



Imagine Newsletter

A School Climate Approach to Bullying Prevention

Information for School Staff

Issue # 9

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.



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

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RESOURCES FOR PRIMARY GRADES

Curriculum Outcomes	Resource	Grade	Format	Description/Comments
Grade 1: Describe exploitative behaviours and associated feelings, identify people who can help.	<i>Bully Dance</i>	JK-4	VHS	Animated cartoon for discussion
	<i>Glasses</i>	K - Gr. 2	DVD	Learning who friends really are
	<i>Stop Teasing Me</i>	JK - Gr. 2	VHS	How to tell someone to stop teasing
	<i>Wise Owl Says: I See a Bully</i>	K-2	VHS	Recognizing bullying behaviours
	<i>Wise Owl Says: Don't be a Bully Bystander</i>	K-2	VHS	Bystanders and strategies to stop bullying
	<i>Wise Owl Says: You Can Stop a Bully</i>	K-2	VHS	Strategies to stop a bully
Grade 2: Identify safety rules, describe types of violence, explain the importance of saying no.	<i>Bully on the Bus</i>	Gr. 1-6	VHS	Girl being socially bullied at school and on bus
	<i>Peace-making Skills for Little Kids: Peacemaking Pre K - K</i>	JK-K	Book/Kit	Includes teaching guides, student activities & worksheets
	<i>Peace-making Skills for Little Kids: Peacemaking 1, Gr. 1</i>	Gr. 1	Book/Kit	Includes teaching guides, student activities & worksheets
Grade 3: Use problem-solving processes to find support, and distinguish real versus fictional examples of violence.	<i>Peace-making Skills for Little Kids: Peacemaking 2, Gr. 2</i>	Gr. 2	Book/Kit	Includes teaching guides, student activities & worksheets
	<i>Peace Scholars: Learning through Literature: Gr. 3</i>	Gr. 3	Book/Kit	Includes teaching guides, student activities & worksheets
	<i>Making Friends</i>	JK	VHS	For parents/caregivers of this age group
	<i>Making Friends: Shared Understanding</i>	JK	VHS	For parents/caregivers of this age group



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RESOURCES FOR JUNIOR GRADES

Curriculum Outcomes	Resource	Grade	Format	Description/Comments
Grade 4: Apply decision making and problem solving skills to address threats, identify people who can help	<i>Bully on the Bus</i>	Gr. 1 - 6	VHS	Girl being socially bullied at school and on bus
	<i>Bully Smart Series: Are You a Bully?</i>	Gr. 3 - 5	DVD	Recognizing bullying behaviours
	<i>Bully Smart Series: Five Ways to Stop a Bully</i>	Gr. 3 - 5	DVD	Ways to stop a bully
Grade 5: Explain how people's actions affect the feelings/reactions of others, apply strategies to deal with these situations	<i>Bully Smart Series: Help! I'm a Bully</i>	Gr. 3 - 5	DVD	Strategies on how bullies can change
	<i>Bully Smart Series: Don't Stand By</i>	Gr. 3 - 5	DVD	How bystanders can help stop bullying
	<i>You're Mean: When Words Hurt</i>	Gr. 3 - 6	VHS	Strategies to use when someone is mean
Grade 6: Describe and respond appropriately to potentially violent situations in their own lives	<i>Time Out on Anger: Learning Self Control</i>	Gr. 3 - 6	VHS	Strategies to deal with anger
	<i>I Like Being Me: Self Esteem</i>	Gr. 4 - 8	VHS	Some ways to improve self esteem
	<i>Silent on the Sidelines: Why We Ignore Bullying</i>	Gr. 4 -12	VHS/DVD	Mobilizing bystanders to take action against bullying
	<i>Peace Scholars: Learning through Literature: Gr. 4</i>	Gr. 4	Book/Kit	Includes teaching guides, student activities & worksheets
	<i>Creative Conflict Solving, Gr. 5</i>	Gr. 5	Book/Kit	Includes teaching guides, student activities & worksheets
	<i>Creating Peace-Building Community, Gr. 6</i>	Gr. 6	Book/Kit	Includes teaching guides, student activities & worksheets



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



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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 Teacher's Guide to Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem A 10-part Course in Self-Esteem and Assertiveness for Kids

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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