

Bullying Awareness and Prevention Week

November 21 – 27, 2021

Resources for Schools and School Boards

Daily Activities for Elementary and Secondary Schools

Bullying Awareness and Prevention Week 2021

A safe and accepting learning environment is essential for student achievement and well-being. This is why we strive to ensure our schools are inclusive and are physically, culturally, and emotionally safe and free from bullying, violence, harassment, and discrimination.

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 21-27, 2021 – Ontario students, school staff and parents are encouraged to learn more about bullying, including cyberbullying and their effects on student learning and well-being.

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

Bullying Awareness and Prevention Week enables schools to promote positive change in student learning, achievement, and well-being for a safer learning environment, which is essential to student success. This week is an opportunity to increase awareness of the available tools and resources.

Everyone has a responsibility to stop bullying. We encourage everyone – students, parents and guardians, educators – to get involved with bullying prevention. To assist in this effort, these are some themes that can be focused on each day during this week:

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

Bullying and Cyberbullying: Raising awareness

Sharing information is a great way to bring the school community together. Here’s a sample list of available resources.

Elementary and Secondary	
Kids Help Phone What is Bullying	Includes descriptions of discriminatory bullying, cyberbullying, and social bullying.
PREVNet 1) Bullying: Facts and Solutions 2) Types of Bullying 3) What is Cyberbullying	Evidence-based research including definitions of gender-based, race-based, and disability-based bullying.
The Educational Computing Network of Ontario (ECNO) Cyber Awareness Month – 2021 Theme: “Cyber awareness is self-care!”	An internationally recognized campaign that was held this year from October 1st to October 31 st , 2021 with the 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	
Council of Ontario Directors of Education Parent Engagement Toolkit: Building Healthy Relationships	Toolkit and guide 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 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 Programs Foundation: WITS (Walk Away, Ignore, Talk it Out, Seek Help)	Resources which schools, families, and community members can use 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
<p>TVO Kids Bullying Awareness & Prevention 3 videos to engage children in understanding and responding to bullying.</p>	<p>Victim Services Toronto (VST) Youth Leadership and Social Media Guide - English The Youth Leadership and Social Media Engagement Guide was developed by VST in English and French. This resource is a guide on initiating, operating, and sustaining a vibrant student leadership and student driven social media engagement program focused on encouraging healthy relationships and leadership. Join a youth-led conversation on Thursdays at 7pm - @TEARyouthTO (Instagram & Twitter)</p>
<p>PREVNet What Kids Need to Know Supportive information for children including what to do if they witness bullying or may be experiencing bullying.</p>	<p>Media Smarts Help! Someone shared a photo of me without my consent! A tip sheet on what to do when someone shares an image without the consent of those in it.</p>
<p>PREVNet Help! I see someone who is bullying Supportive information on what to do if students witness bullying. Letter to Adults Need help from an Adult? A resource for a fill-in-the-blank letter to help collect thoughts to share with a responsible adult Help! I'm being bullied Supportive information on what to do if a student is being bullied</p>	<p>Egale Canada How allies should respond to LGBTQ harassment Tips on what to do when witnessing hurtful or offensive comments/behaviour. Bullying and cyberbullying prevention resources and webinars are available on the website for Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning), Intersex and Two-Spirit (LGBTQI2S) students, parents, and allies.</p>
<p>New Youth – Ontario Council of Agencies Serving Immigrants (OCASI) What Should I Do if I'm Being Bullied An online resource Q&A page for newcomer youth on bullying and how to get help.</p>	
<p>Kids Help Phone 1) What to do if you witness bullying 2) What to do if you are experiencing bullying Tips for students on what to do when experiencing and witnessing bullying.</p>	

Engaging Parents, Guardians or Caregivers

Parents, guardians and caregivers are key partners in bullying prevention and intervention.

Elementary and Secondary	
Ontario Principal Associations 1) Cyber Safety Parent Tip Sheets 2) Resources for Parents	Cyber Safety Parent Tip Sheets available in 22 Languages and a Parent Portal.
Ontario Ministry of Education Bullying – We can all help stop it	A 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. Available in more than 20 languages.

Educators and School Staff

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

Elementary and Secondary	
Ontario Principal Associations, l'Association des directions et directions adjointes des écoles franco-ontariennes (ADFO), and the Catholic Principals' Council Ontario (CPCO) Effectively Navigating Cyberbullying	An episode of the Rise and Learn Principal Chats from VoicEd podcasts. Healthy Relationship: Navigating Cyberbullying and Cyberviolence puts some powerful resources into the hands of administrators as they both proactively and reactively address issues and incidents within their schools.
Rick Hansen Foundation: Book an Ambassador	Book an Ambassador to help students learn about disability and inclusion first-hand. Book a free Ambassador presentation today, now available virtually.
The Ontario Native Education Counselling Association (ONECA) Indigenous Well-Being in Schools: Web-based Resource Guide	A collection of resources which can support the well-being of Indigenous learners at school.
Media Smarts Teacher Resources	General resources and interactive activities about cyberbullying and cybersafety. Classroom resources for all grades are available.

<p>Media Smarts Cyberbullying and the Law</p>	<p>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>Elementary Story Books: COPA 1) Toof and That Blanket 2) Specs and The Best Part 3) Bouncy and The Any Kind at All Fish</p>	<p>Children storybooks with key messages around kindness, acceptance, and inclusion are available in print and online.</p>
<p>Ophea How Educators Can Foster Safe Physical and Emotional Environments in H&PE</p>	<p>Underlines the fundamental principles of the Ontario Health and Physical Education curriculum – one of which is that physical and emotional safety is a precondition for effective learning in health and physical education. Includes links to curriculum resources for parents and educators.</p>
<p>COPA A Circle of Caring</p>	<p>Bullying prevention resources for First Nations, Métis and Inuit Communities, Families, and Schools.</p>
<p>The Restorative Practice Consortium Restorative Practices Resource Project</p>	<p>This guide provides tools and successful practices for restorative schools supporting student achievement and well being.</p>
<p>Angus Reid Institute 1) Diversity and Education: Half of Canadian kids witness ethnic, racial bullying at their school 2) Blame, bullying and disrespect: Chinese Canadians reveal their experiences with racism during COVID-19 3) Three-quarters of Canadian adults say they were bullied in school; half of today's parents say it's happened to their kids</p>	<p>Results and analysis of recent research studies on bullying in Canadian schools.</p>

For more information please visit the following links:

[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. The initiatives are administered through cross-sector collaboration.

[Rick Hansen Foundation](#) - Programs and initiatives designed to educate students and the public about the experience of people with mobility, vision and hearing disabilities, and the importance of improving accessibility and inclusion for all.

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

[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.

[Ontario Native Education Counselling Association \(ONECA\)](#) - ONECA is an organization comprised of First Nation Education Counsellors and is founded upon principles that recognize that, although a variety of counselling and educational tools and programs exist in Ontario, the development of Native communities requires tools and programs designed specifically to improving Native Counselling and Education services

[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.

[Safe@School](#) - The goal of the Safe@School project is to foster innovation and cooperation, highlighting best practices that feature COPA's unique and constructive approach to violence prevention and the creation of safe, strong, and free schools and communities. The project offers training modules for educators, workshops for students, staff, and parents, as well as resources and mentorship programs.

[TransPulse](#) – A list of resources for Trans people across Canada. Ontario-specific resources can be found between pages 45-67. Resources are included for youth and adults.

[Human Trafficking services and supports](#) – A list of dedicated services and supports across Ontario that help victims, survivors and persons at risk of human trafficking.

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