

# Anti-Bullying Initiative: Empowering Youth to be Active Bystanders and Leaders

Presented by: Hanne Brahim, Candice D'Souza and Lorraine Kinsman



# Agenda

## The Partners

- Immigrant Services Calgary (ISC)
- Calgary Bridge Foundation For Youth

## The Project

- Overview of CBFY
- The Pilot Project: Anti-Bullying Initiative (ABI)

## Discussion

# Calgary Bridge Foundation for Youth

- Unique stakeholder in the children & youth portfolio within the immigrant & refugee sector in Calgary
- Partnership agreements with both Calgary Board of Education & Calgary Catholic School District
- Our programming has been built on a systems approach that features a strong inter-agency collaboration across the Calgary non-profit sector using a human and social science lens



# Calgary Bridge Foundation for Youth

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- CBFY offers youth programs and activities to support successful educational resettlement for newcomer immigrant & refugee youth using a strengths-based approach
- Our programming includes mentorship, afterschool programs, summer camps, social/emotional supports, settlement services, skills development, youth conferences and celebrations, as well as youth safety supports including our Telus Youth Safety Initiative and development work related to a Peace Education initiative to be focused in schools



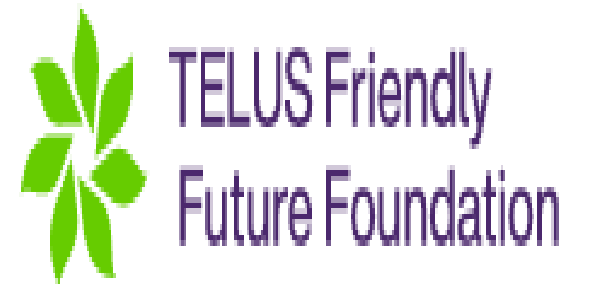
# Calgary Bridge Foundation for Youth

## **The TELUS Youth Safety Initiative:**

School-based, after-school prevention and health education program.

Preventing violence, risky behaviors and substance use among racialized at-risk youth.

- **School-based presentations in requested classrooms**
- **Small-group and individual support as needed with specific clients (school/family recommendations)**





# Calgary Bridge Foundation for Youth

## Peace Education Toolkit for Educators

- A program in the planning stages
- Drawing on the successful implementation in three elementary schools over 15 years
- Significant reductions in negative conflicts, bullying-like behaviours (verbal, physical, emotional, digital) by changing the nature of interactions from the earliest ages



# Peace Education Toolkit for Educators

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- Included opportunities to collaborate with Roots of Empathy, connections to the United Nations Peace Initiatives (Peace Day, Pinwheels for Peace, Peace Poles, Peace Day Challenges, etc.)
- Possibilities include signage (words matter), leadership opportunities, community projects, literature, community building activities, conflict resolution practice, music, gatherings, community service, art/drama/dance, use of physical spaces, Indigenous connections



# Anti-Bullying Initiative

**Bullying  
Impact on  
Youth Mental  
Health**

**Pilot Project:  
Anti-Bullying  
Initiative**

**Direct  
Implication:  
Community  
Advocacy**

[immigrantservicescalgary.ca](http://immigrantservicescalgary.ca)

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# Project Development



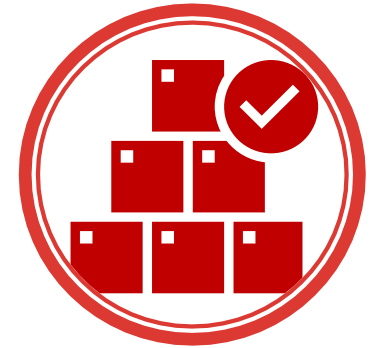
Immigrant Services Calgary saw a need of developing and implementing an anti-bullying initiative in Calgary. A lack of resources and programs prevented the community and agencies from learning new skills



To achieve our goal of empowering youth, we gave youth ownership to design the curriculum contents. Members of ISC's Youth Advisory Council (YAC) took the lead in collaboration with an experienced consultant to develop the anti-bullying initiative



Through the development of the initiative, we realized that the best way of promoting the curriculum was working closely with youth workers and partner agencies that could promote the initiative on their daily activities.



The Anti-Bullying Initiative launched as a free training program with the support of IRCC to teach youth how to stand up to bullying with skills they will carry through life.



# Reporting Bullying Incidents

Research states students especially newcomer youth in Canadian schools experience an alarming rate of bullying unreported incidents.

Youth participants revealed 67% experienced bullying in their life.

97% of youth indicated they knew someone within their school/community who had been bullied in the past twelve months.

Bullying is seen as a shared experience that not only impacts the way a young person functions but also the way a youth respond to the incident.



# Program Goals



# Train the Trainer Module

## Your ABI Toolkit

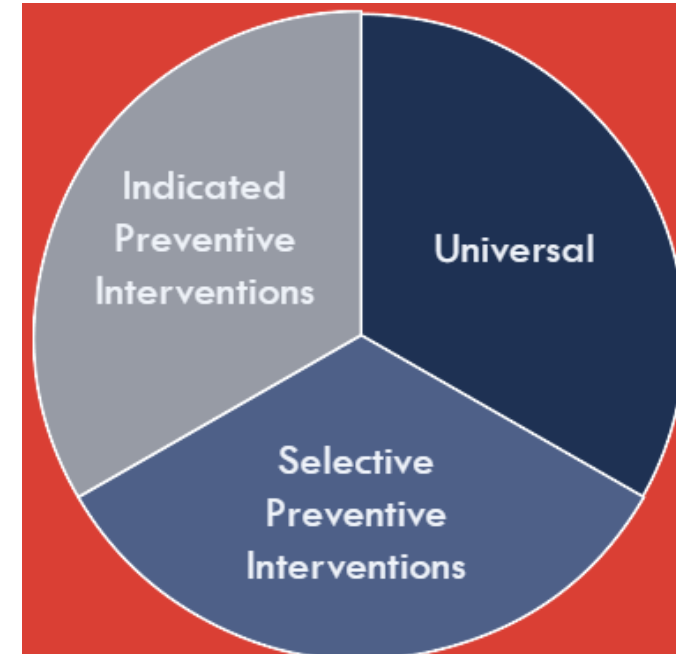
### Put a Finger Down If...

- Put a finger down if you have ever attended an anti-bullying assembly.
- Put a finger down if you have ever noticed anti-bullying posters in your school.
- Put a finger down if you have had teacher complete anti-bullying talks in the classroom.
- Put a finger down if you have had a guest speaker come to your classroom/assembly to talk about bullying.
- Put a finger down if a guidance counselor has ever visited your classroom to talk about the effects of bullying on mental health.
- Put a finger down if you know where to go if you have been a victim of bullying.
- Put a finger down if you have completed an anti-bullying program.
- Put a finger down if you have attended an anti-bullying presentation.
- Put a finger if you have ever participated in conflict resolution training.

- 1 • Notice that something is happening
- 2 • Interpret the event as bullying
- 3 • Take responsibility for providing help
- 4 • Decide how to help
- 5 • Take action to provide help

**KidsHelpPhone.ca**  
**1 800 668 6868**

**Kids Help Phone**

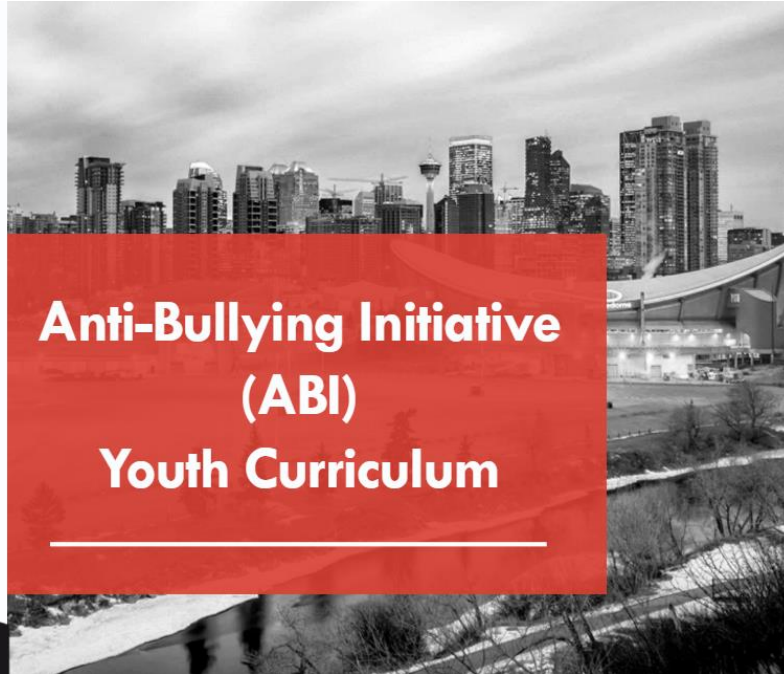


# Youth Curriculum

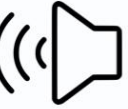


**STOP**  
**BULLYING**  
STAND UP. SPEAK OUT.

## Anti-Bullying Initiative (ABI) Youth Curriculum



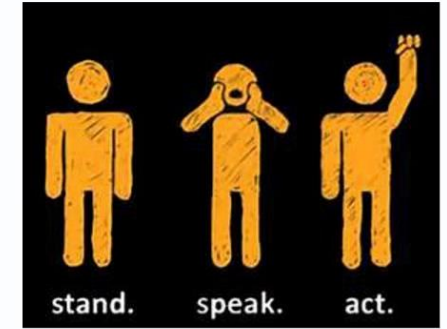
### What does it mean?



BYSTANDER



ACTIVE BYSTANDER



### Convention on the Rights of the Child Article 13

1. The child shall have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds, regardless of frontiers, either orally, in writing or in print, in the form of art, or through any other media of the child's choice.

2. The exercise of this right may be subject to certain restrictions, but these shall only be such as are provided by law and are necessary:

(a) For **respect of the rights or reputations of others**; or

(b) For the protection of national security or of public order (order public), or of public health or morals.





# Lessons Learned

## Improve evaluation process

- Youth evaluation engagement
- Simpler process
- Verbal feedback

## ABI partner engagement

- Ongoing collaboration
- Maximize program exposure

# Results

November 2021 – November 2022

**16 ABI  
Partner  
Agencies**



**85 Youth  
Workers  
Trained**



**282  
Youth  
Trained**



# Community Response

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*“We loved that it was free! We prompted it even more because of the value! The training was welcoming and inclusive, and the tools were so practical. There is currently no bullying training available. We even searched Google. We wanted a train-the-trainer to scale the offering and offer it inside our organization. We wanted targeted programming. We found that in ABI” - **Closer to Home***

*“When working with youth in religious settings, there is a prejudice towards the LGBTQ2 community. During the training, we challenged this bias and saw the shift in perception. It was eye-opening to see how their (the youth’s) religious beliefs were changed, and the youth walked away with a paradigm shift” - **Immigrant Outreach Society***

*“The content was what attracted us to the program. Bullying is an important topic, and we do not have curriculum-based training on the subject. ABI stood out because it can be easily embedded into existing programs. We will recommend this program” - **Calgary After School (The City of Calgary)***



# Next Steps

- 🍁 Expanding initiative nationally
- 🍁 Attend provincial and national conferences
- 🍁 Develop an Anti-Bullying Symposium for partner agencies and the community
- 🍁 Continue working with signed partners to promote and update the curriculum

🍁 “Education needs a paradigm shift. Subjects that should be taught in schools: active communication, conflict resolution, attachment theory, emotional regulation, nervous system awareness and how to create healthy relationship dynamics”.

Lorraine Kinsman <LKinsman@cbfy.ca>

**- Dr. Nicole LePera, psychologist and author, “How To Do the Work”**





# Question & Answer Session

**Hanne Brahim**

[HanneB@immigrantservicescalgary.ca](mailto:HanneB@immigrantservicescalgary.ca)

**Candice D'Souza**

[CandiceD@immigrantservicescalgary.ca](mailto:CandiceD@immigrantservicescalgary.ca)

**Lorraine Kinsman**

[LKinsman@cbfy.ca](mailto:LKinsman@cbfy.ca)

