

Safe Schools Action Plan



Family Resource for Anti-Bullying Action Week

From November 22-26, 2021, HWDSB will join school boards and community partners across Ontario to recognize Bullying Awareness and Prevention Week. HWDSB students and staff will engage in a series of lessons focused on anti-bullying action.

Please see below the lessons, learning goals and resources that families can review at home.

| Lesson Title | Learning Goals |
|--------------------|--|
| 1.) What is Power? | <u>Elementary & Secondary</u> : Students will learn about bullying, focusing on the concept of 'Power Over.' |

| | |
|-----------------------|--|
| 2.) What is Bullying? | <u>Elementary & Secondary</u> : Students will learn how bullying is linked to a power imbalance. We will also discuss misconceptions about bullying. |
|-----------------------|--|

| | |
|---------------------------------|---|
| 3.) What if I am Being Bullied? | <u>Elementary & Secondary</u> : Students will learn about different facts about bullying and identify adults they can turn to if/when they experience bullying. |
|---------------------------------|---|

| Home Resources |
|---|
| Parents – How to Encourage Empathy Bullying – What Parents Need to Know Types of Bullying Signs of Bullying Bullying & the Brain (Dr. Jean Clinton) HWDSB Helps Mental Health and Well-Being at HWDSB |

HWDSB Helps

An anonymous way for students to find help for themselves and one another.

We all have the power to help.

Get help or share anonymous tips.

- Text message to **905-963-0066**. Standard rates apply.
- App for iOS and Android
- Web chat at www.hwdsb.on.ca/hwdsbhelps

Questions?

Please contact your school principal.

www.hwdsb.on.ca/hwdsbhelps