



# Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for Parents

ISSUE # 9

## Focus on Bullying Prevention Resources

Bullying is a community issue that we all need to keep working on. At home, you can build on the efforts your child's school is making by keeping lines of communication open and addressing bullying if it happens. You can borrow these resources and keep yourself on top of the latest developments or watch a DVD or video with your kids and discuss it. Keep in touch with your child's school and get involved!

Resources can be reserved by phoning (519) 883-2256 or visiting the Public Health and Social Services building at 99 Regina St. S. in Waterloo. In Cambridge, resources can be couriered to the Public Health office at 150 Main St for pick up. The WRDSB also has a courier that delivers to WRDSB schools.

## Help for Parents

**Battling Bullies: What Every Parent Should Know** [VHS, DVD]

**Internet Awareness for Parents: A Practical Guide for Safeguarding Your Family**  
[DVD and booklet]

**Mom, They're Teasing Me Helping Your Child Solve Social Problems** [BOOK] Author: Michael Thompson, Lawrence J. Cohen and Catherine O'Neill Grace, 2002

**Boys Will Be Boys: Breaking the Link Between Masculinity and Violence** [BOOK] Author: Myriam Miedzian, 1992



**Bullies and Victims: Helping Your Child Through the Schoolyard Battlefield** [BOOK]  
Author: Sue Ellen Fried and Paula Fried, 1996

**The Bully, the Bullied, and the Bystander: From Pre-school to High School : How Parents and Teachers Can Help Break the Cycle of Violence** [BOOK] Author: Barbara Coloroso, 2002

**Easing the Teasing: Helping Your Child Cope With Name-Calling, Ridicule, and Verbal Bullying** [BOOK] Author: Judy S. Freedman, 2002.



Region of Waterloo  
PUBLIC HEALTH

For more information, contact Region of Waterloo Public Health 519-883-2003 ext. 5356

[www.region.waterloo.on.ca/bullying](http://www.region.waterloo.on.ca/bullying)



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## Bullying Prevention Resources for Kindergarten-Grade 2

**Bully Dance** - JK - Gr. 4 -cartoons that help discuss bullying [VHS]

**Glasses** - K - Gr. 2 - learning who friends really are [DVD]



**Making Friends** - for parents pre-school to JK children [VHS]

**Making Friends Shared Understanding** - for parents of pre-school to JK children [VHS]

**Stop Teasing Me** - JK - Gr. 2 - how to tell someone to stop teasing [VHS, audio cassette]

**Wise Owl Says I See a Bully** - K - Gr. 2 - recognizing bullying behaviours [VHS]

**Wise Owl Says Don't be a Bully Bystander** - K - Gr. 2 - how bystanders can stop bullying [VHS]

**Wise Owl Says You Can Stop a Bully** - K - Gr. 2 - how to stop a bully [VHS]



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## Bullying Prevention Resources for Grades 3-6

**Bully Smart Series: Are You a Bully?** - Gr. 3 to 5 - recognizing bullying behaviours [DVD]

**Bully Smart Series: Five Ways to Stop a Bully** - Gr. 3 to 5 - ways to stop a bully [DVD]

**Bully Smart Series: Help! I'm a Bully** - Gr. 3 to 5 - how bullies can change [DVD]

**Bully Smart Series Don't Stand By** - Gr. 3 to 5 - bystanders and ways to stop bullying [DVD]



**You're Mean: When Words Hurt**  
- Gr. 3 to 6 - what to do when someone is mean [VHS]

**Time Out on Anger: Learning Self Control** -  
Gr. 3 to 6 -how to deal with anger [VHS]





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## Bullying Prevention Resources for Grades 7 & 8

**It's a Girl's World : A Documentary About Social Bullying** - Gr. 6-12 with adult guidance - a film that discusses social bullying among girls [DVD]

**Bully Girls** - Gr. 7 and up - acted situations and discussion with students [DVD]



**Cyberbullies** - Gr. 7 and up - acted situations and discussion with students [DVD]

**Silent on the Sidelines: Why We Ignore Bullying** - Gr. 4 - 12 - on bystanders [VHS, DVD]

**Help Your Young Teen Understand Bullying**  
[DVD, guide]

**And Words Can Hurt Forever: How to Protect Adolescents From Bullying, Harassment, and Emotional Violence** [BOOK]

Author: James Garbarino, 2000

**Queen Bees and Wannabees Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence** [BOOK] Author: Rosalind Wiseman, 2002