Survey findings from students, school staff and parents show that one out of every five students in Canadian schools reports being bullied on a weekly basis. These results are very concerning as we know that in a climate of fear students cannot reach their potential for learning and growing. Since bullying is a relationship issue that requires relationship solutions, we need to provide all students with the knowledge and skills to develop healthy relationships with their peers. This education includes the promoting acceptance and inclusion of others, even those who are considered “different”.

Being “different” may make a child the target of teasing, jokes, disdain, exclusion and possibly bullying. Children need to learn about INCLUSION. The need to be tolerant, respectful and inclusive of others is essential in our increasingly global world!

"Inclusion is recognizing that we are “one” even though we are not the same. The act of inclusion means fighting against exclusion... i.e. racism, sexism, “handicapism”, etc. Fighting for inclusion also involves assuring that all support systems are available for those who need such support.”


The Elementary Teachers’ Federation of Ontario (ETFO) has developed classroom resources that help introduce students to the concept of inclusion. All activities in these resources are related to the Ontario School Curriculum expectations. The teaching resources are:

**Imagine a World That is Free from Fear**
This is a kindergarten to grade eight resource that introduces the following themes:
- Pride and self-respect
- Safe schools and safe communities
- Anti-bullying and conflict resolution
- Relationships

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

www.region.waterloo.on.ca/bullying
Respecting Cultures and Honouring Differences
This is a collection of lesson plans and classroom activities that introduce concepts such as:

- Self management
- Getting along with others
- Social responsibility

Both ETFO resources are available to borrow from the Waterloo Region District School Board Education Library (519-570-0030) and from the Public Health Resource Centre (519-883-2256)

Untie the Knots of Prejudice—Teaching Kit
Themes include:

- Self-Esteem
- Sharing Our Lives
- Peace
- Rights of the Child
- Empowerment Over Racism
- Local and Global Citizenship
- True Worth and Beauty

This kit is available from the Waterloo Catholic District School Board Resource Centre (519-578-3660, extension 2313)

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

www.region.waterloo.on.ca/bullying