

# Building a Healthy High School

Here are some ideas to help you get started

## Bullying Prevention

### IDEAS FOR THE CLASSROOM

*Ways to help students learn and practise their new skills for healthy living.*

- Develop a production on bullying prevention for your school – and perform it at your school or a neighbouring elementary school
- Include messages about respectful behaviour and bullying prevention in every course
- Learn about cooperation and resolving disputes

### IDEAS FOR A HEALTHY SCHOOL

*Ways to make your school healthier and safer.*

- Design promotional materials to encourage respectful behaviour in the school (e.g. t-shirts, lanyards)
- Display posters around your school to help prevent bullying

### IDEAS FOR SOCIAL SUPPORT

*Ways to encourage students and staff to treat each other with dignity and respect.*

- Meet with student leaders to talk about bullying and how to deal with it
- Start a 'big brother/sister' program to help Grade 9 students feel supported
- Produce a bullying prevention video

### IDEAS FOR WORKING WITH YOUR COMMUNITY

*Ways to work together on healthy school programs.*

- Invite local police officers to the school to discuss bullying and smart surfing on the Internet
- Establish a school diversity club to discuss ways to make all students feel welcome

### YOUR OWN IDEAS

For more ideas visit: [www.edu.gov.on.ca/eng/students/healthyschools.html](http://www.edu.gov.on.ca/eng/students/healthyschools.html)