



HWCDSB Cares



'And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'You shall love your neighbour as yourself.' There is no other commandment greater than these.' Mark 12:30-31

Bullying Awareness & Prevention Week

School Resource Kit

November 21-27, 2021

The Hamilton-Wentworth Catholic District School Board (HWCDSB) holds sacred the view that each child is created in the image of God. Every person is to be treated with dignity and respect. Every student has the right to be safe and to feel respected in and around the school. Guided by the teachings of Our Lord, Jesus Christ, the HWCDSB is committed to school environments where each member feels valued, respected, and has a sense of belonging with the goal of enabling all learners to realize the fullness of humanity.

The HWCDSB recognizes that bullying is detrimental to the entire school community. Bullying impacts not solely the victim, but also the one who bullies as well as the bystander. Bullying can lead to more long-term social and emotional problems. Bullying, including cyber bullying, is a serious issue and is not tolerated in a Catholic school environment, at school-related activities, on or off school property.

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 Ontario students, school staff and parents are encouraged to learn more about bullying and its effect on student learning and well-being.

This resource package contains strategies for school staff and administration to use to actively foster and maintain well-being for ourselves and our school communities. In addition to the resources provided, consider the following activities for your school community:

Activities:

- Make use of Kids Help Phone's free resources: [Bullying - Kid's Help Phone](#)
- Make a daily announcement about Bullying Awareness & Prevention Week
- Have adult and/or student greeters in the morning. To see an amazing video that demonstrates the impact that this can have on students, check out: [Josh – Opening Doors and Hearts](#)
- Display key messages about bullying prevention in the school foyer/bulletin boards
- Let students know who they can talk to if they have a concern. Tell them that there are caring adults everywhere in your school.
- Leave messages on lockers, classroom and office doors, and/or on bathroom mirrors
- Model and encourage students to create warm and welcoming classrooms and schools
- Add a message to your school website and/or newsletter
- Encourage classrooms to brainstorm ideas for bullying awareness and prevention strategies and ways to creatively display them

Modeling Monday: *Bullying 101*



Renewing the Promise
A Pastoral Letter
for Catholic Education

Renewing the Promise Connections:

“Catholic schools are communities of accompaniment where the story of our salvation is known and shared, offering the encouragement that comes from knowing that Jesus walks with us. In addition to being places of teaching and learning, Catholic schools live the Emmaus experience as they witness to the Risen Lord.” (RTP 7)

“Jesus provides this model for how our schools and parish communities need to accompany students and families with great respect, patience and love, inviting all to deepen their understanding of Christ and His Church.” (RTP 7)

“People often comment that when they enter a Catholic school they feel a special presence. This does not come from the building or even the religious symbols that are an important witness to our faith. The presence comes from Christ who is proclaimed by word and example and is evidenced in the way people care for one another – ‘see how they love one another’” (RTP 9).



Daily Prayer:

“In this manner, therefore, pray:

‘Our Father in Heaven,
Hallowed be Your name.
Your Kingdom come.

Your will be done on earth as it is in Heaven.

Give us this day our daily bread.

And forgive us our debts, as we forgive our debtors.

And do not lead us into temptation,

But deliver us from the evil one.

For Yours is the kingdom and the power and the glory forever. Amen.” (NKJV)



Morning Announcement:

Today is the start of Bullying Awareness and Prevention Week. Our school is raising awareness of bullying prevention and where Jesus’ teaching and healing ministry addresses the problem of bullying. We here at _____ (school name) are committed to teaching students how to respond effectively to bullying situations.

Today’s topic is “Bullying 101.” Bullying can take many forms. It can be physical, and it also can be emotional and social—using words to hurt someone, leaving someone out, or gossiping and spreading rumors. Cyber bullying also happens over cell phones and social media. In your classroom today, you will learn what bullying is, how to identify it, and why it happens.



Daily Tweet:

Tweet examples of students and staff modelling Jesus’ love for those who are vulnerable. Acknowledge the beginning of Bullying Awareness & Prevention Week and your school’s commitment to stop bullying.

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Suggested Classroom Activities:

Bullying 101

Review what bullying is, how to identify it, and why it happens.

Pop Quiz – Ask some multiple-choice questions about bullying issues.

Seriously!?! – Introduce a true/false activity about the stigmas attached to bullying.

How it Works:

Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.

- What is bullying?
- Why might kids be bullied?
- Why might kids bully?

Bullying - What is it?

Bullying is a word that people talk about a lot but don't always fully understand.

How it Works:

This lesson explores the different types of bullying and helps the participants understand the many different types of bullying

- Learn about the different types of bullying
- Discuss different ways to bully
- Create a definition for bullying
- Discuss the impact of bullying
- Discuss how differences (gender, generational, social) can affect the perception of bullying behaviors

Together Tuesday: We All Belong



Renewing the Promise Connections:

“The analogy of St. Paul is helpful; there is one body, but many parts. They need one another and must work together in harmony, ‘that there be no dissension within the body, but the members may have the same care for one another’. Just as the small parts must work together to ensure a healthy body, so too must all the educational partners rely upon one another in order to ensure that Catholic education remains healthy and strong” (RTP 9).

“Each day provides a welcoming environment as students arrive to school. Listen to their stories, and help them discover the connection between the larger biblical story that forms us as Christians, and their own lived experience. Create inclusive places of learning that invite and enable each child and young person in your care to grow fully to be all that God knows and hopes them to be” (RTP 17).



Daily Prayer

Christ has no body but yours.

No hands, no feet on earth but yours.

Yours are the eyes through which He looks to see compassion in this world.

Yours are the feet with which He walks to do good.

Yours are the hands, with which He blesses all the world.

Yours are the hands, yours are the feet,

Yours are the eyes, you are His body.

Christ has no body now on earth but yours.

Attributed to St. Teresa of Ávila



Morning Announcement:

Today’s bullying prevention topic is “What Can You Do?” Everyone knows that bullying situations involve the student who is targeted and the student doing the bullying. Did you also know that many situations involve bystanders—students who aren’t involved directly but see what’s happening?

Bystanders are powerful. In fact, more than half of bullying situations will end if bystanders step in. Indirect help—such as not encouraging the situation or offering support to the person being bullied—is effective. Bystanders can also let other students know that bullying is not okay. In your classroom today, you will be learning about different ways to respond to bullying situations.



Daily Tweet:

Tweet about whole school activities and celebrations that promote school spirit and sense of Catholic community as members of the Body of Christ.

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Suggested School Activities:

- **Welcome everyone to school.** Have designated greeters at the doors outside (staff and students) welcoming everyone into the building and wishing them a great day! Creating a sense of belonging is important for each student, staff member and parent in your community and is essential for good mental health. We are called to be caring family members who attend to family, school, parish, and the wider community.
- **Decorate.** Have students create positive, faith-filled messages. For example, decorate walls, windows, or sidewalks with positive messages like “we all belong” or messages of inclusion.
- **Promote school wide initiatives of bullying prevention.** Being kind to others can improve a person’s self-esteem, happiness, sense of belonging, and overall mental health. Teach, encourage and celebrate students to do What Would Jesus Do? (WWJD), Random Acts of Kindness, Pay it Forward or become Bucket Fillers.
- **Book of Awesome.** Create a book of awesome of all the great things going on in your school community.



Suggested Classroom Activities:

“What Can You Do?” – Review options for bystanders, targets, and those who bully.

How it Works:

Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects. Ask the class to answer the following questions:

- What are other ways that students can address bullying?
- What can you do in a cyber bullying situation?
- How does language affect how differences are perceived?
- What can someone who sees bullying do?
- What can teens do within their school to help prevent bullying?
- What options does someone who is being bullied have?

Review ways that students can report bullying to the principal

1. Directly report bullying behaviour to a caring adult
2. Use the HWCDSB Anonymous Bullying Tool for reporting

Working Together Wednesday: Find a Caring Adult



Renewing the Promise Connections:

“The work of Catholic schools involves initiating, facilitating, and maintaining trusting relationships with and among the Catholic educational partners. A sense of respect for the unique expertise and strengths of each and generous cooperation that acknowledges and celebrates the accomplishments of all is essential to develop the mutual trust that nurtures effective working relationships.” (RTP 9)

Just as all parts must work together to ensure a healthy body, so too must all the educational partners collaborate and rely upon one another in order to ensure that Catholic education remains healthy and strong.” (RTP 9)

“Jesus can still touch the hearts and minds of staff and students as they listen to Him and accompany Him on the road, and His presence in the liturgy nourishes all who gather. The Eucharist has the power to heal, to unify, and to inspire our diverse school communities” (RTP 23).



Daily Prayer

Loving God,

Thank you for a faith community, a safe environment, a school full of kind people, and caring adults for times of trouble. We know you are with all who play a role in the part of bullying (the bully, the bullied or the bystanders) and that you have placed people on this world to guide all of them. We ask you to give us the knowledge to help one another through our troubles.



Morning Announcement:

Today’s bullying prevention topic is “Students and Adults Working Together.” When it comes to bullying, children and adults don’t always see eye-to-eye. In one survey, for example, educators said they intervened in bullying situations 75 percent of the time; students said adults intervened only 10 percent of the time. Why the difference? Bullying often happens outside the view of adults, bullying is not always easily recognized, and adults may not perceive a situation as bullying.

Many students don’t talk with a caring adult about bullying. Some think they need to handle it on their own, others may have received unhelpful advice, and still others might think adults could make the situation worse. In your classroom today, you will be learning why students don’t tell an adult, how to talk with an adult about bullying, and why it’s important to tell, seek help, and work with adults to deal with bullying.



Daily Tweet:

Invite students and staff to post reminders to know who their support system is - this can include principals, teachers, social workers, educational assistants. Take photos and share them for all of Twitter to see.

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Suggested Classroom Activities:

- Listen Up! – Participate in an interactive poll on the reasons students might not tell an adult about bullying.
- Advice Gone Wrong – Check out advice from adults that may not be helpful.
- Inside Story – Explore reasons students don't tell an adult about bullying.

How it Works:

Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.

- What are some of the reasons students don't tell an adult?
- What can schools do to help prevent bullying?
- What can parents do to be helpful?
- What is not helpful?

Talk About it Thursday: Tell Someone



Renewing the Promise
A Pastoral Letter
for Catholic Education

Renewing the Promise Connections:

“Know that you are never alone. You are the beloved child of God, and he is with you always. If you ask, Jesus, your Saviour, will come to you as a dear friend who will always be with you and who will never abandon you. While the world may sometimes make you feel like you are not good enough, not wealthy enough, not attractive enough, or not special enough, Jesus knows you perfectly, and loves you without limits” (RTP 16).

“Both your local parish and your Catholic school community are places to encounter Jesus, and to know him more deeply. He is a kind and wise teacher and a wonderful healer of all your hurts, who will bring you peace and joy. Never forget to love him and worship him” (RTP 16).



Daily Prayer

Dear God,

As a member of this Catholic School, we agree by your name to be kind to the people in our presence and care about them like God cares for each of us. We are trusted to be good friends and to not be a bystander when we see bullying happening. We must always try to make our school a safe and caring community. We are expected to accept people for their unique traits, rather than poke fun at the things that they cannot control. Lord, please help us to be kind people and role models for others to do the same.



Morning Announcement:

Today’s topic is “Bullying Prevention: It’s Not Just a Week.” Bullying Awareness & Prevention Week was created to raise awareness and provide options to respond to bullying. Bullying isn’t something that can be resolved in a week. Students and adults need to work on it throughout the school year to be effective.

For many years bullying was thought to be a normal part of childhood and that targets just needed to toughen up and deal with it. We now know that bullying has long-term negative effects. Students who are bullied often have a loss of self-esteem, endure physical symptoms such as stomachaches and headaches, begin to miss school, suffer slipping grades, and become depressed. Students who bully are more likely to have a criminal record as an adult. Witnesses report feeling less safe at school and they fear that the bullying might happen to them.

Bullying affects everyone. Together, through a united effort, everyone can affect how bullying is addressed in school.



Daily Tweet:

Highlight examples of initiatives that keep the conversation going to stop bullying. Show off the ways that students and staff are gaining tools to manage emotions and maintain positive relationships.

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Suggested Classroom Activities: *It's Not Just a Week*

Review bullying awareness activities and decide if the class wants to commit to one on a class wide basis.

How it Works:

Appoint one student in each group to take notes and report results to the class. Consider using that feedback for future bullying prevention projects.

- What are some of the long-term consequences of students being bullied?
- What might be the long-term consequences for students who bully?
- How is a school environment in which bullying is not tolerated different from one in which bullying is not addressed — or maybe is even accepted?
- What are some ideas to continue bullying prevention efforts in your school?
- How can older students educate and help younger students?
- What rules or guidelines could your school establish around bullying?

Review ways that students can report bullying to the principal

1. Directly report bullying behaviour to a caring adult
2. Use the HWCDSB Anonymous Bullying Tool for reporting

Fairness Friday - Promoting Equity and Inclusion



Renewing the Promise
A Pastoral Letter
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Renewing the Promise Connections:

“The Christ-centred mission of each school, by its very nature, contains a call to service in the greater community. Catholic schools form disciples with a social conscience who put their faith into action. Students and staff help to promote engagement with the local and global community through their many acts of charity and by their witness to social justice and environmental stewardship” (RTP 10).

“Our Catholic schools helps to form joyful disciples as hearts and minds are opened to the transforming love of God and to the flame of faith in action. On a daily basis, Catholic schools demonstrate the joy of believing and witness the Good News to the communities that they serve” (RTP 13).

“In a rapidly changing world, our Catholic schools provide students with firm ground upon which to stand because they are founded on Christ who is the sure foundation. It is in Christ that we will find the wisdom, the courage, the creativity and the integrity to work together in realizing the great promise of Catholic education. May everything we do be for the greater glory of God!” (RTP 25).



Daily Prayer

Dear God, Please help those who have been hurt from bullying. They need the strength to recognize and acknowledge that they are important and that they are rich with gifts and talents. During this Year of Joy, let us work together to celebrate our differences and use our voice to spread positively and love.



Morning Announcement:

Today’s theme is “The End of Bullying Begins with You.” Bullying prevention takes a united effort of students and adults. It also takes an individual effort. It is about each person taking responsibility. The end of bullying begins with the principal, teachers, school staff, and the end of bullying also begins with you--with each student being willing to say that bullying will not be accepted and that everyone has a right to be safe at school.

One of the distinguishing characteristics of bullying behaviour is the abuse of power. It reinforces the inequality that undermines the social justice principle of rights and responsibilities. The Catholic Church teaches that every person has the right and the responsibility to uphold these rights. This we do for the sake of the common good.



Daily Tweet:

Highlight examples of how students, staff and the parents in your school community promote inclusion by putting their faith into action. Show off the resources in your schools that help promote socially just leadership, equity and inclusion.

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Suggested Classroom Activity: Creating a warm and welcoming classroom

As a community of faith, we are called to form a social conscience and to put our faith into action. One of the ways we can do this is by promoting classroom engagement. As a class, take a survey of your classroom to ensure that it is safe, inclusive and accepting for students. Are there ways that you could improve this? Are clear expectations displayed in the classroom and consistently reinforced? Is diversity recognized and celebrated? Do you reinforce positive habits and attitudes as part of the daily fabric of the school day (e.g., prayer, Christian meditation, mindfulness, gratitude)?

Student voice and leadership at the classroom level helps students to feel included. Challenge your students to take an interest in bullying awareness and prevention plans in a classroom activity that promotes kindness and inclusion.

Say My Name

Students research the meaning of their names using a baby name book or website. On a piece of paper students print their name(s) with the meaning(s) under the names. In a four-square graphic organizer, ask students to print what they think the name means. For instance, "Christine means Christian but to me it means soccer player, friend, chocolate ice cream lover, etc."

Links to websites:

School Mental Health Ontario: The *Faith and Wellness* Resource is designed to support elementary educators (K-8) in promoting mental health, faith and well-being at school by offering a repository of high-quality everyday mental health practices that can be easily incorporated into classroom routines: [Faith and Wellness - A Daily Mental Health Resource \(smho-smso.ca\)](http://smho-smso.ca)

Teach Resiliency: A program of PHE Canada – This resource equips teachers and related health and education professionals with quality evidenced-based resources and tools to foster positive mental health and resiliency among students: www.teachresiliency.ca

Kids Help Phone: A site filled with great information and resources for kids ages 4-24. It is Canada's only 24/7, national support service. They offer professional counselling, information and referrals and volunteer-led, text-based support for young people in both English and French: www.kidshelpphone.ca

Bullying Prevention

Adults and Children Together (ACT): COPA's bullying prevention program focuses on strategies to break the cycle of violence by sensitizing students and others to the issue of bullying and developing strategies and perspectives for change.

Canadian Safe School Network: The Canadian Safe School Network offers a number of programs and resources to help reduce youth violence in schools and communities including brochures, interactive CD-ROM's, workshops, and other programs.

Companies Committed to Kids (CCK): CCK resources include nationally televised Public Service Announcements and curricula for children in kindergarten to Grade 8. The programs are designed to fit with the different learning abilities, styles, and interests of children in primary, junior, and intermediate classrooms, and are aligned with the provincial curriculum.

Cyberbullying Website: This site is specifically dedicated to the issue of cyberbullying, its elimination, and the protection of children.

Elementary Bullying Prevention: Resources for Teacher-Librarians and Classroom Teachers (OECTA): This publication links appropriate literature resources to bullying prevention activities that are suitable for the K-6 classroom or school library. (A number of activities can be used for any elementary division.)

Operation Respect: Don't Laugh at Me: Operation Respect provides resources for Grades 2-5, 6-8, and for summer camps and after-school programs to aid educators in establishing a climate that reduces the emotional and physical cruelty attached to such behaviours as ridicule, bullying, and possibly violence.

Ontario Ministry of Education – Policy/Program Memorandum No. 144: Bullying Prevention and Intervention: The purpose of this memorandum is to provide direction to school boards on their policies and guidelines concerning bullying prevention and intervention.

PREVNet: PREVNet is a national network of Canadian researchers, non-governmental organizations (NGOs), and governments committed to stop bullying. It includes resources for educators and other adults who work with children, kids, teens, and parents. A section on "bullying facts" is also included.

Shaping Safer Schools: A Bullying Prevention Action Plan – Ontario Ministry of Education: A report with an action plan for principals, teachers, and other educators, students, parents, and the broader community around bullying-related issues.

Kids are Worth It: Contains bullying handouts, information, suggestions, videos and other resources by Barbara Coloroso, the author of *The Bully, the Bullied, and the Bystander: From Preschool to High School - How Parents and Teachers Can Help Break the Cycle of Violence*



Michelle Hayes, B.S.W., M.S.W., R.S.W., D.CPsych(s) is the Mental Health Lead with the Hamilton-Wentworth Catholic District School Board. If you require any support or resources regarding supporting student mental health, please reach out ask for assistance: hayesm@hwcdsb.ca.