appropriate supports and resources for children/youth, families and schools.

[Black Youth Action Plan](#) – The Black Youth Action Plan (BYAP) works toward eliminating systemic, race-based disparities by increasing opportunities for Black children, youth and families across the province such as culturally focused parenting initiatives and mentorship programs

[Kids Help Phone](#) - Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

[Bullying – we can all help stop it](#) – A ministry resource for parents/guardians and all caring adults with information on what to watch for, what you can do, what you can expect from the school, and where you can go to learn more.

[Ontario's Anti-Racism Directorate](#) – A ministry resource for everyone with information about the government's anti-racism initiatives to build a more inclusive society, and works to identify, address and prevent systemic racism.

[Indigenous Well-Being in Schools: Web-Based Resource Guide](#) - Developed through a discussion with 99 Indigenous educators and administrators across Ontario to examine and identify resources to support the well-being of Indigenous children and youth in school. Led by Ontario Native Education Counselling Association (ONECA)

[Caring for Kids New to Canada](#) - A guide for health professionals working with immigrant and refugee children and youth

[Egale Canada](#) - Resources and webinars for Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning), Intersex and Two-Spirit (LGBTQI2S) students, parents and allies.

Bullying is a serious issue that can affect students' learning, sense of safety and overall well-being. Cyberbullying is a form of bullying; and bullying in any form is never okay.

Bullying Prevention and Awareness Week

Ontario has designated the week beginning on the third Sunday of November as Bullying Awareness and Prevention Week to help promote safe schools and a positive learning environment.

During Bullying Awareness and Prevention Week – November 15-21, 2020 – Ontario students, school staff and parents are encouraged to learn more about bullying, including cyberbullying, and its effect on student learning and well-being.

What is Cyberbullying?

Bullying by electronic means (commonly known as cyber-bullying) can take many forms, for example: spreading rumours or hurtful comments using e-mail, text messages and on social media. It can also include:

- Sending mean and sometimes threatening emails or text messages.
- Spreading gossip, secrets or rumours about another person that will damage that person's reputation.
- Breaking into an email account and sending hurtful materials to others under an assumed identity.
- Creating blogs or websites that have stories, cartoons, pictures or jokes ridiculing others.
- Creating polling websites where visitors are asked to rate individuals' attributes in a negative manner.
- Taking an embarrassing photo of someone with a digital camera and emailing that photo to others.
- Engaging someone in instant messaging, tricking them into revealing personal information and then forwarding that information to others.
- Using someone else's password in order to change their profile to reflect sexual, racist and other content that may offend others.
- Posting false or hurtful messages on online bulletin boards or in chat rooms.
- Deliberately excluding others from instant messaging and email contact lists.¹

¹ SOURCE: PREVnet: <https://www.prevnet.ca/bullying/cyber-bullying>

What are the Impacts?

Bullying can result in someone being hurt or harmed, either by words or actions, by one person or a group of people. It is meant to cause harm, fear or distress, or create a negative environment for another person, for example at school. Bullying occurs in a situation where there is a real or perceived power imbalance. It can happen anywhere, including while on-line.

Students who are bullied often experience:

- social anxiety
- loneliness
- withdrawal
- physical illnesses
- low self-esteem

They can also develop phobias, take on aggressive behaviour and slide into depression.

Some students miss school, see their marks drop or even leave school altogether because they have been bullied.

Children and youth can be affected by bullying if: they are being bullied, they have watched someone else be bullied, or they are bullying others.

Signs a Child is Being Bullied

Even if they don't talk about it, you can watch for signs that a child is being bullied.

Children who are being bullied might:

- not want to go to school or may cry or feel sick on school days
- not want to take part in activities or social events with other students
- act differently than they normally do
- suddenly begin to lose money or personal items
- come home with torn clothes or broken possessions and offer explanations that don't make sense

Teens who are bullied and/or harassed may start talking about dropping out of school or skipping activities that involve other students.



How Can I support my Child's Success?

Talk About It

When it comes to supporting a child's success, conversations with a trusted adult are key.

Parents/Guardians can find tips and suggestions to help support and encourage these conversations in the following resources.

Parent Tool Kit: Teen Edition, developed by the Council of Ontario Directors of Education (CODE) provides tips for parents on various topics that include being a listener, informed, a mentor, a coach, and a learner.

Parent Tip Sheets, a multi-lingual resource developed by the Ontario Principals' Council (OPC) through the Healthy Relationships project, highlights how to navigate cyberbullying together by promoting open and supportive communication.

Information to Help You: Cyberbullying

Building Healthy Relationships – highlights the role electronic devices can have in building and maintaining relationships in this digital age.

Kids Help Phone – including, Cyberbullying: How to Stay Safe

Media Smarts - Cyberbullying Resources including:

PREVNet - Cyberbullying information and resources: including, What Parents Can Do

"The Trap" is a Human Trafficking Digital Education Tool designed to raise awareness about sex trafficking

Interactive Resources

Bullying – we can all help stop it – A ministry resource for parents, guardians and all caring adults

We All Belong and A Circle of Caring

Storybooks and Comic books for young children developed by COPA to accompany *We All Belong*

- Toof and That Blanket
- Specs and The Best Part
- Bouncy and The Any Kind at All Fish
- A Sticky Situation
- Caring is the Universal Language

More Resources

Roots of Empathy - Resources for parents and families including *Parenting through COVID-19* - A video series about mental health and well-being subtitled in 19 languages, including six Indigenous languages.

School Mental Health Ontario – A website that provides evidence-based information and resources for to students, parents, families and educators.

Ontario's Anti-Racism Directorate – A ministry website with information about the government's anti-racism initiatives to build a more inclusive society, and works to identify, address and prevent systemic racism.



Anti-Bullying and Positive Behaviour Programs and Resources

This chart is intended to provide a list of evidence-based anti-bullying and positive behaviour programs and resources, for a specific target audience.

| Title of Program, Initiative and/or Activity | Audience (e.g., Whole School, students, parents) | Short Description (please include relevant links) | Evidence-based / Promising Practices / Emerging Practices | What factors make this program effective? | Link |
|--|--|--|--|---|---|
| Bullying / Cyberbullying | | | | | |
| Kids Help Phone | <input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input type="checkbox"/> Educators (e.g., pedagogy) | 24/7 national support service with counselling, information and referrals by phone/text/online in English and French | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | In 2018 <ul style="list-style-type: none"> Each day over 1,000 young people reach out for resources, counselling, live chat or to text across Canada. 86% of users accessing Kids Help Phone reported feeling better after a texting conversations. Conduct 4-6 active rescues per day through texting service 7% of texters say they would have gone to the emergency room without help from Crisis Text Line. | https://kidshelp-phone.ca/ |
| COPA | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | Offering access to resources and online training in French and English, for educators, families and students about online safety, bullying prevention, mental health, and empathy. INTERACTIVE WORKSHOPS <ul style="list-style-type: none"> Safe At School: Online training modules for all school staff on bullying and cyberbullying prevention, and building safe and inclusive school environments for all. We All Belong: Resources to help foster parent/caregiver engagement, prevent bullying, and create safe and inclusive school cultures. Joining the Circle: Educator tool kit about Indigenous identity, racism and discrimination, strengthening relationships with families, nurturing safe and healthy schools with families. A Circle of Caring: Bullying prevention resources for First Nations, Métis and Inuit Communities, Families, and Schools. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> Whole-school educational programs in French and English language. Some are available in Indigenous languages Innovative, practical programs and multimedia resources are evidence-based, and founded on principles of equity and inclusion. Collaborated with Ontario's Teachers' Federation, Ontario Francophone Teachers' Association, and Ministry of Education | https://infocopa.com/copa-in-english/programs |

| Title of Program, Initiative and/or Activity | Audience (e.g., Whole School, students, parents) | Short Description (please include relevant links) | Evidence-based / Promising Practices / Emerging Practices | What factors make this program effective? | Link |
|--|--|---|--|--|---|
| <u>Egale</u> | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | Bullying and cyberbullying prevention resources and webinars for Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning), Intersex and Two-Spirit (LGBTQI2S) students, parents and allies, including online GSA groups and mental health tips during the COVID-19 pandemic. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> National leader in promoting safe, inclusive and equitable education. Resources are grounded in evidence-based data. Focused on preventing and responding to cyberbullying/violence with LGBTQI2S students | www.egale.ca |
| <u>Canada Centre for Gender and Sexual Diversity</u> | <input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | Youth-oriented programs and resources for LGBTQI2S students and allies including: A Quick Guide to Pronouns, How to spot Homophobic and Transphobic Microaggressions, Queer and Trans Black, Indigenous, and People of Colour (QTBIPOC) History Reference. | <input type="checkbox"/> Evidence-based practice <input checked="" type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> Focused on preventing and responding to cyberbullying/violence with LGBTQI2S students | https://ccgsd-cdgs.org/campaigns/ |
| Roots of Empathy/Seeds of Empathy | <input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input type="checkbox"/> Students who Bully <input type="checkbox"/> Student who is Bullied <input type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input type="checkbox"/> Educators (e.g., pedagogy) | Roots of Empathy is an international, evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy. The program is designed for children ages 5 to 13. Adapted from Roots of Empathy, Seeds of Empathy is for children in 3-5 years old in child care settings. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> Whole-school educational programs in French and English language. Since 2000, there have been numerous independent evaluations of the effectiveness of Roots of Empathy. | https://rootsofempathy.org/roots-of-empathy/ |
| Circles/Restorative Practice | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | A circle is a versatile restorative practice that can be used proactively, to develop relationships and build community or reactively, to respond to wrongdoing, conflicts and problems. Circles give people an opportunity to speak and listen to one another in an atmosphere of safety, decorum and equality. Contains links to research and evaluation. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> Whole-school educational programs in French and English language. There have been numerous independent evaluations of the program | https://restorative.ca/wp-content/uploads/2019/12/RESTORATIVE-PRACTICE-RE-SOURCE-PROJECT.pdf |

| Title of Program, Initiative and/or Activity | Audience (e.g., Whole School, students, parents) | Short Description (please include relevant links) | Evidence-based / Promising Practices / Emerging Practices | What factors make this program effective? | Link |
|--|--|--|--|--|---|
| <i>Positive Behavioural Interventions and Supports (PBIS) system</i> | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | Support for Positive Behaviour (SCP) represents, in a French-speaking context, an application of the <i>Positive Behavioural Interventions and Supports (PBIS) system</i> . The SCP proposes to set up a support system in terms of behaviour management in order to create an environment conducive to learning. The system advocates the adoption of a whole school approach. It is based on the idea that the behaviours expected in and out of class must be precisely defined, taught explicitly and be recognized during their manifestation. In addition, a continuum of interventions is defined in order to act quickly and effectively with behavioural issues and to support the adoption of behaviours previously taught. The approach has been evaluated. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> • Whole-school educational programs in French and English language. • Since 2000, there have been numerous independent evaluations of the program | https://scp-pbis.com/presentation-du-syste-me-scp/ |
| WITS (Walk Away, Ignore, Talk it Out, Seek Help) | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | The WITS® group of programs brings together schools, families and community members to help elementary school children learn effective strategies on how to deal with bullying and peer victimization. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> • The WITS Programs have been formerly evaluated in three peer-reviewed longitudinal studies. The programs show positive effects in reducing aggression and improving social responsibility (healthy peer relationships) in elementary school children in Grades 1 to 6. | https://witsprogram.ca/ |

| Title of Program, Initiative and/or Activity | Audience (e.g., Whole School, students, parents) | Short Description (please include relevant links) | Evidence-based / Promising Practices / Emerging Practices | What factors make this program effective? | Link |
|---|--|--|--|---|---|
| PREVNet (Promoting Relationships and Eliminating Violence Network) | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | PREVNet brings together a network of researchers and national organizations across Canada, working together to address bullying and creating healthy relationships. It provides education, research and training for parents, educators and organizations that play a role in bullying prevention across Canada. | <input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> • Compiled research into an easy to use resource for parents called <i>Bullying Prevention: What Parents Need to Know</i>. • Worked with the Public Health Agency of Canada to develop an online collection of evidence-based violence prevention programs for schools, community organizations and other users • Co-created more than 150 organization-specific bullying prevention initiatives, including cyber bullying resources for CanadianTeachersFederation. • Source: https://www.nce-rce.gc.ca/docs/Anniversary-25-Anniversaire_eng.pdf | |
| Cyber Safety Resources/Initiatives | | | | | |
| Ontario Principals Associations (OPC) – Cyberbullying Skills Development for Principals and Vice-Principals | <input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input type="checkbox"/> Students who Bully <input type="checkbox"/> Student who is Bullied <input type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy) | support the implementation of strategies to prevent and respond to cyberviolence and cyberbullying in schools and social media across the province. Access through Association websites member sections. | <input type="checkbox"/> Evidence-based practice <input checked="" type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | <ul style="list-style-type: none"> • Resources and strategies are grounded in evidence and practices in education sector, and delivered by experienced educators and experts | https://www.principals.ca/en/index.aspx |
| Victim Services Toronto (in partnership with OPC) | <input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input type="checkbox"/> Educators (e.g., pedagogy) | support a youth leadership program known as Teens Ending Abusive Relationships (T.E.A.R.) and weekly Twitter chats on topics such as cyberbullying and development of other multimedia resources to increase awareness and provide education on consent, gender equity and related topics. | <input type="checkbox"/> Evidence-based practice <input checked="" type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly | Peer-to-peer programs are effective tools in terms of engaging young people on difficult topics. Thousands of young people often join their online ‘talks’ are very engaged in these topics. | https://victim-services.toronto.com/programs/tear/ |