# Bullying Programs, Initiatives and Resources

# An Environmental Scan

#  (Updated 11-21-2013)



**Name of Program:** **Erase Bullying**

**Link:** <http://www.erasebullying.ca/>

**Overview:**

The ERASE (Expect Respect and A Safe Education) Bullying strategy is part of the Province of British Columbia’s efforts to personalize learning and supports for all students.

ERASE Bullying builds on the Province’s Safe, Caring and Orderly Schools Strategy (2004), which focused on creating schools where students are free from harm, where clear expectations of acceptable behaviour are held for all members of the school community, and where there is a sense of connectedness. ERASE Bullying will help ensure every child feels safe, accepted and respected, regardless of their gender, race, culture, religion or sexual orientation.

ERASE Bullying also builds on effective programs already in place and will ensure there are consistent policies and practices across all 60 school districts, backed by strong community partnerships and support. ERASE Bullying (Expect Respect and A Safe Education) is a comprehensive prevention and intervention strategy that will make B.C. a leader in addressing bullying and harmful behaviours.

**Name of Program:** **Safe, Caring and Orderly Schools**

**Link:** <http://www.bced.gov.bc.ca/sco/resources.htm>

**Overview:**

British Columbia schools are striving to develop positive and welcoming school cultures, and are committed to fostering optimal environments for learning. Members of these school communities share a commitment to maintaining safe, caring and orderly schools. They focus on prevention of problems and use school-wide efforts to build “community,” fostering respect, inclusion, fairness and equity. They set, communicate and consistently reinforce clear expectations of acceptable conduct. They teach, model and encourage socially responsible behaviours that contribute to the school community, solve problems in peaceful ways, value diversity and defend human rights. On this site there is a link to the 2008 BC Ministry of Education’s Guide to Safe, Caring and Orderly Schools.

**Jurisdiction:**  **British Columbia**

**Name of Program:** **The WITS Program - WITS (Walk away, Ignore, Talk it out, Seek Help)**

**Link:** <http://www.witsprogram.ca/>

**Overview:**

The WITS Programs bring together schools, families and communities to create responsive environments that help children deal with bullying and peer victimization. WITS has two components: the [WITS Primary Program](http://witsprogram.ca/schools/primary-program/) (Kindergarten - Grade 3) and the [WITS LEADS Program](http://witsprogram.ca/schools/leads-program/) (Grades 4 - 6). Almost all program resources are available free-of-charge on the website, including the [resource guide](http://witsprogram.ca/schools/manual), [lesson plans](http://witsprogram.ca/schools/lesson-plans), [online training](http://witsprogram.ca/online-training/), [videos](http://witsprogram.ca/schools/wits-in-action), [posters](http://witsprogram.ca/schools/media-resources/print.php) and [pamphlets](http://witsprogram.ca/schools/media-resources/print.php). WITS Lesson Plans are based on popular children's books that depict characters facing conflicts in a variety of situations. The lesson plans contain questions and activities designed to support the WITS message while simultaneously satisfying learning objectives defined by provincial and territorial educational departments across Canada. There are English and French Lesson Plans as well as those based on literature written from a First Nations, Métis and Inuit perspective.

WITS LEADS is a more grown-up version of WITS designed for students in Grades 4 to 6. The LEADS Program teaches five problem-solving strategies to help children deal with conflict and keep safe: **L**ook and listen, **E**xplore points of view, **A**ct, **D**id it work? and **S**eek help. WITS is developed and evaluated by UVIC and the Rocksolid Foundation (an Esquimalt BC born charity). A list of publications is available on the WITS website.



**Jurisdiction:**  **Alberta**

**Name of Program:** **Bully Free Alberta**

**Link:** <http://www.bullyfreealberta.ca/>

**Overview:**

The Bully Free Alberta website was developed as part of the Alberta government's commitment to ending family violence and bullying. Nine government ministries are working collaboratively with communities in implementing a cross-ministry strategy that will provide coordinated responses to family violence and bullying to help Albertans live violence free. The website has a variety of tips and tools for adults to help prevent or intervene in a bullying situation, including [cyberbullying](http://www.bullyfreealberta.ca/cyber_bullying.htm) and [homophobic bullying](http://www.bullyfreealberta.ca/homophobic_bullying.htm). Bully Free Alberta includes a free 24 hour, 7 day/week advice and support helpline as well as online resources for adults, youth and children. Free fact sheets can be downloaded. Posters can be ordered and delivered free of charge by using a form provided on the website.

**Name of Program:** **The Society for Safe and Caring Schools and Communities (SACSC)**

**Link:** <http://www1.sacsc.ca/>

**Overview:**

The Society’s programs and resources are designed to promote positive social behaviour among children and youth by influencing all aspects of a child’s environment. This website provides free information to help teachers, school staff, parents, students, and members of the community to build safe, caring and inclusive schools and communities. It is the Society’s goal to provide resources and information online, at no charge, to all who want to build safe, caring and inclusive schools and communities. Any resources that are not online are available for the cost of printing. There are resources for educators, parents and community members and all SACSC resources can be ordered by [contacting the SACSC office.](http://safeandcaring.wordpress.com/contact-us/) Links to SACSC External Evaluation Summaries are also available on the website.



**Jurisdiction:**  Saskatchewan

**Name of Program:** **Caring and Respectful Schools – Bullying Prevention**

**Link:** <http://www.education.gov.sk.ca/Bullying-Prevention>

**Overview:**

The Ministry of Education's Caring and Respectful Schools initiative provides the conceptual framework for strengthening schools as caring, respectful and safe learning environments where all children and youth have the right to an education free from all forms of bullying and violence. On February 2, 2005, the Provincial Government announced an Anti-Bullying Strategy. On this website there is information for parents, caregivers and teachers.

**Update: Nov 14 2013:** Government takes action against bullying; Saskatchewan Education: Saskatchewan’s Action Plan to Address Bullying and Cyberbullying. Based on the recommendations contained in the report, the government will take the following action: update policies and procedures in the education sector to ensure consistency in prevention, rapid response and intervention in bullying incidents; develop an anonymous online reporting tool for the reporting of bullying incidents; assess the implications for Saskatchewan of upcoming federal cyberbullying legislation; support students to develop appropriate and responsible online behaviour; provide a stand-alone website for anti-bullying tools and resources for students, families and educators; and engage youth in building solutions to address bullying.

http://www.gov.sk.ca/news?newsId=aafb7014-488d-4f6c-b262-dfdf14c92d57

Date released 11/14/2013

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**Jurisdiction:**  **Manitoba**

**Name of Program:** **Safe and Caring Schools**

**Link:** <http://www.edu.gov.mb.ca/k12/safe_schools/bullying.html>

**Overview:**

Manitoba Education is committed to supporting school communities in providing safe and caring learning environments. The resources on this website are designed to help students, parents, educators, volunteers and community members learn to recognize bullying behaviour and take action to stop it.

On December 4, 2012, Manitoba Education Minister Nancy Allan announced the development of a comprehensive anti-bullying action plan designed to further protect students and create a safe inclusive environment.

New legislation was also introduced into the Manitoba Legislature on December 4, 2012 that will address the role of social media in bullying and allow student-supported initiatives at schools aimed at promoting an inclusive environment such as clubs and activities that promote gender equity and respect for people of all sexual orientations and gender identities, anti‑racism and respect for people who are disabled by barriers. The proposed bill can be viewed at: <http://web2.gov.mb.ca/bills/40-2/pdf/b018.pdf>

**Name of Program:** **Safe Schools Manitoba**

**Link:**  <http://www.safeschoolsmanitoba.ca/Index.htm>

**Overview:**

Safe Schools Manitoba is a partnership initiative of organizations committed to working together to enhance the safety of Manitoba’s schools and communities. On this website, there are resources intended to help understand, prevent and address problems that threaten the safety of young people. Safe Schools Manitoba represents an effective collaboration of Manitoba Education, Manitoba Justice, professional associations, schools, law enforcement, social service agencies, parent councils, and community agencies. The Safe Schools Manitoba Advisory Council provides a forum for identification of emerging issues related to safe schools and communities. It makes recommendations concerning the direction, goals and services of the organization.

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**Jurisdiction: Ontario**

**Name: Safe and Accepting Schools**

**Link:** <http://www.edu.gov.on.ca/eng/parents/safeschools.html>

**Overview:**

On June 5, 2012, the [*Accepting Schools Act*](http://ontla.on.ca/web/bills/bills_detail.do?locale=en&BillID=2549) passed third and final reading. The Act requires all Ontario school boards to take preventative measures against bullying, issue tougher consequences for bullying, and support students who want to promote understanding and respect for all. The legislation builds upon the Equity and Inclusive Education and Safe Schools Strategies that help make Ontario schools safe, inclusive and accepting places to learn. The legislation is part of a comprehensive action plan which includes:

* New mental health workers in schools, as part of Ontario's 10-year [Mental Health and Addictions Strategy](http://www.edu.gov.on.ca/eng/parents/mentalHealth.html), and expanded tele-psychiatry (video counselling) services for kids;
* Direction to [Ontario's Curriculum Council](http://www.edu.gov.on.ca/curriculumcouncil/index.html) to report on strengthening equity and inclusive education principles, and bullying prevention strategies across the curriculum and suggesting ways to support this learning in Ontario schools;
* A public awareness campaign that will stress that all Ontarians have a role in preventing and ending bullying; and
* An [Accepting Schools Expert Panel](http://www.edu.gov.on.ca/eng/document/nr/12.06/bg0613.html) to provide advice on evidence-informed resources and practices that focus on a whole school approach, including bullying prevention and intervention.

**Name: Bullying – We Can All Help Stop It**

**Link:** <http://www.edu.gov.on.ca/eng/parents/bullying.pdf>

**Overview:**

The above link contains a guide for parents of elementary and secondary school students. The guide contains information on topics such as: how to help if you think your child or teenager is being bullied; what to do if you think your child is bullying others; what to expect from a school if you suspect your child is being bullied; how Ontario is making its schools safer. The guide was last updated in the spring 2011 and is available in 22 languages.



**Jurisdiction: Nova Scotia**

**Name: Safe Schools**

**Link:** <http://www.hrsb.ns.ca/content/id/230.html>

**Overview:**

The Halifax Regional School Board is committed to ensuring that every school is a safe place to learn and succeed. The commitment to this goal is put into action through policies, procedures, staff development and school supports. Safe Schools, a division of the School Administration Department, offers training, resources and individual support to assist schools in achieving this goal. By school request, Safe Schools:

* Provides workshops to staff, parents/guardians and other members of the school community on topics related to building peaceful school environments.
* Provides student workshops on building healthy positive relationships, managing conflict effectively, cyberbullying safety and awareness, empowering the bystander and promoting skills related to social emotional development.
* Researches resources for schools and conducts teacher professional development around promoting positive school climates and other safe schools issues.
* Provides individual support to find peaceful solutions to conflict.

**Name: Unlike Cyberbullying**

**Link:** <http://www.unlikecyberbullying.ca/>

**Overview:**

The Cyberbullying Project is an initiative of the Government of Nova Scotia, in response to the serious and growing problem of online intimidation, particularly as it affects students in elementary through high school. The Cyberbullying Project is based on research conducted in Nova Scotia and it aims to find and implement solutions through consultation, education and public awareness. The first phase of the project engaged students across Nova Scotia by asking them to submit ideas for creative ways to get youth talking about cyberbullying. Over 20 ideas were submitted, and the winning idea, We’re People, Not Profiles, inspired the creative direction for this phase of the project – a province-wide campaign that treats cyberbullying as if it were a virus, giving students the tools to speak out and ‘cure’ it.

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**Jurisdiction: Newfoundland and Labrador**

**Name: Safe and Caring Schools**

**Link:** <http://www.ed.gov.nl.ca/edu/k12/safeandcaring/index.html>

**Overview:**

The Department of Education is a partner in the [Violence Prevention Initiative](http://www.gov.nl.ca/vpi/) of the Government of Newfoundland and Labrador. In support of this initiative, the Student Support Services Division of the Department of Education has established a Safe and Caring Schools Initiative to promote safe and caring learning environments and to be pro-active/preventative in addressing violence issues.

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**Quebec**

*While Quebec is not an official member of the Consortium, the following resources offer important information about bullying programs, initiatives and resources.*

**Name: I Right the Wrong**

**Link:** <http://irightthewrong.com/about-this-initiative/>

**Overview:**

I Right the Wrong is Quebec-government sponsored website with articles, videos and information for young people, parents and educators on topics related to bullying and cyberbullying.

**Name: Fondation Jasmin Roy/Jasmin Roy Foundation**

**Link:** <http://fondationjasminroy.com/>

**Overview:**

The mission of the Jasmin Roy Foundation is to fight discrimination, bullying and violence to children in school at the primary or secondary level. The goal of the Foundation is to provide a safe and secure environment to students by supporting and organizing various activities aiming at providing a better response to the victims and the bullies. *Website available in French only.*

**Name: Service de Police de la Ville de Montreal**

**Link:** <http://www.spvm.qc.ca/fr/>

**Overview:**

By clicking on the “Jeunesse” icon, you can view “zones” containing information and interactive games on bullying, cyberbullting and internet safety. There are “zones” for children, youth, parents and teachers. *Website available in French only.*



**Jurisdiction:**  **National**

**Name of Program:** **Kids-Can**

**Link:** <http://kids-can.ca/>

**Overview:**

Kids-Can provides the understanding and resources to place educators in a better position to prevent and deal with bullying behavior in schools and those other places where young people gather. Kids-Can provides anti-bullying awareness and safer schools programs based on the Olweus Bullying Prevention model, training opportunities for those working with children and youth, and a complementary newsletter distributed to over 2,500 subscribers across Canada and around the world. The Olweus Bullying Prevention Program is an internationally recognized, research based [program](http://kids-can.ca/program) that develops student social skills and builds safer, friendlier schools.

**Name of Program:** **Stand Up to Bullying**

**Link:** <http://www.redcross.ca/article.asp?id=24700&tid=108>

**Overview:**

A website on what bullying is and how to recognize it. The website contains tips for schools and also offers real life stories of youth who have been bullied as well as suggestions for students who are being bullied.

**Name of Program: Beyond the Hurt: A Comprehensive Approach to Bullying and Harassment**

**Link:**  <http://www.redcross.ca/article.asp?id=27219&tid=001>

**Overview:**

The workshops and training of the Red Cross Beyond the Hurt program are part of a comprehensive planning model for prevention education. The *Beyond the Hurt* program works with youth organizations, schools, sports and community groups to assist in building the community's capacity to respond to bullying and harassment through a comprehensive prevention planning model.

**Name of Program:** **Media Smarts – Canada’s Centre for Digital and Media Literacy**

**Link 1:** <http://mediasmarts.ca/cyberbullying>

**Link 2:**  <http://mediasmarts.ca/online-hate>

**Overview:**

**Link 1:** This section explores the myths and realities of cyberbullying and offers tips for adults to help young people who are involved in it. Also available is a “Cyberbullying and the Law” factsheet.

**Link 2:** For all that the Internet offers, it has become an essential means for people to access information and services but the downside is that, alongside its many valuable resources, the internet also offers a host of offensive materials – including hateful content – that attempt to inflame public opinion against certain groups of people. In this section, there is information on what “online hate” means, what Canadian law says about it, and how young people and adults can respond to it while keeping in mind Canada’s position on freedom of expression.

**Name of Program:** **Bullying Canada**

**Link:** <http://bullyingcanada.ca/>

**Overview:**

This website has two sections – one for youth and one for organizations. Bullying Canada Inc. is a national anti-bullying charitable organization created by and for youth.

**Name of Program:** **Kids Help Phone**

**Link:**  <http://www.kidshelpphone.ca/Teens/InfoBooth/Bullying.aspx>

**Overview:**

Kids Help Phone provides daily (24 hour) free phone and web counseling to those ages 20 and under. All correspondence is anonymous, confidential and non-judgemental. The interactive website contains online tools, games, strategies and information on:

* what bullying is
* what to do if someone witnesses bullying
* help for kids who are being bullied
* help for individuals who are bullying others
* cyberbullying

**Name of Program:** **Stop A Bully**

**Link:** <http://www.stopabully.ca/>

**Overview:**

Stop A Bully provides assistance to any student in any school in Canada and provides schools/students with a safe and anonymous Bullying Reporting System. *Stop A Bully* is a national non-profit organization that allows any student who is a victim or witness of bullying and cyberbullying to be able to safely report the details to school officials. *Stop A Bully* helps increase bullying awareness and accountability within schools to allow officials to be more proactive in preventing serious incidents of bullying. Posters, t-shirts and rubber bracelets are available for purchase at reasonable costs.

**Name of Program:** **Roots of Empathy**

**Link:** <http://www.rootsofempathy.org/>

**Overview:**

Roots of Empathy is considered a model of social innovation and has two programs: a flagship program of the same name for children in elementary school (Roots of Empathy) and Seeds of Empathy, its "younger sibling" - a program for children ages three-to-five in early childhood settings. Both programs have shown dramatic effect in reducing levels of aggression among children while raising their social and emotional competence and increasing empathy. Roots of Empathy is delivered to schoolchildren from kindergarten to Grade 8 across Canada, in English and French, and in rural, urban, and remote communities. Part of the program’s success is due to the universal nature of the program; all students are positively engaged instead of targeting bullies or aggressive children. Roots of Empathy's mission is to build caring, peaceful, and civil societies through the development of empathy in children and adults. Roots of Empathy strives to break the intergenerational cycle of violence and poor parenting.

**Name of Program: PREVNet**

**Link:** <http://www.prevnet.ca/>

**Overview:**

PREVNet (Promoting Relationships and Eliminating Violence Network) is Canada's authority on research and resources for bullying prevention. PREVNet is an umbrella network of 66 leading Canadian research scientists, more than 90 graduate students, and 52 youth-serving organizations. Launched in 2006 with the Networks of Centres of Excellence, PREVNet's mission is to stop bullying in Canada and to promote safe and healthy relationships for all Canadian children and youth. Led by Scientific co-directors Dr. Debra Pepler of York University and Dr. Wendy Craig of Queen's University, this national network is the first of its kind in Canada, providing an unprecedented national opportunity for social-cultural change. Resources for children, teens, adults and educators as well as summaries of research studies and PREVNet’s blog post are available. Links to websites and books related to bullying are also suggested.

**Name of Program:**  **Strategies for Healthy Youth Relationships (Featuring the Fourth R)**

**Link:** <http://youthrelationships.org/index.html>

**Overview:**

Strategies for Healthy Youth Relationships is a consortium of researchers and professionals dedicated to promoting healthy adolescent relationships and reducing risk behaviours. They develop and evaluate programs, resources and training materials for educators and other front-line professionals who work with youth. In particular, they work with schools to promote the neglected R (for relationships) and help build this Fourth R in school climates. Fourth R initiatives use best practice approaches to target multiple forms of violence, including bullying, dating violence, peer violence, and group violence. Increasing youth relationship skills and targeting risk behaviour with a harm reduction approach empowers adolescents to make healthier decisions about relationships, substance use and sexual behaviour. The Centre for Addiction and Mental Health’s (CAMH) Centre for Prevention Science (CAMH-CPS) houses the “Fourth R” project for schools, which is currently implemented in over 1,200 schools across North America after completion of a rigorous evaluation in London, Ontario. Links to research findings and journal publications are available on the website.

**Name of Program:** **Assessment Toolkit for Bullying, Harassment and Peer Relations at School – Criteria of Best Practices (2004)**

**Link:** <http://www.cpha.ca/uploads/progs/_/safeschools/assessment_toolkit_e.pdf>

**Overview:**

In response to bullying, the National Crime Prevention Strategy (NCPS) provided funding to the Canadian Public Health Association for research and development of its project “Criteria of Best Practices and Evaluation Tools for Anti-bullying Programs”.

The primary objectives of this project included:

• Identify the criteria for best practices in Anti-bullying programs

• Develop an evaluation framework and outcome-measure tools

• Set-up a web site on Anti-bullying Program Evaluation and Best Practice Criteria

• Distribute findings that will allow programs to adopt criteria for best practices

The goal is to engage partners in health, education, justice, social services, parents/guardians and youth in the development and testing of an evaluation framework and identification of the criteria of best practices for school-based anti-bullying/harassment programs and implement the evaluation framework.

**Name of Program: Cybertip.ca**

**Link:** [**https://www.cybertip.ca/app/en/internet\_safety#internet\_safety-self\_peer\_exploitation**](https://www.cybertip.ca/app/en/internet_safety#internet_safety-self_peer_exploitation)

**Overview:**

The issue of self/peer exploitation has become a growing concern for parents and school personnel. Coined in the media as “sexting”, this behaviour is generally defined as youth creating, sending or sharing sexual images and/or videos with peers via the Internet and/or electronic devices. It usually involves exchanging images/videos through media such as: cell phone picture/video messaging, messaging apps (on iPhones, Blackberries, Androids), social and networking sites. The [Canadian Centre for Child Protection](https://www.cybertip.ca/app/en/outgoing?url=http://www.protectchildren.ca/) (through the Cybertip.ca program) has created a Resource Guide for Families to assist parents in adequately responding to these types of incidents. This resource is designed to assist families when responding to a self/peer exploitation incident; it is also a useful tool to guide a discussion with children about preventing their involvement in this type of activity.

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**Jurisdiction:**  **International**

**Name: Good Policy and Practices in HIV and Education. Booklet 8. Education Sector Responses to Homophobic Bullying. UNESCO, 2012.**

**Link:** <http://unesdoc.unesco.org/images/0021/002164/216493e.pdf>

**Overview:**

Acknowledging that the education system reaches beyond the traditional classroom into homes, communities, religious centres and other learning contexts, this volume focuses on addressing educational practices in formal learning environments. Its primary audience is policy-makers, planners and professionals in the education sector; however t may also be of relevance to other United Nations agencies, development partners and civil society organizations by inspiring innovative approaches to addressing and preventing homophobic bullying in a range of learning contexts. This volume is part of a popular UNESCO series of good policy and practice. It marks the first of several contributions to school-based health promotion that UNESCO will produce to complement their work on HIV and sexuality education.

**Name: PATHS (Providing Alternative THinking Strategies)®**

**Link:** <http://www.prevention.psu.edu/projects/PATHS.html>

**Overview:**

The PATHS (Providing Alternative THinking Strategies) ® Curriculum is a program for educators and counselors that is designed to facilitate the development of self-control, emotional awareness, and interpersonal problem-solving skills. The curriculum consists of an Instructional Manual, six volumes of lessons, pictures and photographs, and additional materials. A research book is also available. The PATHS® Curriculum is designed for use with elementary school- aged children. The purposes of the PATHS® Curriculum are to enhance the social competence and social understanding of children, as well as to facilitate educational processes in the classroom.

**Name: Bully-Proofing Your School (BPYS)**

**Link:** <http://www.schoolengagement.org/index.cfm/Bully%20Proof%20Your%20School>

**Overview:**

*Bully-Proofing Your School* (BPYS) is a recognized school safety program in the United States. BPYS has been implemented in school districts throughout the U.S. and Canada, since 1992 and promotes student attachment to school, attendance at school and achievement in school. *Bully-Proofing Your School* is a comprehensive program for handling bully/victim problems through the creation of a “caring majority” of students who take the lead in establishing and maintaining a safe and caring school community. The program focuses on converting the silent majority of students into a caring majority by teaching strategies that help them to avoid victimization and to take a stand for a bully-free school. In schools which have implemented the program, incidences of bullying behaviors have declined and feelings of safety among the students have increased.

**Name: Steps to Respect**

**Link:** <http://www.cfchildren.org/steps-to-respect.aspx>

**Overview:**

Developed by the Seattle-based “Committee for Children”, The *Steps to Respect* program is a program for grades 3-6 and works on a schoolwide level. That means it starts with administrators taking stock of their bullying policies and procedures and creating a baseline using surveys and existing data to track progress. Next, all adults in the school—from bus drivers to cafeteria workers to teachers—are trained in recognizing and dealing with bullying. Once this groundwork is laid, the classroom lessons can begin—and kids learn how to make friends; recognize feelings; and recognize, refuse, and report bullying.

**Name: Safe School Ambassadors® Program (SSA)**

**Link:** <http://community-matters.org/programs-and-services/safe-school-ambassadors>

**Overview:**

At its core, the U.S. developed, Safe School Ambassadors program is an "inside-out" approach

to improving school climate, one that relies on social norms change and the power of students

to help stop bullying and violence. Student bystanders see, hear, and know things adults don't,

can intervene in ways adults can't and are often on the scene of an incident before an adult.

They are a critical and under-utilized resource for positively impacting the crisis of bullying in

our schools.The Safe School Ambassadors program engages and mobilizes these bystanders,

but not just any bystanders. The program harnesses the power of the socially-influential leaders

of a school's diverse cliques, the ones who shape the social norms that govern other students'

behavior.