

Bullying & Violence Prevention

Audiovisual Resources

Grades K-2

- **Stop Picking on Me!** (Sunburst Technology, 2002). Workshop Kit includes 15 min video and 16 Activity Sheets to help less assertive children learn to deal safely and effectively with bullying. Available in the YCDSB resource library or search www.sdteach.com to order.

Grades K-4

- **Health for Children: Decisions & Conflicts** (Schlessinger Media, 2005). DVD. 23 minutes. Familiarize students with the steps involved in the decision-making process and shows them how to achieve an outcome that is right for them. Search www.libraryvideo.com or www.sdteach.com to order

Grades 3-5

- **What's a Bully?** (Sunburst Visual Media, 2005). Workshop Kit includes 17:45 min video and 13 Activity Sheets. Helps middle-elementary children learn that bullies come in all shapes and sizes and can be either boys or girls, and to examine their own behavior to discover whether it might be considered bullying. Search www.sdteach.com to order.
- **When You See Bullying Happen: What A Bystander Can Do** (Sunburst Visual Media, 2005). Workshop Kit includes 17:15 min video and 14 Activity Sheets. Makes clear to students the critical importance of trying out new behaviors whenever they see bullying happen, of taking an active rather than a passive role and of helping to put a stop to bullying. Search www.sdteach.com to order.

Grades 5-9

- **Silent on the sidelines: Why we ignore bullying** (Sunburst Visual Media, 2004). Workshop Kit includes 24 min video, role-play guidelines and suggested activities. Helps students see what can happen when a group decides to exert its power and how not to tolerate bullying behavior. Available in both YRDSB and YCDSB resource libraries or search www.sdteach.com to order.
- **Working it out: conflict resolution** (Sunburst Visual Media, 2003). Workshop Kit includes 30 min video and 5 worksheets to help students learn effective communication skills and techniques for resolving conflict. Available in the YRDSB resource library or www.sdteach.com search to order.

Grades 5 and up

- **Bully Dance** (National Film Board of Canada, 2000). 12:36 minutes video. It can be difficult to begin a discussion about bullying. Teachers and students can prepare by previewing the film and then discussing the issue of bullying. Available in both the YRDSB and YCDSB resource libraries.
- **Put the brakes on bullying** (Community Alliance for York Region Education [CAYRE], 2000). 23 minute video. Helps adults and children recognize bullying and learn about prevention. Stopping bullying in the early childhood years is important so that it does not

become a major problem in the teen and adult years. Available in both the YRDSB and YCDSB resource libraries.

- **Stopping Verbal Bullying** (New Dimension Media). DVD. 20 minutes. Encourage confidence that makes bullies' invisible weapons easier to see. To order, call toll-free 800-288-4456, Fax 312-642-9805, Email info@ndmquestar.com.
- **Cliques, Phonies & Other Baloney** (The Coincal Sense Company). DVD. 30 min. Being one the cool kids may not always be what it seems. The award-winning, best-selling author Trevor Romain shows everyone the importance of being true to ourselves and reminds us that we are all, "One of a kind". For more info on Trevor and his products, visit at www.TrevorRomain.com, or call 1-877-T-ROMAIN.

Grades 7-12

- **Real People Sexual harassment: What You Can Do** (Sunburst Visual Media, 2007). Workshop kit includes 19 min video, questions for discussion, role play guidelines and suggested activities. Help educators challenge their students to pursue more humane ideals and behaviors, and create an environment in which all young people can function successfully. Search www.primpprevention.com to order.

For school administrators/teachers/parents

- **Bullying: Gaining Insight** (Schlessinger Media, 2002). DVD. 36 min. Examine ways adults can effectively identify and intervene in bullying situation. Order from www.libraryvideo.com.

Registered Bullying Prevention Programs

- 4171 registered bullying prevention programs with Ontario Ministry of Education <http://www.edu.gov.on.ca/eng/teachers/bullyingprevention/registry.html>

Handouts

- Bullying We Can All Help Stop It: A Guide for Parents of Elementary and Secondary School Students from the Ontario Ministry of Education (<http://www.edu.gov.on.ca/eng/parents/bullying.pdf>)

Anti-Bullying Shows

- **Mixed Company Theatre** Elementary Workshop Series and Showdown 2.0. Website www.mixedcompanytheatre.com

Books

- **Boid and the Bullies** (Robert McConnell). www.chapters.com
- **Bully Free Classroom: Over 100 tips and strategies for teachers K-8** (Allan L. Beane). www.freespirit.com. Available in the YCDSB resource library.
- **Red Rage** (Brigitte Blobel, translated by Rachel Ward). www.annickpress.com
- **Take Action Against Bullying** (Gesele Lajoie, Alyson Mclellan, Cindi Seddon). www.bullybeware.com.
- **The Bullying Prevention Handbook: A Guide for Principals, Teachers, and Counselors** (John H. Hoover and Ronald Oliver). Available in the YCDSB resource library.

- **The Bully, The Bullied, and The Bystander** (Barbara Coloroso). Available in York Region public libraries and the YCDSB resource library.

Bullying Prevention Resources

- City of Hamilton Public Health: Bullying
<http://www.hamilton.ca/HealthandSocialServices/PublicHealth/InjuryPrevention/Bullying.htm>
- Department of Health and Human Services – Centers for Disease Control and Prevention
http://www.bam.gov/sub_yourlife/yourlife_bullyroundup.html
- Government of Alberta: Bully Free Alberta
http://bullyfreealberta.ca/teen_bullying.htm
- Office of Women’s Health in the U.S. Department of Health and Human Services
<http://www.girlshealth.gov/bullying/stopping/index.cfm>
- Peel Health Agency of Canada: Bullying Prevention Learning Pass
<http://www.peelregion.ca/health/bullying/>
- Public Health Agency of Canada: Bullying and Fighting Among Canadian Youth
<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/school-scolaire/behaviour-comportements/publications/bullying-intimidation/index-eng.php>
- Region of Waterloo Public Health
<http://chd.region.waterloo.on.ca/en/search/index.aspx?strSearch=bullying>
- The Regional Municipality of Halton: Bullying Prevention
http://www.halton.ca/working_in_halton/supports_for_professional_groups/school_health/bullying_prevention/
- The United States Government
<http://www.stopbullyingnow.hrsa.gov/kids/>

Websites

- <http://prevnet.ca> (Promoting Relationships and Eliminating Violence)
- <http://www.antibullying.net> (Anti-bullying Network)
- <http://www.crime-prevention.org> (Public Safety and Emergency Preparedness Canada – National Crime Prevention)
- <http://www.ncpc.org> (National Crime Prevention Council)
- www.bullying.org
- www.cayre.ca (Community Alliance for York Region Education)
- www.challengeday.org (A non-profit organization that helps young people learn to connect through powerful, often life-changing programs in their schools and communities.)
- www.curriculum.org/womanabuse (Educator's Guide, Video Modules, and other resources for educators to help recognize signs that students may be living with woman abuse and ways to support these students)
- www.cyberbullying.ca (Internet Bullying)
- www.equalityrules.ca (Teach youth about healthy, equal and respectful relationships to help break the cycle of violence before it starts)
- www.kidshelpphone.ca (Kids Help Phone)
- www.york.ca/healthyschools (York Region Community and Health Services)
- www.yorkregionanti-bullying.org/ (Anti-bullying Network)
- www.voices4children.com (A non-profit organization that speaks up for Ontario's nearly four million young people)

Toolkits/Binder

- **Assessment Toolkit for Bullying, Harassment and Peer Relations at School** (Canadian Public Health Association to public Elementary Schools). Available in both the YRDSB and YCDSB boards.
- **CAYRE Binder.** Anti-bullying integrated resource units provide guideline / protocols to teachers. Each of York Region's elementary schools should have one copy. If lost, please make a new purchase from Community Alliance York Region Education (CAYRE) www.caye.ca

For more information, call York Region *Health Connection* at 1-800-361-5653 or visit www.york.ca/healthyschools.