



Atlantic Summer
Institute on
Healthy and Safe
Communities

l'Institut d'été
sur les collectivités
sûres et en santé au
Canada atlantique

Posterboard Presentation

Northwestern N.B. Says NO to Bullying!

Description of Presentation

The link between bullying, social exclusion, and level of literacy is very complex. Studies show that social anxiety and depression in children interfere with learning. Bullying and victimization contribute greatly to dropping out and low participation. Students who feel included and appreciated at their school and who are involved in academic and extracurricular activities are much more likely to develop social skills and a higher level of literacy, as well as to contribute actively and positively to a healthy atmosphere at school.

Say NO to Bullying is a prevention and intervention program for elementary schools that was developed and adapted from recognized, well-established programs. Since 2002, we have developed this program in 15 schools in northern New Brunswick, on a strictly VOLUNTEER basis!!! A wonderful example of community leadership and mobilization! The aim of the anti-bullying program is to reduce the level of physical and verbal aggression in schools (kindergarten through Grade 8) and also to educate school staff and students and equip them with the necessary aptitudes and attitudes to manage the aggression problem and promote a zero-tolerance attitude toward bullying. The program takes a non-punitive approach, where an atmosphere of trust prevails at school and in the classroom and the children feel safe and listened to by adults, in a social context that is welcoming and inclusive. It is an educational approach that fosters socialization and advocates the values of tolerance and respect.

Presenter
Nathalie Cyr



Nathalie Cyr attended the Université de Sherbrooke, where she obtained an honours bachelor's degree in Psychology. Since 1998, she has worked for the Department of Public Safety as a probation officer for adults and young offenders. She is president of the organization Pro-Jeunesse. She is also a member of the Executive of the Northwest Crime Prevention Committee, and since 2002, she has worked on a volunteer basis to develop anti-bullying programs in northern New Brunswick's elementary schools. In 2005, the Department of Public Safety recognized her for her work and her involvement in her community and crime prevention activities, and in 2006, the Association des parents francophones du Nouveau-Brunswick presented her with its Prix des Parents [Parents Award]. She has just been selected for the provincial initiative "21 leaders for the 21st century."



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The recommended interventions are aimed at changing attitudes, behaviour, and standards with respect to bullying on the part of all children at the school. Led by their teachers, the students learn how to recognize the problem and what they can do about it. They learn they can develop strategies to intervene themselves or enlist the help of adults to stop bullying. The problem-solving methods favoured seek to address the harm done, strengthen ties, and restore a feeling of belonging among those affected. The program also encourages good behaviour by means of a recognition and rewards system for all acts of kindness toward others.

The program is designed to involve all adults at the school, i.e. teachers, principals, bus drivers, cooks, custodians, teacher assistants, parents, and interventionists. The presentation will describe the steps involved in introducing this program, the engagement and mobilization of key persons, training, and implementation.

How you will benefit

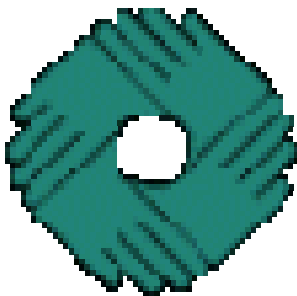
- Learn about the effect of bullying on children's learning and learn about the initiatives of anti-bullying programs in schools aimed at equipping all of the players concerned with tools.
- The presentation will describe the steps involved in introducing this program, i.e., motivation for engagement, mobilization of key persons, training, and implementation.
- Example of mobilization, inter-regional partnerships, networking, sharing of abilities and knowledge.

Handouts

Available during the presentation

Resources

Available during the presentation



Contact Information

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