Focus on Bullying Prevention Resources

This edition of the Imagine newsletter focuses on resources available from the Region of Waterloo Public Health Resource Centre. These lists are organized by division, grades and curriculum connection. [NOTE: Some Grade 3 resources are also listed in the JUNIOR section and some Grade 6 resources are listed in the INTERMEDIATE section.] Resources can be reserved by phoning 519-883-2256 or visiting the Public Health Resource Centre at 99 Regina St. S., Waterloo. In Cambridge, resources can be couriered to the Public Health office at 150 Main St. for pick up. A courier is also available for WRDSB schools.

Making Curriculum Connections

Violence, including bullying, along with conflict resolution, assertiveness, and anger management, is introduced to students through the Health & Physical Education curriculum as early as Grade 1. Primary grades introduce the concept; junior grades build in problem-solving and decision-making skills; intermediate grades call for analysis of dangerous situations; and senior grades introduce the relationship of violence to mental health and well-being.
## RESOURCES FOR PRIMARY GRADES

<table>
<thead>
<tr>
<th>Curriculum Outcomes</th>
<th>Resource</th>
<th>Grade</th>
<th>Format</th>
<th>Description/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grade 1:</strong> Describe exploitative behaviours and associated feelings, identify people who can help.</td>
<td><strong>Bully Dance</strong></td>
<td>JK-4</td>
<td>VHS</td>
<td>Animated cartoon for discussion</td>
</tr>
<tr>
<td></td>
<td><strong>Glasses</strong></td>
<td>K - Gr. 2</td>
<td>DVD</td>
<td>Learning who friends really are</td>
</tr>
<tr>
<td></td>
<td><strong>Stop Teasing Me</strong></td>
<td>JK - Gr. 2</td>
<td>VHS</td>
<td>How to tell someone to stop teasing</td>
</tr>
<tr>
<td></td>
<td><strong>Wise Owl Says: I See a Bully</strong></td>
<td>K-2</td>
<td>VHS</td>
<td>Recognizing bullying behaviours</td>
</tr>
<tr>
<td></td>
<td><strong>Wise Owl Says: Don't be a Bully Bystander</strong></td>
<td>K-2</td>
<td>VHS</td>
<td>Bystanders and strategies to stop bullying</td>
</tr>
<tr>
<td></td>
<td><strong>Wise Owl Says: You Can Stop a Bully</strong></td>
<td>K-2</td>
<td>VHS</td>
<td>Strategies to stop a bully</td>
</tr>
<tr>
<td></td>
<td><strong>Bully on the Bus</strong></td>
<td>Gr. 1-6</td>
<td>VHS</td>
<td>Girl being socially bullied at school and on bus</td>
</tr>
<tr>
<td></td>
<td><strong>Peace-making Skills for Little Kids: Peacemaking Pre K - K</strong></td>
<td>JK-K</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
</tr>
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<td></td>
<td><strong>Peace-making Skills for Little Kids: Peacemaking 1, Gr. 1</strong></td>
<td>Gr. 1</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
</tr>
<tr>
<td></td>
<td><strong>Peace-making Skills for Little Kids: Peacemaking 2, Gr. 2</strong></td>
<td>Gr. 2</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
</tr>
<tr>
<td></td>
<td><strong>Peace Scholars: Learning through Literature: Gr. 3</strong></td>
<td>Gr. 3</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
</tr>
<tr>
<td></td>
<td><strong>Making Friends</strong></td>
<td>JK</td>
<td>VHS</td>
<td>For parents/caregivers of this age group</td>
</tr>
<tr>
<td></td>
<td><strong>Making Friends: Shared Understanding</strong></td>
<td>JK</td>
<td>VHS</td>
<td>For parents/caregivers of this age group</td>
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</tbody>
</table>
## RESOURCES FOR JUNIOR GRADES

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<tr>
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<th>Description/Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Bully on the Bus</strong></td>
<td>Gr. 1 - 6</td>
<td>VHS</td>
<td>Girl being socially bullied at school and on bus</td>
</tr>
<tr>
<td><strong>Grade 4</strong>: Apply decision making and problem solving skills to address threats, identify people who can help</td>
<td><strong>Bully Smart Series: Are You a Bully?</strong></td>
<td>Gr. 3 - 5</td>
<td>DVD</td>
<td>Recognizing bullying behaviours</td>
</tr>
<tr>
<td></td>
<td><strong>Bully Smart Series: Five Ways to Stop a Bully</strong></td>
<td>Gr. 3 - 5</td>
<td>DVD</td>
<td>Ways to stop a bully</td>
</tr>
<tr>
<td></td>
<td><strong>Bully Smart Series: Help! I’m a Bully</strong></td>
<td>Gr. 3 - 5</td>
<td>DVD</td>
<td>Strategies on how bullies can change</td>
</tr>
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<td></td>
<td><strong>Bully Smart Series: Don’t Stand By</strong></td>
<td>Gr. 3 - 5</td>
<td>DVD</td>
<td>How bystanders can help stop bullying</td>
</tr>
<tr>
<td></td>
<td><strong>You’re Mean: When Words Hurt</strong></td>
<td>Gr. 3 - 6</td>
<td>VHS</td>
<td>Strategies to use when someone is mean</td>
</tr>
<tr>
<td></td>
<td><strong>Time Out on Anger: Learning Self Control</strong></td>
<td>Gr. 3 - 6</td>
<td>VHS</td>
<td>Strategies to deal with anger</td>
</tr>
<tr>
<td></td>
<td><strong>I Like Being Me: Self Esteem</strong></td>
<td>Gr. 4 - 8</td>
<td>VHS</td>
<td>Some ways to improve self esteem</td>
</tr>
<tr>
<td></td>
<td><strong>Silent on the Sidelines: Why We Ignore Bullying</strong></td>
<td>Gr. 4 -12</td>
<td>VHS/DVD</td>
<td>Mobilizing bystanders to take action against bullying</td>
</tr>
<tr>
<td></td>
<td><strong>Peace Scholars: Learning through Literature: Gr. 4</strong></td>
<td>Gr. 4</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
</tr>
<tr>
<td></td>
<td><strong>Creative Conflict Solving, Gr. 5</strong></td>
<td>Gr. 5</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
</tr>
<tr>
<td></td>
<td><strong>Creating Peace-Building Community, Gr. 6</strong></td>
<td>Gr. 6</td>
<td>Book/Kit</td>
<td>Includes teaching guides, student activities &amp; worksheets</td>
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</tbody>
</table>

**Grade 4**: Apply decision making and problem solving skills to address threats, identify people who can help

**Grade 5**: Explain how people’s actions affect the feelings/reactions of others, apply strategies to deal with these situations

**Grade 6**: Describe and respond appropriately to potentially violent situations in their own lives
## RESOURCES FOR INTERMEDIATE GRADES

<table>
<thead>
<tr>
<th>Curriculum Outcomes</th>
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<th>Grade</th>
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<th>Description/Comments</th>
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<tbody>
<tr>
<td><strong>Grade 7:</strong> Describe harassment and identify ways of dealing with it, identify supportive people and resources</td>
<td>I Like Being Me: Self Esteem</td>
<td>Gr. 4 - 8</td>
<td>VHS</td>
<td>Some ways to improve self esteem</td>
</tr>
<tr>
<td></td>
<td>Silent on the Sidelines: Why We Ignore Bullying</td>
<td>Gr. 4 - 12</td>
<td>VHS/DVD</td>
<td>Mobilizing bystanders to take action against bullying</td>
</tr>
<tr>
<td></td>
<td>Gum in My Hair - How To Cope With A Bully</td>
<td>Gr. 6 and up</td>
<td>DVD</td>
<td>Recognizing bullying and using strategies to stop bullying at a real school</td>
</tr>
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<td></td>
<td>Resiliency...Beating the Odds</td>
<td>Gr. 6 and up</td>
<td>VHS</td>
<td>Interviews with youth and young adults who have dealt with challenges</td>
</tr>
<tr>
<td></td>
<td>Middle School 101: Skills for Success</td>
<td>Gr. 6 - 8</td>
<td>CD ROM</td>
<td>Regarding life skills, decision making, and resiliency</td>
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<tr>
<td></td>
<td>It’s a Girl’s World: A Documentary About Social Bullying</td>
<td>Gr. 6 - 12</td>
<td>DVD</td>
<td>Film and discussion about social bullying among girls</td>
</tr>
<tr>
<td></td>
<td>Angel</td>
<td>Gr. 7 and up</td>
<td>VHS</td>
<td>Youth experiencing bullying and the difference an active bystander makes</td>
</tr>
<tr>
<td></td>
<td>Bully Girls</td>
<td>Gr. 7 and up</td>
<td>DVD</td>
<td>Acted situations and discussion with students</td>
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<tr>
<td></td>
<td>Cyberbullies</td>
<td>Gr. 7 and up</td>
<td>DVD</td>
<td>Acted situations and discussion with students</td>
</tr>
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<td></td>
<td>Queen Bees and Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends &amp; Other Realities of Adolescence</td>
<td>Gr. 7 and up</td>
<td>BOOK</td>
<td>About cliques, gossip, boyfriends &amp; other realities of adolescence</td>
</tr>
</tbody>
</table>

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

www.region.waterloo.on.ca/bullying
Classroom Management/Discipline

The Bully Free Classroom: Over 100 Tips and Strategies for Teachers K-8
Author: Allan L. Beane, 1999
Call Number: 371.1024 BEA

Bullying Implications for the Classroom
Author: Elsevier Academic Press, 2004
Call Number: 371.58 BUL

Positive Discipline in the Classroom: Create a Climate that Enhances Academic Learning Using Class Meetings and Other Positive Discipline Strategies Effectively
Author: Jane Nelson, Lynn Lott and H. Stephen Glenn, 1997
Call Number: 371.53 NEL

Secrets of Discipline for Parents and Teachers: 12 Keys for Raising Responsible Children
Author: Ronald Morrish, 1999
Call Number: 649.64 MOR

With All Due Respect: Keys for Building Effective School Discipline
Author: Ron Morrish, 2004
Call Number: 371.1024

Classrooms that Work: A Teacher’s Guide to Discipline Without Stress
Author: Stan Shapiro, Karen Skinulis and Richard Skinulis, 2000
Call Number: 371.1024 SHA

Discipline with Dignity
Author: Richard L. Curwin and Allen N. Medler, 1988
Call Number: 371.1024 CUR

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Professional Development

Peace at School  Recommended for professional development
Source: The National Film Board of Canada, 2005
    Format: DVD's, guides

Face to Face: Conflict Resolution in Schools
Recommended viewing for staff development - also has student activities
Source: Sunburst Communications, 1994
    Format: VHS, teacher's guide

Secrets of Discipline for Parents and Teachers: 12 Keys for Raising Responsible Children
Author: Ronald Morrish, 2004
    Format: VHS

Teacher's Guides

Tackling Bullying in Your School: A Practical Handbook for Teachers
Author: Routledge, 1995  * includes activities and mapping ideas
    Call Number: 371.58 TAC

Another Games Book: Special Event and Theme Week Programming for a Safe School
Author: CIRA Ontario, 1997
    Call Number: 371.3 DOY

Not Just Another Games Book: Special Event and Theme Week Programming for an Active School
Author: CIRA Ontario, 1994
    Call Number: 371.3 DOY

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem
Author: Gershen Kaufman, Lev Raphael and Pamela Espeland, 1999
    Call Number: 158.0834 KAU

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A School Climate Approach to Bullying Prevention

Information for School Staff

Author: Gershen Kaufman, Lev Raphael and Pamela Espeland, 2000
Call Number: 158.0834 KAU

Respecting Cultures and Honouring Differences
Elementary Teachers’ Federation of Ontario
Call Number: 372.83 RES

Imagine a World That is Free From Fear (K-8 resource addressing homophobia & heterosexism)
Elementary Teachers’ Federation of Ontario
Call Number: 372.372 IMA

Improving School Climate

Bullying Prevention: Creating a Positive School Climate and Developing Social Competence
Author: Pamela Orpinas and Arthur M. Horne, 2006
Call Number: 371.58 ORP

Achieving a Positive School Climate by Building Self-Esteem
Author: The Waterloo County Board of Education, 1990
Call Number: 371.2 ACH

Parent Education

Battling Bullies: What Every Parent Should Know
Source: TV Ontario, 2005
Format: DVD/VHS

Building Successful Partnerships: A Guide for Developing Parent and Family Involvement Programs
Author: National PTA, 2000
Call Number: 371.192 BUI

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Education for School Communities

Bullying: Don’t Suffer in Silence. An Anti-Bullying Pack for Schools
Author: Department for Education, 1994
   Call Number: 371.58 BUL

Bullying at School
Author: Dan Olweus, 1999
   Call Number: 371.58 OLW

Bullying in Schools: How Successful Can Interventions Be?
Author: Cambridge University Press, 2004
   Call Number: 371.58 BUL

Peer Harassment in School: The Plight of the Vulnerable and Victimized
Author: The Guilford Press, 2001
   Call Number: 371.58 PEE

School Bullying: Insights and Perspectives
Author: Routledge, 1995
   Call Number: 371.58

The Bully, the Bullied, and the Bystander: From Pre-school to High School:
How Parents and Teachers Can Help Break the Cycle of Violence
Author: Barbara Coloroso, 2002
   Call Number: 371.58 CO

Bully Proofing Your School: A Comprehensive Approach for Elementary Schools
*includes activities
Author: Carla Garrity, Kathryn Jens, William Porter, Nancy Sager and Cam Short-Camilli, 1994
   Call Number: 371.58 BUL

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