

Beyond bullying— What you can do about it

**A guide for upper elementary
students and their parents**

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Bullying—A Guide for Students

You can do something about it

Have you got a problem with bullying?

Have you seen someone bullying another kid?

Is someone picking on you?

Are you picking on someone else?

Just about everyone gets bullied or picks on another person at some time in his or her life. But if it happens over and over again, it's wrong. No one deserves to be bullied. It hurts too much.

Bullying is a serious problem, but you can do something about it.

What is bullying?

Bullying usually means hitting, shoving, chasing or threatening another person over and over.

But there are other things people do to each other that also hurt. When kids tease another person, or tell lies about him or her, that's bullying, too. So is name-calling. Not letting another person play or join the group is another way kids hurt others.

This brochure may help

If any of these things are happening to you, you don't have to take it. This brochure shows you ways to help make the bullying stop.

If you find yourself doing some of these things to other kids, you have a problem. This brochure tells you some things you can do to change your behavior.

If you see other kids being bullied, you shouldn't ignore it. There are things you can do to help.

No one deserves to be bullied. It hurts too much.

If you see someone being bullied

Most kids don't get picked on by bullies or bully others. Maybe you've never been bullied. Even so, you've probably seen someone being bullied at one time or another. Characters on television sometimes bully and act rudely as if it is funny. In real life, this is very hurtful. So what do you do about it?

If the victim isn't a friend of yours or if the behavior is particularly mean, you may be tempted to walk away. But that wouldn't be right. Think how you would feel if you were the victim?

There are some things you can do to help stop the bullying.

Tell the bully to stop

You could come to the victim's defence and tell the person who is bullying to stop. This might work even better if you get some other kids to join you. Look the person in the eye and say you don't like his or her behavior. For example, you could say: "Kevin, hitting Eric isn't right," or, "Samantha, it's not fair that you're spreading rumors about Amanda. Think how awful she must feel."

Go for help

If someone is being violent and you're afraid you might get hurt, too, move to a safe distance and call to the victim that you are going for help. Then run to get a teacher or other adult to step in. This is not tattling. There's a big difference between tattling and telling an adult what's going on so that another kid won't be hurt. Make sure you don't stand and watch someone being hurt without speaking out or going for help. Sometimes people who hurt others are encouraged by people watching.

Include the victim

Try to be friendly to the victim, so he or she won't feel so alone. Invite him or her to play or eat lunch with you and your friends.

Remember, there is strength in numbers. If you and your friends stand up to people who bully, you will help keep your school and neighborhood safe for everybody.

If someone is bullying you

You're not alone. Some well-known people were bullied when they were young. They include Tom Cruise, Michelle Pfeiffer, Mel Gibson and Ranulph Fiennes, the brave British explorer who walked to the South Pole. If you are being bullied, you probably feel scared and very alone, but remember, **you don't deserve this**. It's the person who hurts others who has the problem. Not you.

What can you do?

There are some things you can do to help yourself and to get help from others.

Be confident

Talk to the person who is bullying. Look him or her straight in the eye and say "stop."

If the person who is bullying you teases you, laugh at the things being said, or ignore the behavior and walk away immediately. Walk tall and pretend you are confident. Make believe you are inside a big fog and the insults can't get through to you. Remember, a person who bullies *wants* to see you scared. If you just walk away or make a joke about what he or she says, then the person bullying may get bored and quit.

This will probably be hard for you to do at first, so you might want to practise in front of a mirror. For example, if you are being teased about your hair color or glasses, you might just say: "Yes, I do have four eyes—all the better to see you with!" or "Yes, my hair is very red, and I like it that way." Then walk away.

Find a friend

Make sure the person who is bullying you never finds you alone. Try not to go to places like the washroom when there's no one else there. Try to have a friend with you at times when you may meet this person. Or just make sure you're around other kids, even if they aren't your friends.

Don't fight back

Try not to fight back. Most people who bully are bigger than the people they pick on, so you could get hurt. Or, if you get angry and strike out, you could get blamed for starting the trouble.

Don't protect belongings

If the one who bullies demands that you give him or her money or something that belongs to you, hand it over and walk away. It's not worth getting hurt over.

Tell an adult

Tell your parents and someone at school you trust, like a teacher or your principal. Don't be embarrassed to ask for help. Remember, bullying is wrong and you shouldn't have to put up with it. When the adults know about it, then they can help you stop the bullying.

Keep notes

Keep a diary and write about each time you are bullied. Your diary will help you prove what has been happening.

Talk to the "good guys"

If you are being bullied by a gang of kids, pick out the nicest one. Look him or her straight in the eye or call the kid on the phone. Ask why you are being picked on and why he or she is joining in. If you talk to the nicer members of the gang alone, you might get them to stop picking on you, and then the biggest member of the gang would have less support.

Build up your confidence

Remember that you are good at many things and an important person. You may want to find some others who enjoy the same things as you do and make friends with them. Perhaps your school has a team or club you would like to join. You may even want to take self-defence lessons—do it not so you can fight back but to build up your confidence. Feeling good about yourself is the best defence against those who bully.

If you are bullying other kids

If you are always picking on other kids, you've got a problem. It may be hard for you to admit you've got a problem, but we all have to own up to how we treat other people. It's not right to want to make others feel badly.

If bullying makes you feel powerful with other kids, you must realize that no one **really** likes people who bully. You might scare kids into hanging around with you, but that's not the same as having friends who respect you. Also, you are harming yourself. When kids who act like bullies become adults, they often have problems. People who can't control their behavior have trouble keeping jobs and can even end up in jail.

But, you're not really that kind of person, are you? You can change your behavior. You can have friends who know and like the real you.

Figure out why you bully

Most kids who bully others are unhappy, lonely or frustrated about something. Ask yourself the following questions.

- Do you really mean to make other people feel awful? Why? Think about how that must feel.
- Is something making you unhappy—a problem at home or at school? Is there someone you can talk to about it?
- Is someone—an adult, a member of your family—picking on you? Are you taking it out on someone else? Try to talk to the person who is bullying you and try to sort the problem out. Maybe you could get someone else to talk to the person for you.
- Is there someone in particular that you pick on? Is there something about that person that bugs you or makes you jealous? Try to avoid that person.
- Do you hang around with a gang that bullies other kids? Why? Do you really want to be around people who like to pick on others? Can you really trust them as friends?

- Are you a victim of violence? If so, you can break the cycle and make sure no one has to suffer like you did. Talk to your teacher or school counsellor.
- Do you have trouble making friends? Learning to make friends is a skill that takes practice. Watch someone you admire to get ideas about making new friends. It's not cool to bully others.

Try to stop bullying

Here are some things you can do:

- Watch for a chance to do something nice for someone you picked on. In private, try to say you are sorry.
- Look for someone younger or new at school who is looking for a friend. Try to help them be included.
- Feeling good about yourself and what you are able to do will help you stop bullying. Look for a sport or something fun to do which will help you use your energy in a positive way.
- Volunteer to help someone or join a club where you can meet students who like the same things you do and who appreciate you.

Ask for help

Talk to someone at school about your problem and ask for help as to how you can control your negative feelings.

Change takes time

Changing any habit takes time. So don't get discouraged if you can't stop your bullying behavior in a day. Just the fact that you are reading this is a positive step. It means you've admitted you have a problem and are willing to do something about it. That's half the battle.

Bullying—A Parents' Guide

What can you do about it?

Is your child in this picture?

One in 12 children dreads going to school for fear of being bullied. One in 14 kids bullies others. Countless more stand by and watch or simply ignore bullying when it happens. Where does your child fit in this picture?

Whether your child is a victim, a witness, or someone who is bullying others, there are things you can do as a parent to stop hurtful behavior and the damage it does to young minds, bodies and spirits.

We all have a role to play to make our schools and communities safe and caring places for our children.

So, what's the problem?

Bullying is repeated hurtful action by a person or a group toward a weaker or less powerful victim.

Bullying can take many forms, such as

physical—hitting, poking, pinching, chasing, shoving, coercing or threatening another child; destroying or stealing his or her belongings;

verbal—name-calling, sarcasm, teasing, spreading rumors;

visual—graffiti, gestures;

emotional—humiliating, making fun of another child or excluding him or her from a group;

racial—racial or ethnic slurs; and

sexual—unwanted touching or comments.

Bullying behavior includes physical aggression or other more subtle forms of hurtful behavior such as spreading rumors, teasing or excluding another from the group.

For the victim, repeated bullying can lead to depression, low self-esteem, shyness, poor grades, isolation and, in extreme cases, even suicide.

If it isn't stopped, bullying also hurts the person who bullies others. Children who learn they can get away with violence and aggression have a higher chance than others of getting into trouble with the law later in life.

Common myths about bullying: Don't believe them!

Bullying is always damaging. But some people unwittingly support bullying by believing in and repeating the following myths:*

Myth #1 "He (she) has got to learn to stand up for himself (herself)."

Reality Children who get up the courage to complain about being bullied have reached the end of their rope. They're saying they've tried and can't cope with the situation on their own. Treat their complaints as a call for help.

Myth #2 "He (she) should hit back—only harder."

Reality This could invite serious harm. People who bully are often bigger and more powerful than their victims. Also, this gives children the idea that violence is a legitimate way to solve problems.

Myth #3 "It builds character."

Reality People who are bullied repeatedly have low self-esteem and do not trust others.

Myth #4 "Sticks and stones can break your bones but names can never hurt you."

Reality Scars left by name-calling can last a lifetime.

Myth #5 "That's not bullying. They're just teasing."

Reality Vicious taunting is no fun for the victim. It hurts and should be stopped.

Myth #6 “There have always been people who bully and there always will be.”

Reality By working together as parents, teachers and students we have the power to change how things have been and create a better future for our children.

Myth #7 “Kids will be kids.”

Reality It is not natural for a child to bully, it is a learned behaviour. Children may be imitating aggressive behavior they have seen on television and in movies without considering its effect in real life.

* Adapted with permission from *Preventing Bullying!* published by Kidscape, London, England. *Preventing Bullying* is online at <http://www.solnet.co.uk/kidscape>.

If my child is being bullied

How can I tell?

Often children don't tell parents they're being bullied because they're embarrassed or afraid the person who is bullying will get back at them. Children may believe they must remain silent in order to belong. Some children just feel alone and helpless or even think that they are to blame for the bullying. A child's behavior may be a clue even before he or she is willing to talk about it. A victim may

- be afraid to go to school,
- change his or her route to school,
- avoid the school bus or ask you to drive him or her to school,
- complain about feeling ill in the mornings,
- skip school,
- start to do poorly in school,
- “lose” belongings or come home with clothes or books destroyed,
- regularly “lose” lunch money (to pay off one who is bullying),
- come home with unexplained bruises or cuts,

- have nightmares,
- become withdrawn,
- attempt or talk about suicide,
- begin to bully other children and/or
- spend time with teacher or supervisor during recess rather than with other children.

What can I do about it?

If you suspect your child is being bullied, ask him or her directly. If the answer is yes, take action right away.

Offer comfort

Let your child know that you are on his or her side and that you will do all you can to help him or her feel safe. Let your child know the bullying is not his or her fault.

Work with the school

Contact the school immediately to make sure the situation will be monitored so that your child will be safe. Ask the school for advice about contacting the parents of the child who is bullying and the parents of other victims. Check the school's plan for supervision and intervention during recess and noon hour. Work with the school to make sure the one who is bullying is being dealt with. Ask that the school follow a no tolerance policy on bullying and develop a plan for handling violations.

Make arrangements for safety

If the bullying happens on the way to school, arrange for your child to get to school with older, supportive children, or take him or her to school yourself until the threat of bullying is gone.

Help develop confidence

If your child is shy or doesn't have friends, encourage him or her to participate in clubs or social groups that share similar interests. Encourage your child to invite other children to your home, one at a time. Suggest your child contact another student the night before to ask if they would like to play together at recess or noon. Children who bully tend to pick on children who are isolated, so everything you can do to help your child develop confidence in his or her social skills will help.

Tell your child to always be with a group and not to be alone anywhere that bullying could happen.

Practise effective responses

Explain that crying or getting upset only encourages bullying and work with your child to practise more effective responses to bullies. For example, he or she could say “no” firmly and walk away. Another strategy is to have a reply ready for the bully’s usual taunt, for example: “Yes, my hair is very red and I like it.”

Build self-esteem

Create opportunities for your child to do something well—a task, a sport or hobby—and praise him or her for it to help build self-esteem.

Communicate

Encourage your child to talk with you about his or her feelings and ideas. This may take numerous attempts before the child is able to break free from the fear of “tattling.”

If you have tried the above options and your child is still overwhelmed with a negative atmosphere at school, consider giving your child a new start at a new school. If that is not an option, reassure your child that you will keep working on this until the situation is resolved.

If my child is bullying others

How can I tell?

Look for these clues. People who bully may

- use verbal or physical aggression to deal with conflict,
- come home with items or money that doesn’t belong to him or her,
- hang around with other children who appear aggressive,
- have a hard time expressing feelings,
- be unable to play cooperative games with others,
- become angry when he or she loses a competitive game,
- talk about getting even with others,
- react to questioning with anger or avoidance,

- play inappropriately with much younger children and
- put down other children in conversations.

What can I do about it?

There are many reasons why a child might exhibit bullying behavior. But whatever the reason, a child has to learn that bullying is unacceptable and that if he or she continues, there will be consequences.

If you learn that your child is bullying others you may wish to consider the following advice.

Stay calm

Try to get as much information as you can from teachers and others about your child's behavior. Stay calm.

Be firm

Let your child know firmly that you do not like bullying and that it must stop. Also stress that you still love him or her and will be an ally in helping to change the bullying behavior.

Ask why

Talk to your child about how bullying affects the victims. Ask why he or she bullies others and what might help to change that behavior.

Encourage expression

Encourage your child to express his or her feelings. Find out if there is something troubling your child and try to help solve the problem.

Use nonviolent consequences

Work out an effective, nonviolent consequence that is appropriate to your child's actions and age, for example, taking away a privilege. Physical punishment will just reinforce the idea that "might is right."

Aid reconciliation

Work out a way with your child to help make up to the victim(s) for the bullying.

Set rules

Keep an eye on your child's activities, whereabouts and friends. Set clear but reasonable rules.

Seek help

Cooperate with the school in working to change your child's aggressive behavior. Keep in touch with teachers to find out how he or she is doing. Seek help from a school or community counsellor if you feel you need support in working with your child.

Spend time

Spend time with your child and offer praise when he or she shows nonviolent, responsible behavior. Work with him or her to find nonviolent ways to deal with anger and "let off steam."

Monitor TV

Make sure your child does not see violence between family members and monitor television and video-game playing for violent content. Encourage discussions about suitable role models and heroes.

Reflect

Examine your own behaviour to see if you are using your power as a parent appropriately. Remember that you are a powerful role model in your child's life. Practise healthy intrapersonal skills in your relationships in the family and in the community.

What if my child is a witness to bullying?

Bullying creates an atmosphere of fear for all children, not just the victim. Children who see another being bullied may be reluctant to interfere or tell adults for fear that the person who is bullying will try to get even with them.

But silence encourages bullying.

If your child is a witness to bullying, you can support him or her in doing the right thing.

Set a caring example

Talk with your child about how the victim must feel. Try to help him or her feel empathy for others. Set a good example by letting your child see you care for others.

Encourage support

Talk with your child about the importance of standing up for others. Point out that if enough children stand up to the child bullying, he or she will have to change.

Explain the need to tell

Encourage your child to report bullying to an adult. Explain that there is a difference between tattling and reporting to prevent another child from being hurt.

Encourage solutions

Get your child to talk about what might stop someone from bullying. For example, he or she might create a distraction by changing the subject or suggesting a game. Sometimes a child who bullies others is looking for a friend but lacks social skills. Discuss with your child the possibility of extending friendship in a supervised environment to the child who is bullying.

Help assess the situation

Encourage your child to speak up for a bullying victim. But also help him or her determine when a situation is dangerous enough to go for help immediately.

Where to go for more help

Bullying can be stopped if it is dealt with effectively when it starts. As a parent, you can be part of the solution.

When you become as active in your child's school as your schedule permits, there are many benefits:

- A strong adult presence can discourage bullying.
- Getting to know your child's classmates and friends, as well as other parents, can lead to a sense of community in a school where behaviors such as bullying are not accepted.

As partners in your child's education, you and your school's staff can work together to maintain safe and caring schools.

For more information on bullying and what you can do to help, see the following resources:

Books and Booklets

Battling the School-Yard Bully: How to Raise an Assertive Child in an Aggressive World by K Zarzour, a Today's Parent Book, Harper Perennial, HarperCollins Publishers Ltd, New York, 1994.

Safe and Caring Schools: Havens for the Mind, Alberta Teachers' Association, 2000.

Books for children

Bully on the Bus, by C Bosch, published by Parenting Press, Seattle, Washington, 1988.

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem, by G Kaufman and L Raphael, published by Free Spirit Publishing, Minneapolis, 1990.

Reluctantly Alice, by P R Naylor, published by Collier Macmillan, Toronto, 1991.

Don't Pick on Me: How to Handle Bullying, by R Stones, Pembroke Publishers, Markham, Ontario, 1993.

Internet sites

<http://www.sacsc.ca>

<http://www.solnet.co.uk/kidscape>

<http://safekid.org/bullies.htm>

<http://www.aap.org/family/parents/resist.htm>

Always preview resources for your children to ensure the information and suggestions are suitable for your child. Some books and Internet sites may contain sensitive information on abuse.

The Society for Safe and Caring Schools and Communities (SACSC) Resources



The Society for Safe and Caring Schools and Communities' resources and materials are available through Alberta Learning's Resources Centre (LRC), 12360 142 St. NW, Edmonton, Alberta, T5L 4X9. Tel: 427-5775 in Edmonton. Elsewhere in Alberta call 310-0000 and ask for the LRC or fax (780) 422-9750. To place Internet orders, visit www.lrc.learning.gov.ab.ca *These materials are eligible for the Learning Resources Credit Allocation (25% discount). Contact the LRC for details.

The Society for Safe and Caring Schools and Communities has four program areas and an inventory of promotional items:

I. SUPPORTING A SAFE AND CARING SCHOOL

This program area helps build a SACS culture. It includes information about SACS, an assessment tool to aid in planning and quick, easy-to-read booklets that review current research on SACS topics and successful programs.

Safe and Caring Schools in Alberta Presentation: video, overheads and 30 brochures
 # 445297 \$15.00

The SACSC: An Overview (K-12) (Pkg of 30) Describes the origin and objectives of the project (2001, 4 pp.)
 # 445298 \$ 6.80

Attributes of a Safe and Caring School (K-12) (Pkg of 30) A brochure for elementary, junior and senior high schools, describing the characteristics of a safe and caring school (1999)
 # 445313 \$ 6.80

The SACSC: Elementary Booklet Series (16 booklets) (K-6) (see LRC website)
 # 445610 \$11.50

The SACSC: Secondary Booklet Series (15 booklets) (7-12) (see LRC website)
 # 445628 \$10.80

Preschool Bullying: What You Can Do About It—A Guide for Parents and Caregivers (1-6)
 Provides advice on what parents can do if their child is being bullied or is bullying others (2000, 24 pp.)
 # 445347 \$1.33 ea for 10 or more \$2.65 ea

Bullying: What You Can Do About It—A Guide for Primary Level Students (K-3) Contains stories and exercises to help children deal with bullies and to stop bullying others (1999, 28 pp.)
 # 445397 \$1.33 ea for 10 or more \$2.65 ea

Bullying: What You Can Do About It—A Guide for Parents and Teachers of Primary Level Students Contains tips to help teachers and parents identify and respond to children who are involved in bullying (2000, 12 pp.)
 # 445454 \$1.33 ea for 10 or more \$2.65 ea

Bullying: What You Can Do About It—A Guide for Upper-Elementary Students and Their Parents Directed at students who are the victims, witnesses or perpetrators of bullying, and their parents (2000, 16 pp.)

□ # 445321 \$1.33 ea for 10 or more \$2.65 ea

Bullying in Schools: What You Can Do About It—A Teacher's Guide (1–6) Describes strategies that teachers can follow to stop bullying in schools (1997, 10 pp.)

□ # 445339 \$1.33 ea for 10 or more \$2.65 ea

Beyond Bullying: A Booklet for Junior High Students (7–9) Explains what students should do if they are being bullied or if they see someone else being bullied (2000, 12 pp.)

□ # 445470 \$1.33 ea for 10 or more \$2.65 ea

Beyond Bullying: What You Can Do To Help—A Handbook for Parents and Teachers of Junior High Students (7–9) Defines bullying behaviors and suggests strategies that parents and teachers can follow to deal with it (1999, 16 pp.)

□ # 445488 \$1.33 ea for 10 or more \$2.65 ea

Bullying is Everybody's Problem: Do You Have the Courage to Stop It? (Pkg of 30) (7–12)

A guide for senior high students, defines bullying and provides advice on how to respond to it (1999)

□ # 445305 \$4.76 for 10 or more pkgs \$6.80/pkg

Bullying and Harassment: Everybody's Problem—A Senior High Staff and Parent Resource

(10–12) Provides advice for parents and teachers of high school students on how to deal with bullying (2000, 12 pp.)

□ # 445496 \$1.33 ea for 10 or more \$2.65 ea

Class Meetings for Safe and Caring Schools (K–12) Explains how regular class meetings can help teachers and students work out conflicts before they become major problems (1998, 20 pp)

□ # 445587 \$1.33 ea for 10 or more \$2.65 ea

Expecting Respect: The Peer Education Project—A School-Based Learning Model (K–12) Provides an overview of Expecting Respect, a project that trains junior and senior high students to make classroom presentations on establishing healthy social relationships (1999, 16 pp.)

□ # 445462 \$1.33 ea for 10 or more \$2.65 ea

Safe and Caring Schools: Havens for the Mind (K–12) Reviews the role of SACS in healthy brain development and learning

□ # 445503 \$1.33 ea for 10 or more \$2.65 ea

Media Violence: The Children Are Watching—A Guide for Parents and Teachers (K–12) Contains tips for parents and teachers in countering the effects on children of media violence (1999, 12 pp.)

□ # 445511 \$1.33 ea for 10 or more \$2.65 ea

Peer Support and Student Leadership Programs (K–12) Describes a number of programs that have been used successfully at various grade levels to encourage students to help their fellow students (2000, 30 pp.)

□ # 445503 \$1.33 ea for 10 or more \$2.65 ea

Niska News (K–12) A collection of articles about SACS reprinted from The ATA News (1999, 36 pp.)

□ # 445529 \$1.33 ea for 10 or more \$2.65 ea

Principals' Best (K–12) Describes activities that various schools in the province have undertaken to create a safe and caring environment for students (1999, 16 pp.) See website.

445545 \$1.33 ea for 10 or more \$2.65 ea

Volunteer Mentorship Programs: (K–12) Describes a number of successful programs in which adult volunteers were assigned to serve as mentors to school-aged children (2000, 28 pp.)

445579 \$1.33 ea for 10 or more \$2.65 ea

Volunteer Mentorship Program: (K–12) A video portrays programs in which adults from the community work with children to help them develop various skills (1999, 9 ½ minutes)

445602 \$ 7.00

Volunteer Mentorship Program: A Practical Handbook (includes 3.5" disk) (K–12) Explains how to set up programs in which adults serve as mentors to school-aged children (1999, 44 pp. plus a computer disk containing sample documents used in the program)

445595 \$10.00

CHECK LRC FOR NEW TITLES

II. TOWARD A SAFE AND CARING CURRICULUM—RESOURCES FOR INTEGRATION

These resources are recommended and approved by Alberta Learning. They integrate violence prevention into all subjects K–6 and are divided into five topics: (approximately 85 pp.)

1. Building a Safe and Caring Classroom/Living Respectfully
2. Developing Self-Esteem
3. Respecting Diversity and Preventing Prejudice
4. Managing Anger and Dealing with Bullying and Harassment
5. Working It Out Together/Resolving Conflicts Peacefully

Student resource sheets are available in French. To order, check (F).

Kindergarten # 445446 F (Out of Province \$69.00) \$49.00

Grade 1 # 445371 F (Out of Province \$69.00) \$49.00

Grade 2 # 445389 F (Out of Province \$69.00) \$49.00

Grade 3 # 445404 F (Out of Province \$69.00) \$49.00

Grade 4 # 445412 F (Out of Province \$69.00) \$49.00

Grade 5 # 445420 F (Out of Province \$69.00) \$49.00

Grade 6 # 445438 F (Out of Province \$69.00) \$49.00

Anti-Bullying Curriculum Materials: Social Studies Grades 10, 11, 12 Developed by Project Ploughshares Calgary, this booklet contains a series of exercises that teachers can use to incorporate the topic of bullying into the high school social studies curriculum (1999, 81 pp.)

445563 \$10.00

Classroom Management: A Thinking and Caring Approach Written by Barrie Bennett and Peter Smilanich, this manual outlines numerous strategies that teachers can use to cope with misbehavior in the classroom and create a learning environment that encourages student learning (1994, 342 pp.)

445660 \$31.60

SACSC series of six full-color posters A series of six full-color posters highlighting the Project's key concepts.

444836 \$ 9.00

III. TOWARD A SAFE AND CARING PROFESSION

The SACSC trains inservice leaders and workshop facilitators. The following workshops are designed to help teachers implement the curriculum resources.

Toward a Safe and Caring Curriculum—ATA Resources for Integration: Kindergarten to Grade 6*

Toward a Safe and Caring Secondary Curriculum—Approaches for Integration*

A series of short sessions focused on strengthening SACS teaching strategies is also available.

IV. TOWARD A SAFE AND CARING COMMUNITY

This program area is designed to help all adults who work with children—parents, teachers, coaches, youth group leaders, music instructors—model and reinforce positive social behavior, whether at school, at home or in the community. The community program includes a series of 2-2½ hour workshops for adults and older teens.

Living Respectfully*

Developing Self-Esteem*

Respecting Diversity and Preventing Prejudice*

Managing Anger*

Dealing with Bullying*

Working It Out Together - Resolving Conflicts Peacefully*

Who Cares? brochures (Pkg of 30) Provides background on the Safe and Caring Communities Project, a collaborative effort between the ATA and Lions Clubs of Alberta (1998)

444654 \$ 9.80

Who Cares? CD-ROM and brochure Describes the Safe and Caring Communities Project, a collaborative effort between the ATA and the Lions Clubs of Alberta (1998)

444646 \$ 4.35

Who Cares? video and brochure Describes the Safe and Caring Communities Project, a collaborative effort between the ATA and the Lions Clubs of Alberta (1997, 11 minutes)

444638 \$ 5.95

Toward a Safe and Caring Community Workshops Action Handbook: A Guide to

Implementation Provides specific information about how to implement the ATA's Safe and Caring Schools Project—Toward a Safe and Caring Community Program. In addition, the handbook provides suggested activities and strategies to help communities continue to work on issues related to enhancing respect and responsibility among children and teens.

455304 \$ 7.00

Violence-Prevention Catalogue of Alberta Agencies' Resources Compilation of the information that was gathered from over 200 organizations and community groups who work in the area of violence prevention, and with children and youth in character development through community leadership

455312 \$ 7.00

SACSC PROMOTIONAL ITEMS

SACSC cards with color logo and envelopes (Pkg of 40) Blank card and envelope, featuring the SACSC logo

444547 \$ 10.00

Niska hand puppet Featuring the Niska mascot

444555 \$ 14.00

Niska labels (800 peel & stick labels per pkg) Featuring the Niska mascot

444571 \$ 4.00

Niska mouse pad 8 ½" by 9 ½" featuring the Niska mascot

444563 \$ 6.00

Niska tattoos (125 per pkg) A 1½" by 1½" temporary tattoo featuring Niska

444597 \$23.40

Niska water bottles (5 per pkg) 5 white plastic water bottles featuring the Niska logo

444612 \$ 8.50

Niska zipper pulls (5 per pkg) Bronze, featuring the Safe and Caring Schools Logo

444589 \$ 7.75

SACSC award buttons (Pkg of 30–2 ¼" white buttons)

444620 \$10.00

Safe and Caring Schools and Communities coffee mug

444604 \$ 5.45

Safe and Caring Schools and Communities pencils (Pkg of 30) Inscribed with "Toward a Safe and Caring Community"

444662 \$10.70

Niska T-Shirt (white, featuring the Niska mascot front and back)

444745 adult X-large; # 444737 adult large; # 444729 adult medium; # 444711 adult small; # 444703 youth X-large; # 444696 youth large; # 444688 youth medium; # 444670 youth small \$10.50

SACSC men's golf shirt (white, featuring the Niska mascot)

444787 X-large; # 444779 large; # 444761 medium; # 444753 small \$24.95

SACSC women's golf shirt (white, sleeveless, featuring the Niska mascot)

444828 X-large; # 444810 large; # 444802 medium; # 444795 small \$24.45

***All workshop materials can be ordered from the SACSC office by inservice leaders and workshop facilitators who have successfully completed the training: e-mail office@sacsc.ca, fax (780) 455-6481 or phone (780) 447-9487.**

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