

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

About Us

Monthly Theme

Library Corner

Upcoming Events

Hot Topics & Releases

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 the Centre...

Visit us	www.bccssc.ca	Office Hours:	Monday to Friday 8:30 – 4:30 pm Closed Saturdays, Sundays, & Holidays
Online:	safeschoolscommunities@ufv.ca		
Contact us:	1-888-224-7233 (TF) 1-604-870-5927 (FAX)		A203 - 33844 King Road Abbotsford BC V2S 7M8

Integrating Restorative Action in Bullying Prevention

Restorative action is used in communities who value conflict as a potential source of individual growth. It is a practice that helps children, youth, and adults understand the effect of their actions on others, and builds skills for resolving conflicts peacefully. Restorative action utilizes empathic listening, open-ended questioning, summarizing, paraphrasing, and identifying underlying needs and interests (Gillman and Bowler, 2004). As a relationally-based response to undesirable behaviour (Bargen, 2010), restorative action is premised on the principles of restorative justice. It provides an opportunity for those most affected by an injustice to have a voice in the resolution process (Gilman and Bowler, 2004). Consequently, it is common for the victim, offender, family members, and a community member to play an active role in the resolution process.

In contrast to restorative methods, more traditional responses to undesirable behaviour tend to be confrontational; placing a central focus on the *rule* that has been broken, along with the consequent punishment that the rule-breaker must face. As well, traditional forms of justice are generally overseen by an authority figure (eg. Judge or school principal) who may impose punishment for behaviour. This not only suggests that the rule-breaker is not required to take responsibility for their actions, but can also be more alienating for all involved since traditional methods are less open to input from others in the resolution phase. In effect, adversarial and alienating methods of problem solving generally do not make use of real life opportunities where individuals can learn and practice problem solving skills in the presence of skilled mediators.

Although the term restorative action is often used in place of restorative justice when working in school-based settings, this is done to avoid a negative association with law-breaking (Bargen, 2010). In school settings, incidents involving name-calling, harassment, social exclusion, physical fights, threats, and bullying can often be responded to more effectively using restorative processes. Mediation, group conferencing, talking circles, and peace circles are examples of these processes. While these may be more time-consuming in the short term, done effectively, these processes have been more effective in the long run because they impart valuable skills and engage youth in ways that matter. Not only is a restorative approach an effective tool for “granting justice, closure, restoration of dignity, transcendence of shame, and healing for victims” (Braithwaite, 2002: 69), over time, utilizing restorative practices is a more cost effective way to prevent future crime (Strang and Braithwaite, 2001) and model social responsibility.

To learn more about how restorative action works, including the research evidence on its effectiveness for schools, staff and students, download the [Centre’s new fact sheet](#).

Remember: November 13-19 is Bullying Awareness Week! More important dates below.

Things you Can Do:

Make Space for Children - Do you have a role in creating children's play environments? This free booklet from the [Society for Children and Youth of BC](#) discusses the child's right and need to play and the forces that influence their play opportunities. It covers how adults can effectively facilitate children's play and provides practical guidance on how to move from inspiration to action. [Download here](#).



Share Relevant Facts and Statistics:

- First Steps to Stop Bullying and Harassment: Adults helping youth aged 12 to 17. [Website](#)
- Fact Sheet on [Bullying and Harassment](#) (BC Centre for Safe Schools and Communities)
- Fact Sheet on [Homophobia](#) (BC Centre for Safe Schools and Communities)

Arrange Training in Your Community:

[Speakers Bureau](#) – promote whole school learning by coordinating safety programming in your schools

[Non Violent Communication \(NVC\)](#) – develop skills based on "power with" instead of "power over" others.

[Internet Safety](#) – access this internet tutorial to become more effective in teaching young people how to be safe, wise, and responsible Internet users.

Advocate for Effective Programming

- **Kids in the Know**- a key program of the Canadian Centre for Child Protection (www.protectchildren.ca). Designed to empower children and reduce their risk of victimization, this interactive personal safety education program (www.kidsintheknow.ca) matched outcomes mandated by Departments of Education across Canada. This program recently released its 2nd Edition and is now available by individual grades. Educators and parents are encouraged to visit the website for more information, and to visit the links below for many other age-appropriate resources to help keep kids safe online and in the ‘real’ world.



- **WITS – Free Resources to Prevent Peer Victimization and Bullying**

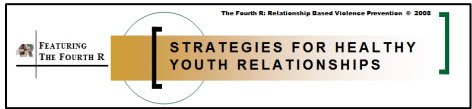



Bullying and peer victimization place children at increased risk for a range of physical and mental health problems from an early age. The WITS Programs, which have been developed and extensively tested in BC, provide steps for elementary school children to deal with peer victimization when it happens. See the four minute introductory video describing the program at <http://vimeo.com/12864214>. The WITS Programs resources are free, available

on-line and can be accessed by teachers, parents, community leaders and others anywhere in the province

at www.witsprogram.ca

- **The Fourth R(RELATIONSHIPS)** is a prevention program that diminishes youth violence, substance use, and unsafe sexual behaviour while offering healthy alternatives. Since 2000, the Fourth R has developed and promoted programs specific to BC Planning 10, Alternative Programs, and Aboriginal Perspectives. The Fourth R is an [evaluated program](#). Training is available in Northern and Eastern BC and for all school districts that have not had a Fourth R training in recent years! Please contact Janet Eviston, BC's Fourth R BC Leader, for training opportunities and details! Email: jeviston@vsb.bc.ca.



- **Choose Your Voice** - Help Students Learn about the Dangers of Hatred and Stereotyping. A collaboration of community and business leaders have worked together with the Canadian Jewish Congress to create 4 lesson plans for students in Grades 6, 7, and 8. These lesson plans meet curriculum requirements for Language Arts, Social Sciences, Religion, Physical Education, Arts and Drama, and Social Responsibility. Lesson plans are adaptable for high school students, ESL, and gifted learners. Learn from what students have to say by [clicking here](#). To learn more about the free kit: [click here](#).
- 
- **Promising and Model Crime Prevention Programs, Volume II**
NCPC is pleased to present [Volume II](#) (electronic version only) of this reference tool for all those concerned with reducing delinquency, violence, and insecurity through prevention. The compendium contains 20 new descriptions of innovative, promising, and model prevention programs.
 - **Kids Against Bullying**– Information just for kids. [Website](#)
 - **Teens Against Bullying**– Information just for Teens. [Website](#)
 - **Bully Free Alberta** – This website offers practical resources for parents, teens, and community members, including tools to prevent or intervene in a bullying situation. [Website](#)

Important Dates:

October 16 World Food Day – is a worldwide event designed to increase awareness, understanding, and inform year-around action to alleviate hunger. Canada - [Information](#) United Nations [Website](#)

October 17-23 YWCA Week Without Violence™

Join more than 9,500 people in schools, workplaces, and neighbourhood organizations throughout Canada who recognize this annual violence prevention initiative aimed at making violence a thing of the past. [Website](#)

November 7 – 11 Media Literacy Week – This year's theme is Digital Citizenship which aims to encourage young people to think about their online lives, and their rights and responsibilities as digital citizens. [Website](#)

November 13 – 19 Bullying Awareness Week – This year's theme is "Stand Up! (to bullying)". Take the theme and make it your own in your community. [Website](#)

November 16 International Day of Tolerance – In a world tied by trade and information technology, a focus on tolerance has been created to counteract rifts between and within communities to mitigate poverty, ignorance, and conflict." To [learn more](#)

November 20 National Child Day - An opportunity to celebrate progress and participate in a national discussion to promote the well-being of children. For campaign information, [click here](#). Canadian Coalition for the Rights of the Child, [website](#).

December 2 International Day for the Abolition of Slavery- Observed annually to remind people that modern slavery works against human rights. Click [here](#) to obtain flyers, posters, leaflets, and newsletters for distributing.

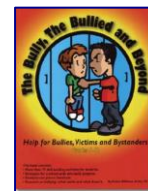
February 29, 2012 – Pink Shirt day, Start preparing and planning early. Information about Anti-Bullying Day in Punjabi can be located on the BC Government Website: [Click here](#)

Library Corner

The BC Centre's Library has resources to promote the well-being of children and youth. View a sample of book titles that can be borrowed free of charge:

The Bully, the Bullied and Beyond: Help for Bullies, Victims and Bystanders(2005)

This book provides a comprehensive set of lessons aimed at eliminating bullying in schools. Included are more than 300 pages of skill-building activities for children.

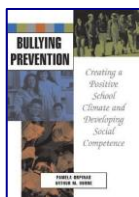
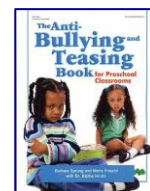


Bullying in Schools: How Successful Can Interventions Be?

Working on the principle that we can learn from success as well as failure, this book examines the processes, outcomes, and critically assesses reasons for success or failure. With contributions from leading researchers in the field, it is an important addition to the current debate on tackling the problem of bullying.

The Anti-bullying and Teasing Book for Preschool Classrooms (2005)

Teasing and bullying can affect a child's learning, physical health, and emotional well-being. This book uses activities, the classroom environment, and family involvement to develop empathy in children and create a climate of mutual respect in the classroom. With over 40 activities that focus on managing teasing and bullying by cultivating friendship, community, and positive feelings, teachers of young children can address harmful behavior before it develops.

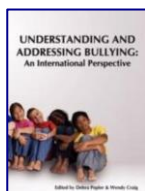
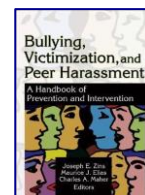


Bullying Prevention: Creating a Positive School Climate and Developing Social Competence (2006)

This text suggests evidence-based practical and innovative ways schools can become safe havens for children by addressing contextual and individual factors associated with bullying prevention and social competence.

Bullying, Victimization, and Peer Harassment: A Handbook of Prevention and Intervention (2007)

Provides an extensive review of innovative, evidence-based practices and highlights complex problems associated to peer victimization, harassment, and bullying in our schools.



Understanding and Addressing Bullying: An International Perspective (2008)

Chapters provide understanding and guidance to help the reader respond to the Kandersteg Declaration's call to action: "... Every child and youth has the right to be respected and safe. Bullying is a violation of this basic human right. It is the moral responsibility of adults to ensure these rights are honoured and that healthy development and citizenship are promoted".

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 at <http://www.ufv.ca/bccssc> or call us for more information at 1-888-224-7233.

Upcoming Training, Conferences, and Events

University Lecture Series at UFV – Find Strengths, Building Hope: New Approaches to Helping Children with FASD **October 6, University of the Fraser Valley, Abbotsford Campus, Room B121**

Where some people focus on weaknesses, Dr. Chris Bertram prefers to focus on strengths. This UFV kinesiologist has been working with a research team for five years, trying to find ways to help children with Fetal Alcohol Spectrum Disorder live up to their full potential. [Read more](#) about this presentation.

Beyond the Blues: Depression Anxiety Education and Screening October 6th

The next Beyond the Blues: Depression Anxiety Education and Screening Day community events will be held October 6th. [Click here](#) for more information or to access resources, such as an online depression/anxiety/risky drinking screener self-test.

Fresh Voices from Long Journeys: Insights of Immigrant and Refugee Youth

October 13-14, Wosk Centre for Dialogue, Vancouver, BC

The Representative for Children and Youth of BC and Vancouver Foundation are hosting a Summit for Immigrant and Refugee Youth. The summit will explore issues of identity, belonging and inclusion in the context of different systems – school, community, home. Approximately 100 young people will be joined by 60 policy makers, funders, service providers whose work and decisions shape the ability of newcomers. [Information](#)

British Columbia School Counselors Association Conference

October 19 – 21, Vancouver, BC

The largest gathering of school counsellors in British Columbia, this year's theme is Youth In Mind: Child and Youth Mental Health. To view the lineup of keynote presentations, workshops, and special events, visit the [website](#).

Parent Night – A Free Education Event Featuring Dr. John Medina

October 20, Burnaby, BC

Author and developmental molecular biologist, Dr. John Medina, has a lifelong fascination with how the mind reacts to and organizes information. His books, "Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School," and his latest book "Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five" is a must-read for parents and early-childhood educators. For more information [click here](#).

Stepping Stones for Success: Hope for Vulnerable Youth

October 21, Burnaby, BC (Provincial Pro-D Day)

Coordinated by the Burnaby School District, workshops will be featured on the topic of building resiliency in the classroom, addressing mental health issues, empowering parents, building safe school climates, and enhancing Aboriginal education. Keynote speaker will be John Medina, author of *Brain Rules*. For more information [click here](#).

Understanding the Pathways of Youth Violence and Trauma

October 21, New Westminster, BC (Provincial Pro-D Day)

Surrey Safer Schools Together presents a one-day workshop for educational staff, mental health professionals, youth workers, and other community service providers. Keynote speakers will be Dr. Marlene Wong (Effects of Trauma on Children) and Dr. Leena Augmeiria (The Identification of Early Risk Factors). For more information [click here](#).

Making Connections Conference

November 2 – 4, Vancouver, BC

This 14th annual conference will feature a preconference workshop on November 2nd, led by Dr. Tim Lewis on getting started with PBS for school teams. This conference focuses on individual, small group, classroom, school and district-wide systems to promote student success. Sessions will be offered that showcase school and district successes, as well as information regarding the most recent evidence-based practices. [For further details](#).

Bullying and Intolerance: From Risk to Resiliency

November 6 – 8, New Orleans, LA

An annual conference offering a wide-variety of scientific research-based best practices and practical resources to help in the prevention, intervention and recovery of peer abuse. [Information](#)

Family On-line Safety Institute Annual Conference and Exhibition

November 9-10, Washington, DC

An international audience of policymakers, internet industry leaders, educators, legislators, law enforcement, Internet safety advocates, teachers, and technologists, this year's event will be an opportunity for all stakeholders to discuss innovative ways to keep kids safe online. [For information.](#)

Be Visible, Connecting Evidence to Action in Injury, Violence and Suicide Prevention

November 16-18, Vancouver, BC

Highlighting the latest and best practices in injury prevention and safety promotion policy and programs this conference will also discuss networking between sectors to promote action and policy change. Suitable for those from public health, transportation, sports and recreation, child protection, or social services. Student rates and one day registration fees available. More [information](#)

Early Years Conference 2012

February 2 – 4, 2012, Vancouver, BC

Dialogue, reflect, and gain a deeper understanding of a child's total development rooted in early relationships. The conference aims to revolutionize current approaches and practices with young children, their families, and their communities. [For Information](#)

National Conference on Bullying

February 15-17, 2012, Orlando, Florida

This U.S. National Conference will take an in depth look at the cause, prevention, and mitigation of what has become one of their nation's most pressing problems. [School Safety Advocacy Council](#)

21st National (American) Conference on Family Literacy

March 24 – 26, 2012, San Diego, CA

Individuals and businesses have opportunities to share strategies, resources, and innovations with leaders in the fields of family learning, literacy, early childhood development, adult education, and parent engagement. [Information](#)

American Educational Research Association (AERA)

April 13-17, 2012, Vancouver, BC

The mission of AERA is "to advance knowledge about education, to encourage scholarly inquiry related to education, and to promote the use of research to improve education and serve the public good". For information on this conference, including calls for submission, click on [flyer](#).

It's a Matter of Justice: Conference on Adolescents and Adults with Fetal Alcohol Spectrum Disorder

April 18– 21 , 2012, Vancouver, BC

This year's theme will bring together a diverse group of professionals and families to share research, experience, and practice in order to sustain and enhance the lives of adolescents and adults with FASD, their families, service providers, and communities. [Click here](#) for more information.

Canada International Conference on Education (CICE)

April 22 – 26, 2012, Toronto, Canada

The CICE is an international refereed conference dedicated to the advancement of the theory and practices in education. The aim of CICE is to provide an opportunity for academicians and professionals from various educational fields with cross-disciplinary interests to bridge the knowledge gap, promote research, and the evolution of pedagogy. [For Information](#)

Girl Bullying and Other Forms of Relational Aggression

June 28 – 30, 2012. Atlanta, GA

This conference will provide attendees with research findings, insights, practical strategies, programs and resources related to bullying with a primary focus on relational aggression in girls. [Information](#)

Visit the [Centre's website](#) for on-going updates for conferences, events, and professional development opportunities.

Hot Topics and New Releases

New Fact Sheet – Driving and Personal Electronic Use Under section 214 of the British Columbian Motor Vehicle Act, it is illegal to use any hand-held device while operating a vehicle. The BC Centre for Social Responsibility has developed a new fact sheet highlighting issues surrounding this new legislation. To read it, [click here](#).

The Crime Remediation and Crime Prevention Grant Funding Program has opened funding for projects identified with emerging issues (eg. gang prevention, combating human trafficking, sexual exploitation). Preference also given to projects that strengthen B.C. families and support vulnerable communities. Click [here](#) for more information.

Digital Citizenship and Social Action Grants In honour of Media Literacy Week, the Canadian Teachers' Federation and Media Awareness Network is focusing on digital citizenship and social action. Subsidies of \$500 - \$750 are being offered to schools for student-led projects. When applying for funding teachers are encouraged to think about technology and social media and how to use it to engage youth; to mobilize for a cause; and to put research into action at the community level. Apply by Nov. 7. Contact info@imagine-action.ca

Healthy Living Toolkits contain information, resources, and tools for assisting children with mental health challenges. Visit the [Kelty Mental Health Centre](#) to learn more.

Making Choices: Parenting Program Inventory – a website that offers a variety of tools for parents and support to those working to strengthen families. [Website](#)

Connect Safety – A Parents' Guide to Facebook can help parents understand the social media venue and how to use it safely. Download it [here](#).

iPhone App Simulates Teen Dating Abuse

While mobile technology has become more widespread, it has also led to new forms of abuse especially for teens in bad relationships. The Love is Not Abuse iPhone app is giving parents a taste of digital relationship abuse by training parents how to recognize characteristics of abusive relationships. [Website](#)

UK Parents to be Urged to Report 'Sexual' Imagery Aimed at Children

Parents will be able to report products, television programmes or other services which promote images of a sexual or risqué nature to young children to a new whistleblowing website, David Cameron is to announce. [News article](#).

Red Wire Media – initiated and led by young people, an 'uncensored' space to help Aboriginal youth strengthen their voice through creativity, confidence, motivation, and action has been created. Visit the new [Website](#)

Engaging and Empowering Aboriginal Youth: A Toolkit for Service Providers – access a recently published toolkit for service providers to advance practices in working with Aboriginal youth. [Click here](#) for manual.

Girl Trouble - is a new award-winning documentary that examines 3 personal stories about teenagers entangled in San Francisco's juvenile justice system. A tool to facilitate dialogue about crime, punishment, gender, economics, and race in schools or community organizations, purchasing information can be located at the following website: <http://www.criticalimages.org>

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.



www.bccssc.ca



www.bccnpsd.ca



www.bccsr.ca