

Keeping you up to date on events and resources essential for healthier schools and communities

About Us

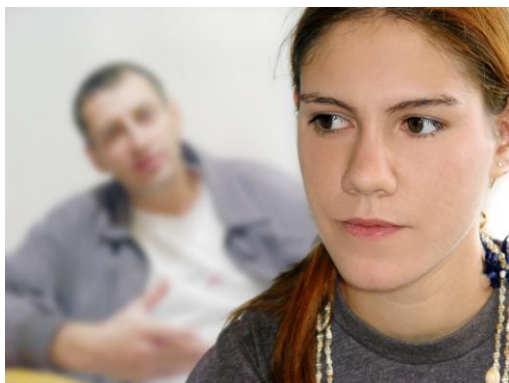
Monthly Theme

Library Corner

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About Us



Our Vision: Children and youth in British Columbia are nurtured in safe, caring, and inclusive schools and communities to ensure their well-being and maximize their potential.

Our Mission: To facilitate the use of evidence-informed approaches to promoting safe, healthy, and inclusive schools and communities.

Our Mandate: To provide research and resources which support the creation of safe and socially just schools and communities throughout the province.

To learn more about us and what is available through our centre...

Visit us online: www.bccssc.ca
safeschoolscommunities@ufv.ca

Office Hours: Monday to Friday 8:30 – 4:30 pm
 Closed Saturdays, Sundays & Holidays

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Theme: Dating Violence: Nurturing a Culture of Healthy Relationships

We can all identify concepts that make for healthy relationships. However, concepts are nebulous and can be difficult for teens to put into practice. The Canadian-based Teen Relationships Project found that half of all teenaged students were victims of verbal aggression (spreading rumors, getting even, hurtful teasing), one in four was a victim of minor physical aggression (pushing, grabbing, or smashing an object), and one in five was a victim of major physical aggression (slamming someone against a wall or slapping them). Teens need to know what to do when they encounter aggressive behaviors in a relationship because emotional, verbal abuse can be precursors to physical and sexual violence.

Recognizing aggression is important. Dating violence, a form of interpersonal aggression, refers to “any attempt to control or dominate another person physically, sexually, or psychologically, resulting in harm” (Wolfe and Feiring, 2000:360). This may involve any of the above behaviours, but may also be coercive/domineering behaviours that attempt to control how someone dresses, behaves, or spends time, or by terrorizing their partner into doing what the aggressor wants. Teens often lack relationship information and skills, and so do many adults. How might you be able to support a teen in your life who may be dealing with dating aggression? You could try giving them information like “Emotional abuse often stems from disrespectful ways through which a friend may try to get their needs met through the relationship”. In a healthy relationship, the one doing the asking will leave it up to the other to decide yes or no.

Establishing acceptable behaviours is a proactive way to help teens recognize aggression in action. To help a young person identify what behaviors they will accept from others, one might ask: “Does your partner ask for what he/she wants and then leaves it up to you to say yes or no? Or, do they use controlling behaviors like bossing, ordering, pressuring, or being demanding?” In a healthy relationship, partners or friends of good character will be more likely to know right from wrong, say what they mean, and do what they say. Lying, name-calling, spreading rumors, or uttering threats are markers of an unhealthy relationship.

Monitoring behaviour and supporting youth with relevant information are practical ways of showing youth that adults care. This is important because young people who experience dating violence in high school are at increased risk for violence later in life; not only in an intimate partner relationship, but with children as well (Ball, Kerig, & Rosenbluth, 2009). Being an effective parent or youth advocate is challenging work. Making use of teachable moments, being a positive role model, and showing young people that you care count. When we, and our teens, know better, we all do better.

This article was co-authored with Kaycee Jane, mother and author of the book, [Frog or Prince? The Smart Girl's Guide to Boyfriends](#). Holding an EMBA from Simon Fraser University, Kaycee Jane has been working with Dr. Julius Licata, Director of [www.TeenCentral.Net](#), [www.ParentCentral.Net](#) (on-line sites that offers parents, teens anonymous, free information and counseling) on a series of articles and podcasts dealing with dating aggression. To listen to these podcasts, [click here](#). Kaycee Jane is also listed on the Centre's updated [Speaker's Bureau](#) and has a website at [www.frogorprince.ca](#)

BC Centre for Safe Schools and Communities – 2011 Speakers Bureau Updated

The Centre has recently updated this provincial resource listing more than 100 workshops on topics related to safety, health, crime prevention, social responsibility, and social justice. Aiming to identify workshops grounded in theory and evidence to promote the well-being of children and youth, we are also interested to learn about additional needs and quality workshops to include as part of this collection. To access the Speakers Bureau [click here](#).

Additional community resources to promote healthy relationships:

Equityrules.ca – An interactive website for parents, teachers, and young people. Geared toward 8-14 year olds, youth will also find animated characters in a variety of scenarios to encourage healthy relationship decisions. Click [here](#) for more.

Signs of Dating Violence - Would you know if a friend was a victim of dating violence? Signs of abuse are not necessarily physical or even visible. You might not see the abuse or even know that it is happening, but there are signs you can look for. Click here for more information: [Danger Zone](#).

Promoting Healthy Dating Relationships – a short, informative [article](#) from the Canadian Red Cross outlining why dating relationships can be complex to address, this article also lists concrete steps for helping youth recognize their rights in a relationship. The article also provides information for recognizing abusive or assaultive behaviour.

Walk a Mile in Their Shoes: Resource on Bullying of Children with Special Needs

AbilityPath.org has published a report and guide online called "[Walk a Mile in Their Shoes](#)." It contains a parent toolkit, a teacher toolkit, and many stories. According to the authors, this is as a first step in their Disable Bullying campaign.

What's Your Internet Safety IQ? - The Canadian Centre for Child Protection aims to reduce child victimization. Kids in the Know, and services, such as Cybertip, a national tipline to report online sexual abuse of children, are featured on their website. Find additional tips and information for parents and educators to keep kids safe online, such as teaching teens how to practice safe texting. [Click here](#) for website.

The Commit to Kids Program - The Canadian Centre for Child Protection recently released The Commit to Kids program - a step-by-step plan to help prevent sexual abuse within child-serving organizations. Already distributed free-of-charge to more than 11,000 child-serving Canadian organizations, more information about the program can be obtained if you click [here](#). Parents can download a free copy of an informational card that provides three steps to help them select a child-safe organization.

Search Institute – Parent Resources – built on the 40 Developmental Assets, this parent resource contains research-based information and tools to promote healthy behaviors and relationships among youth. [Website](#)

TedxTalks: TEDx is a program of local, self-organized events that brings people together to share ideas worth spreading:

Bill Pozzobon speaks on, Breaking the Boys' Code of Masculinity

Bill has worked on gender and violence issues with youth and educators for over one decade. As Director of the SafeTeen Boy's Program, he trains the new SafeTeen Agents for Change and co-leads Educator Trainings locally, nationally and internationally. Bill invites boys and men to step into their full humanity with dignity and courage. To listen, [click here](#)

Anita Roberts – The Transmutation of Suffering Into Healing

Anita Roberts has been working in the field of violence prevention and women's empowerment since 1976. Her book, *SafeTeen: Powerful Alternatives to Violence* has been translated into Japanese and Chinese. Anita has traveled abroad to empower women, train educators and parents, and to teach youth to hold their power and speak their truth.

The Teen Relationship Project - initiated by LaMarsh Centre for Research, this project focuses on the use and abuse of power among Canadian children and youth. Visit their website for information on the extent of bullying, harassment, and dating violence to build awareness and change attitudes to help promote healthy relationships. [Website](#)

Ending Violence Association of British Columbia - (EVABC) is a provincial resource to support survivors of sexual assault, relationship violence, child abuse, and criminal harassment. For information and resources, visit their [Website](#)

National Crime Prevention Centre Publications: NCCPC initiates and disseminates practical knowledge to inform crime prevention practitioners in the development, implementation, and evaluation of local crime prevention initiatives. View some of their more recent publications by visiting their [website](#).

Programs and Responses:

Respect Ed Violence and Abuse Prevention offer a variety of programming options and toolkits to address abuse, bullying, violence, and sexual exploitation. These also include programs for Aboriginal youth and communities. For a flyer of their services [click here](#). For a list of programs click [here](#).

The Fourth R integrates best practice approaches to target multiple forms of violence, including bullying, dating violence, peer violence, and group violence. Fourth R has already been successfully integrated into the Planning 10 programs in BC schools. For information on the program's effectiveness and how this secondary school program is rolling out across BC, visit the [website](#).

Effective Violence Prevention Programs - The University of Calgary offers an electronic manual with research collected on 79 violence prevention programs relevant for both boys and girls. Locate information for effectively addressing vulnerable populations, including children with disabilities, by clicking [here](#).

Men for Change – Offering information about healthy relationships, this site offers toolkits and curriculum to foster positive male identities to reduce sexism and violence in relationships. For more [information](#).

Centre for the Study and Prevention of Violence – finding an array of publications, including Blueprints Promising Programs and Fact Sheets on violence prevention programs. [Click here](#) to access this resource.

Victims and Witnesses of Crime and Violence - Ministry of Public Safety and Solicitor General Dating violence includes any form of violence or abusive behaviour towards a boyfriend/girlfriend, or by an ex-boyfriend/ex-girlfriend. While many types of dating violence are crimes, all types of dating violence – physical, sexual, and emotional – are harmful. Visit their [website](#) to learn more about what you can do.

To speak to a Victim Services Worker call [VictimLink BC 1 800 563-0808](#). VictimLink BC provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Department of Justice Canada provides an overview of relationship violence outlining the nature and extent of dating violence in Canada. It also outlines criminal code provisions that may apply in cases of physical and psychological abuse and/or those motivated by age or sex-based bias, prejudice, or hate. [Website](#)

Important Dates:

May is Asian Heritage Month - To acknowledge the long and rich history of Asian Canadians in Canada, this marks an opportunity for Canadians to reflect and celebrate the contributions of Asian Canadians to the growth and prosperity of Canada. [Website](#)

Child Passenger Safety Month – The BCAA Traffic Safety Foundation works with families, communities, and business partners to reduce the number and severity of traffic crashes and injuries in BC. To learn about Alexa's Bus and more [click here](#).

Canada Safety Council - National Safety Campaign: May 17 - 23, 2011 [National Road Safety Week](#)

Canada Safety Council's annual awareness campaign shines the spotlight on behaviours that place drivers, passengers, and other road users most at risk: sober and alert driving, seat-belt use, and intersection-related incidents involving drivers, riders, and pedestrians.

May 25th - National Missing Children's Day - Every year, over 50,000 children are reported missing in Canada - an average of 1 child every 10 minutes. Each May, Missing Children's Society of Canada's annual 'Light the Way Home' campaign helps searching families to know that they are not alone.

To learn more or get involved, [click here](#).



May 30-June 5 – Safe Kids Week - Safe Kids Canada campaigns raise awareness about a specific type of injury and educates the public about prevention strategies. A different safety issue is chosen as the focus each year. This year focused on Child Passenger Safety.

June 21st - National Aboriginal Day - Aboriginal History Month is an opportunity not only to recognize the historic contributions of Aboriginal peoples to the development of Canada, but also the strength of present-day Aboriginal communities and their promise for the future. For more cultural and historic information, [click here](#).

June 27th - Canadian Multiculturalism Day - an opportunity to celebrate Canada's diversity and commitment to democracy, equality, mutual respect, and to appreciate the contributions of the various multicultural groups and communities. [Canadian Heritage](#).

Library Corner

The BC Centre's Library collection has many resources to promote healthy relationships. Below is a sample of titles that can be borrowed from our library:



The 6 Most Important Decisions You'll Ever Make: A Guide For Teens (2006) Teens face challenges today that are perhaps tougher than at any time in history: academic stress, parent communication, media bombardment, dating drama, abuse, bullying, addictions, depression, and peer pressure. Like it or not, the choices teens make while navigating these challenges can make or break their futures. This book supports teens to make informed and wise decisions.

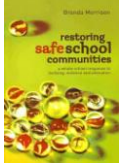
Becoming Peacemakers: Creating Just Relationships In Our Schools (2004) A manual for educators, parents, students, and other community members interested in changing the way conflict and violence are commonly addressed in schools. It is a tool for generating dialogue about and action toward creating fundamental change in handling school conflict and violence.

Frog or Prince: The Smart Girl's Guide to Boyfriends (2008) Young women (and boys) can learn how to identify their needs, negotiate these needs, and make healthier choices. Offering information and practical tools to differentiate between a Frog or a Prince, young people, as well as parents, can increase their social and emotional literacy by collecting tools to create safer, more satisfying relationships.



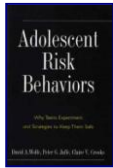
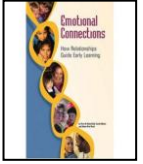
Our Boys Speak: Adolescent Boys Write About Their Inner Lives (2000) This book examines boys in a candid and real way. The information stems from survey conducted of over 5000 schools across the U.S. It examines the goals, fears, hopes, and dreams of adolescent boys and probes into feelings about sex, drugs, dating, sports, religion, depression and violence in the media.

Emotional Connections: How Relationships Guide Early Learning (2004) This resource translates the research on cognitive, social, and emotional development in the early years into the language of daily care giving and teaching. Trainers will find information and tools needed to teach an infant toddler how to build responsive relationships with very young children and their families.



Restoring Safe School Communities: A Whole School Response To Bullying, Violence, And Alienation (2007) Author Brenda Morrison shows that bullying, violence, and alienation are connected to many other problems, such as youth suicide and crime. The research evidence in this book also suggests that it is all preventable.

Community Safety And Indigenous Peoples: Sharing Knowledge, Insights, And Action (2009) Indigenous peoples are more likely than other groups to be the victims of violent crime. In some countries, they are often "singled out" and subject to police intervention in public spaces for public order offences and subject to under-policing, particularly in the case of violence against indigenous women.



Adolescent Risk Behaviors: Why Teens Experiment And Strategies To Keep Them Safe (2006) This book examines the importance of relationships for teenagers highlighting how healthy relationships can help teens avoid harmful behaviors, such as substance abuse, dating violence, sexual assault, and unsafe sexual practices. New strategies for encouraging healthy choices are introduced and discussed.

The Centre's library has resources for a wide variety of safety and social responsibility-related themes. We welcome you to search our [on-line catalogue](http://www.ufv.ca/bccssc) at <http://www.ufv.ca/bccssc> or call us for more information at 1-888-224-7233.

Upcoming Training, Conferences, and Events

Emerging from the Shadows, International Pasch Conference

May 12-15, Abbotsford, BC

Focussing on the topic of domestic abuse within Christian families and the faith community, this conference will explore the church's readiness to respond, and examine how leaders can work in more coordinated way with community agencies to address domestic abuse and violence. For registration information, [click here](#).

International Day Against Homophobia Breakfast

May 17, Vancouver, BC

Held in recognition of the International Day Against Homophobia and will be held at the Floata Seafood Restaurant in Chinatown. [More information](#).

Annual Missing & Exploited Children Conference

May 17-19, Winnipeg, MN

Speakers will be presenting on topics, such as the detection and investigation of child victimization, dealing with children who have experienced trauma, the victim experience, and internet-related exploitation. For more information or to register [click here](#).

Grand Gathering, Parent Support Services of BC

May 28, New Westminster, BC

Welcoming grandparents and children for a day of learning, sharing, gathering resources, and having fun together, there will be workshops for the adults and activities for the children throughout the day. Food and childcare provided. [For Information](#).

What you Need to Know: Meeting Your Needs through Program Evaluation

May 30-31, Vancouver, BC

A 2-day, hands-on program evaluation workshop designed to teach skills needed to complete a program evaluation. Topics include needs assessment, theory of change models, program logic models, process evaluation, outcome evaluation, and efficiency evaluation. For more information or to register [click here](#).

Canadian School of Peacebuilding

June 6 -24, Winnipeg, Manitoba

Each year [Canadian School of Peacebuilding](#) (CSOP), an institute of Canadian Mennonite University, invites the peacebuilders of the world to gather in Winnipeg, Canada for a selection of [5-day courses](#) held in June. Click [here](#) to register.

3rd National Conference on Restorative Justice

June 8-10, North Carolina

Bringing together academics, community leaders, educators, faith leaders, judges, politicians, policymakers, practitioners, and concerned citizens, this conference will explore the use of restorative justice principles and practices to meet local needs.

[Click here for information.](#)

Advanced Life Skills Training for Teens

June 11-12, San Marcos, CA

This workshop offers 2 days of training for empowering teens to make smart choices about alcohol, drugs, sex, and family relationships, and how best to respond to the pressures that youth face. [For information.](#)

Life Skills coach training

June 20 – 24, 2011, Vancouver

For group leaders who work in social services, career counselling, education, mental health, human resources, rehabilitation, or as consultants and trainers. A Life Skills coach facilitates learning and behaviour changes by practicing problem solving behaviours in a group environment through the use of experiential tools and techniques. [Registration form](#)

The 14th World Conference of the International Institute of Restorative Practices

June 15-17, Halifax, Nova Scotia

Educators, social welfare, criminal justice professionals, and scholars from many countries will share their experiences with restorative practices during plenary and small breakout sessions. [Click here](#) for more information.

Girl Bullying and Other Forms of Relational Aggression Conference

June 30- July 2, Las Vegas, NV

This conference will provide participants with research findings, insights, practical strategies, programs, and resources related to bullying. A primary focus on relational aggression in girls will be featured. [For more information.](#)

16th Biennial International Foster Care Organization Conference

July 10-15, Victoria, BC

Take part in educational experiences, networking occasions, and entertaining social activities centred on the theme of *Fostering Hope -Together We Can Make a Difference*. The theme is in recognition of the crucial role that parents, foster parents, social workers, clinicians, childcare workers, and extended families play in the life of a child. [For information.](#)

Canadian Association for Suicide Prevention 2011 National Conference, *New Conversations on Suicidality*

October 3-5, Vancouver, BC

Participants will include researchers, psychologists, nurses, physicians, social workers, counsellors, educators, policy makers, clergy, crisis centre staff, survivors, service recipients, and volunteers, as well as anyone whose personal or professional lives have been touched by suicide. Click [here](#) for conference details. Click [here](#) to submit your abstract for presentations.

Beyond the Blues: Depression Anxiety Education and Screening

October 6. Click on logo for more community events day information.



Making Connections Conference

November 2-4, Vancouver, BC

Watch for further further details on the BC Centre for Safe Schools and Community's website.

Early Years Conference 2012

February 2-4, 2012, Vancouver, BC

This conference will stimulate dialogue, reflection, a deeper understanding of a child's total development as rooted in their earliest relationships, and may revolutionize our approaches and practices with young children, their families, and their communities. [For Information.](#)

Hot Topics and New Releases

New Website Aims to Stop Gang Violence - Created to prevent youth involvement in gang activity by distributing information and resources to parents, teachers, and youth, these resources aim to de-glamourize the gang lifestyle to demonstrate the reality of gangs. [Get the Real Facts About Gangs and Crime Prevention in BC](#)

Hope and Belonging - Music Videos About Life Behind Bars - Young women and men from the Burnaby Youth Custody Centre teamed up with filmmakers from Vancouver's Reel Youth organization to create music videos about life behind bars. View artworks that contain intimate insights about how the young offenders feel, what they've learned from their mistakes, and their hopes for the future by clicking [here](#). To read a [news release](#).

The Gangster Next Door - a newly released CBC documentary that chronicles the rise of the recent gang problem in Vancouver and the Lower Mainland. Hear interviews with the mother of an gang member's girlfriend, a former member of a well-known gang, and the mother of an innocent victim killed by gang violence. Examining the changing profile of the typical gangster, as well as the impact of gangs on the community, you can view this 45-minute documentary online by [clicking here](#).

Eastside Aboriginal Space for Youth (EASY)

[The Eastside Aboriginal Space for Youth \(EASY\) Project](#) is designed to prevent high risk, Aboriginal youth in Vancouver from gang affiliation. The project provides a Late Night Resource Centre, outreach, recreational activities, and community engagement forums, and is delivered by the [Vancouver Police Department](#) and the [Circle of Eagles Lodge Society](#), with support from other urban Aboriginal organizations in Vancouver.

The F.O.R.C.E. Society for Kids' Mental Health – this educational website offers practical mental health care information and tools to assist professionals and families find information and support. Find two mental health guides packed with relevant information: one for teachers and one for families. [Find information](#)

Red Wire Media - facilitates uncensored spaces for Aboriginal youth to find their own voice. Media projects are initiated and led by youth, inspiring creativity, confidence, motivation and action. [Website](#)

Engaging and Empowering Aboriginal Youth – a recently published guide for front-line service providers, facilitators, educators, community partners, and researchers to help improve their work with Aboriginal youth. [Click here](#) for manual.

We would love to hear from you!

If you have a request for information for future newsletters or an event to support the goal of promoting safer schools and communities, please call or forward your correspondence to safeschoolscommunities@ufv.ca for consideration in upcoming newsletters. We look forward to hearing from you!



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