



## Bullying Prevention Week: WHAT WOULD JESUS DO?

November 17-22, 2013

### POSSIBLE SCHOOL WIDE ACTIVITIES

#### **Minute of Silence**

Students and staff will join together in one minute of silence in recognition of all victims of bullying, including bystanders.

#### **Bullying Prevention Video – What Would Jesus Do? What Would You Do?**

Students in our schools are featured in a student created video that highlights how to handle a bully. Perhaps this video could be played in classrooms immediately following the moment of silence.

#### **Discussion**

Following the video please discuss how the *Accepting Schools Act, 2012* describes bullying:

Bullying means **aggressive and typically repeated behaviour** by a student where,

- a) The behaviour is intended, or the student ought to know that the behaviour would be likely to have that effect of,
  - Causing fear or distress to another individual, including physical, psychological, social or academic harm, harm to the person's reputation or property, or
  - Creating a negative environment at the school for another individual, and
- b) The behaviour occurs in a context where there is a **real or perceived power imbalance between the pupil and the individual** based on factors such as size, strength, age, intelligence, peer group power, economic status, social status, religion, ethnic origin, sexual orientation, family circumstances, gender, gender identity, gender expression, race, disability or the receipt of special education.

Bullying behaviour includes the use of any physical, verbal, electronic, written or other means. For the purposes of the definition of bullying, bullying by electronic means (commonly known as cyber-bullying), including, creating a web page or blog in which the creator assumes the identity of another person or impersonating another person as the author of content or messages posted on the internet; communicating material electronically to more than one individual or posting material on a web-site that may be accessed by one or more individuals.

#### **School Declaration Banner**

Create a School Declaration Banner for students to sign throughout the Bullying Prevention Week. The banner could be hung in the foyer as a sign of our commitment to put an end to bullying.

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### **Pink Shirt Day**

The word PINK has been chosen to describe the goals of this week because we believe that we will end bullying by becoming more **P**eaceful, **I**nclusive, **N**oble and **K**ind. Designate one day during Bullying Prevention Week to be Pink Shirt Day.

### **News Article**

Have classes login and choose one of the many news articles found on the National Post website <http://news.nationalpost.com/tag/bullying/>

After reading the news article allow time for class discussions on how bullying can have serious and lasting effects. Please note that the included news articles are more geared towards secondary students.

Below is a list of other news articles you could use:

<http://www.ottawasun.com/2011/09/23/bullied-boy-took-his-own-life>

<http://www.torontosun.com/2012/11/08/bullied-ont-teen-13-speaks-out-following-suicide-attempt>

[http://www.kidsmentalhealth.ca/news\\_and\\_events/child-mental-health-news-id-2709.htm](http://www.kidsmentalhealth.ca/news_and_events/child-mental-health-news-id-2709.htm)

<http://www.sunnewsnetwork.ca/sunnews/lifestyle/archives/2013/09/20130915-083127.html>

<http://www.citynews.ca/2007/04/16/cyber-bullying-law-introduced-in-ontario/>

### **Chain of Hope**

You'll need class sets of coloured strips of paper. Once you have viewed some videos and after all the great class discussion you have had all week ask students to write on their strip of paper one or more of the following (allow students to also come up with their own ideas of what to write):

- An apology to someone you may have bullied
- A message of hope or inspiration to kids who are bullied
- A promise to never be a bully and/or to stand up for someone being bullied
- A poem about bullying
- A tip for someone experiencing bullying
- A compliment to another student in the school or staff member

Collect all the strips of paper and display in the school a CHAIN OF HOPE, offering inspiration to all our students to see.

### **Spread the Love**

Choose a 5 minute time block to allow and encourage all students to pull out their cell phones and spread the cyber-love. Yes I know that cell phones are BANNED but.....for just 5 minutes we can spread so much positive love it will be well worth bending the rules just this once. Encourage students to take this seriously and send messages of inspiration, kind words, a compliment, a positive emoticon, etc. Make it a class challenge to see how many texts they can send in 5 minutes (they are pretty fast on those things) & wait to see how many messages the kids in your classes receive.

### **Caught You Caring**

Say cheese because we caught you caring. Take photos of students showing kindness around the school throughout the week and display (slideshow, photo wall, scrolling on TV, etc).

## Pay it Forward Challenge

Classes are asked to “Pay It Forward” all week in our community. These good works could include the following but are not limited to:

- Garbage Pick Up at local establishments
- Garbage Collection on our walking paths
- Yard work in the neighbourhood
- Leave “thank you” notes in your classrooms for custodians
- Clean up the school grounds
- Sit with a stranger at lunch and make a new friend (we dare you)

### Questions for Discussion

- What is your definition of kindness?
- Have you ever felt disappointed or cheated because you did something nice for another person, but he or she did not return the favor?
- If you expect to get something back, are you then performing a kind act or are you really trading favors for favors?
- Re-tune your definition of kindness.
- Has anyone ever done something for you anonymously, without expecting something in return?
- Do one generous act each day and then write down how you feel afterwards.

