

## ***Anti-Bullying and Positive Behaviour Programs and Resources***

This chart is intended to provide a list of evidence-based anti-bullying and positive behaviour programs and resources, for a specific target audience.

Title of Program, Initiative and/or Activity	Audience (e.g., Whole School, students, parents)	Short Description (please include relevant links)	Evidence-based / Promising Practices / Emerging Practices	What factors make this program effective?	Link
<b>Bullying / Cyberbullying</b>					
Kids Help Phone	<input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input type="checkbox"/> Educators (e.g., pedagogy)	24/7 national support service with counselling, information and referrals by phone/text/online in English and French	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	In 2018 <ul style="list-style-type: none"> <li>• Each day over 1,000 young people reach out for resources, counselling, live chat or to text across Canada.</li> <li>• 86% of users accessing Kids Help Phone reported feeling better after a texting conversations.</li> <li>• Conduct 4-6 active rescues per day through texting service</li> <li>• 7% of texters say they would have gone to the emergency room without help from Crisis Text Line.</li> </ul>	<a href="https://kidshelp-phone.ca/">https://kidshelp-phone.ca/</a>
COPA	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	Offering access to resources and online training in French and English, for educators, families and students about online safety, bullying prevention, mental health, and empathy. <b>INTERACTIVE WORKSHOPS</b> <ul style="list-style-type: none"> <li>• <a href="#">Safe At School</a>: Online training modules for all school staff on bullying and cyberbullying prevention, and building safe and inclusive school environments for all.</li> <li>• <a href="#">We All Belong</a>: Resources to help foster parent/caregiver engagement, prevent bullying, and create safe and inclusive school cultures.</li> <li>• <a href="#">Joining the Circle</a>: Educator tool kit about Indigenous identity, racism and discrimination, strengthening relationships with families, nurturing safe and healthy schools with families.</li> <li>• <a href="#">A Circle of Caring</a>: Bullying prevention resources for First Nations, Métis and Inuit Communities, Families, and Schools.</li> </ul>	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>• Whole-school educational programs in French and English language. Some are available in Indigenous languages</li> <li>• Innovative, practical programs and multimedia resources are evidence-based, and founded on principles of equity and inclusion.</li> <li>• Collaborated with Ontario’s Teachers’ Federation, Ontario Francophone Teachers’ Association, and Ministry of Education</li> </ul>	<a href="https://infocopa.com/copa-in-english/programs">https://infocopa.com/copa-in-english/programs</a>

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<a href="http://www.egale.ca">Egale</a>	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	Bullying and cyberbullying prevention resources and webinars for Lesbian, Gay, Bisexual, Transgender, Queer (or Questioning), Intersex and Two-Spirit (LGBTQI2S) students, parents and allies, including online GSA groups and mental health tips during the COVID-19 pandemic.	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>National leader in promoting safe, inclusive and equitable education.</li> <li>Resources are grounded in evidence-based data.</li> <li>Focused on preventing and responding to cyberbullying/violence with LGBTQI2S students</li> </ul>	<a href="http://www.egale.ca">www.egale.ca</a>
<a href="https://ccgsd-ccdgs.org/campaigns/">Canada Centre for Gender and Sexual Diversity</a>	<input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	Youth-oriented programs and resources for LGBTQI2S students and allies including: A Quick Guide to Pronouns, How to spot Homophobic and Transphobic Microaggressions, Queer and Trans Black, Indigenous, and People of Colour (QTBIPOC) History Reference.	<input type="checkbox"/> Evidence-based practice <input checked="" type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>Focused on preventing and responding to cyberbullying/violence with LGBTQI2S students</li> </ul>	<a href="https://ccgsd-ccdgs.org/campaigns/">https://ccgsd-ccdgs.org/campaigns/</a>
Roots of Empathy/Seeds of Empathy	<input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input type="checkbox"/> Students who Bully <input type="checkbox"/> Student who is Bullied <input type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input type="checkbox"/> Educators (e.g., pedagogy)	Roots of Empathy is an international, evidence-based classroom program that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy. The program is designed for children ages 5 to 13. Adapted from Roots of Empathy, Seeds of Empathy is for children in 3-5 years old in child care settings.	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>Whole-school educational programs in French and English language.</li> <li>Since 2000, there have been numerous independent evaluations of the effectiveness of Roots of Empathy.</li> </ul>	<a href="https://rootsofempathy.org/roots-of-empathy/">https://rootsofempathy.org/roots-of-empathy/</a>
Circles/Restorative Practice	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	A circle is a versatile restorative practice that can be used proactively, to develop relationships and build community or reactively, to respond to wrongdoing, conflicts and problems. Circles give people an opportunity to speak and listen to one another in an atmosphere of safety, decorum and equality. Contains links to research and evaluation.	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>Whole-school educational programs in French and English language.</li> <li>There have been numerous independent evaluations of the program</li> </ul>	<a href="https://restorative.ca/wp-content/uploads/2019/12/RESTORATIVE-PRACTICE-RE-SOURCE-PROJECT.pdf">https://restorative.ca/wp-content/uploads/2019/12/RESTORATIVE-PRACTICE-RE-SOURCE-PROJECT.pdf</a>

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<i>Positive Behavioural Interventions and Supports (PBIS) system</i>	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	Support for Positive Behaviour (SCP) represents, in a French-speaking context, an application of the <i>Positive Behavioural Interventions and Supports (PBIS) system</i> . The SCP proposes to set up a support system in terms of behaviour management in order to create an environment conducive to learning. The system advocates the adoption of a whole school approach. It is based on the idea that the behaviours expected in and out of class must be precisely defined, taught explicitly and be recognized during their manifestation. In addition, a continuum of interventions is defined in order to act quickly and effectively with behavioural issues and to support the adoption of behaviours previously taught. The approach has been evaluated.	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>• Whole-school educational programs in French and English language.</li> <li>• Since 2000, there have been numerous independent evaluations of the program</li> </ul>	<a href="https://scp-pbis.com/presentation-du-systeme-scp/">https://scp-pbis.com/presentation-du-systeme-scp/</a>
WITS (Walk Away, Ignore, Talk it Out, Seek Help)	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	The WITS® group of programs brings together schools, families and community members to help elementary school children learn effective strategies on how to deal with bullying and peer victimization.	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>• The WITS Programs have been formerly evaluated <a href="#">in three peer-reviewed longitudinal studies</a>. The programs show positive effects in reducing aggression and improving social responsibility (healthy peer relationships) in elementary school children in Grades 1 to 6.</li> </ul>	<a href="https://witsprogram.ca/">https://witsprogram.ca/</a>

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PREVNet (Promoting Relationships and Eliminating Violence Network)	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input checked="" type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	PREVNet brings together a network of researchers and national organizations across Canada, working together to address bullying and creating healthy relationships. It provides education, research and training for parents, educators and organizations that play a role in bullying prevention across Canada.	<input checked="" type="checkbox"/> Evidence-based practice <input type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>• Compiled research into an easy to use resource for parents called <i>Bullying Prevention: What Parents Need to Know</i>.</li> <li>• Worked with the Public Health Agency of Canada to develop an online collection of evidence-based violence prevention programs for schools, community organizations and other users</li> <li>• Co-created more than 150 organization-specific bullying prevention initiatives, including cyber bullying resources for Canadian Teachers Federation.</li> <li>• Source: <a href="https://www.nce-rce.gc.ca/_docs/Anniversary-25-Anniversaire_eng.pdf">https://www.nce-rce.gc.ca/_docs/Anniversary-25-Anniversaire_eng.pdf</a></li> </ul>	
<b>Cyber Safety Resources/Initiatives</b>					
Ontario Principals Associations (OPC) – Cyberbullying Skills Development for Principals and Vice-Principals	<input checked="" type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input type="checkbox"/> Students who Bully <input type="checkbox"/> Student who is Bullied <input type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input checked="" type="checkbox"/> Educators (e.g., pedagogy)	support the implementation of strategies to prevent and respond to cyberviolence and cyberbullying in schools and social media across the province. Access through Association websites member sections.	<input type="checkbox"/> Evidence-based practice <input checked="" type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	<ul style="list-style-type: none"> <li>• Resources and strategies are grounded in evidence and practices in education sector, and delivered by experienced educators and experts</li> </ul>	<a href="https://www.principals.ca/en/index.aspx">https://www.principals.ca/en/index.aspx</a>
Victim Services Toronto (in partnership with OPC)	<input type="checkbox"/> Whole school <input type="checkbox"/> Targeted (e.g., by gender/grade) <input checked="" type="checkbox"/> Students who Bully <input checked="" type="checkbox"/> Student who is Bullied <input checked="" type="checkbox"/> Bystanders/Witnesses <input type="checkbox"/> Parents/Guardians <input type="checkbox"/> Educators (e.g., pedagogy)	support a youth leadership program known as Teens Ending Abusive Relationships (T.E.A.R.) and weekly Twitter chats on topics such as cyberbullying and development of other multimedia resources to increase awareness and provide education on consent, gender equity and related topics.	<input type="checkbox"/> Evidence-based practice <input checked="" type="checkbox"/> Promising Practice <input type="checkbox"/> Emerging Practice <input type="checkbox"/> Please describe briefly	Peer-to-peer programs are effective tools in terms of engaging young people on difficult topics. Thousands of young people often join their online ‘talks’ are very engaged in these topics.	<a href="https://victim-servicesutoronto.com/programs/t-e-a-r/">https://victim-servicesutoronto.com/programs/t-e-a-r/</a>