



CYBER-BULLYING



**CALGARY CATHOLIC
SCHOOL DISTRICT**

What Are We Doing About Cyber-Bullying?

- We don't really know what we are doing: *however*
 - this is a good place to be in...
 - it allows people to let their defenses down and become more aware of the issues
 - it's a very engaging way of getting people involved in exploring the opportunities in dealing with cyber-bullying
 - enables people to experiment – open up – problem solve -be creative

“We're going to the same place so let's figure it out together”

- Collective ownership
 - district - school – student - parent - community -



Catholic Community of Caring

- The Calgary Catholic School District strives to help schools create a stronger sense of community based in our faith.

Within our schools we are building more inclusive communities where respect for one another, our community and our diversity are celebrated. Each school's Catholic Community of Caring program builds positive school communities by developing relationships through activities such as student leadership conventions, social justice projects and professional development opportunities.



CALGARY CATHOLIC
SCHOOL DISTRICT

- The Catholic Community of Caring initiative is not just a program, but also a process.
- Through the incorporation of its essential elements into the daily life of school, a climate is created where the whole school community embraces these values. As a result, schools have experienced a reduction in incidents of bullying, absenteeism, discipline issues and an increase in volunteer service within the community.



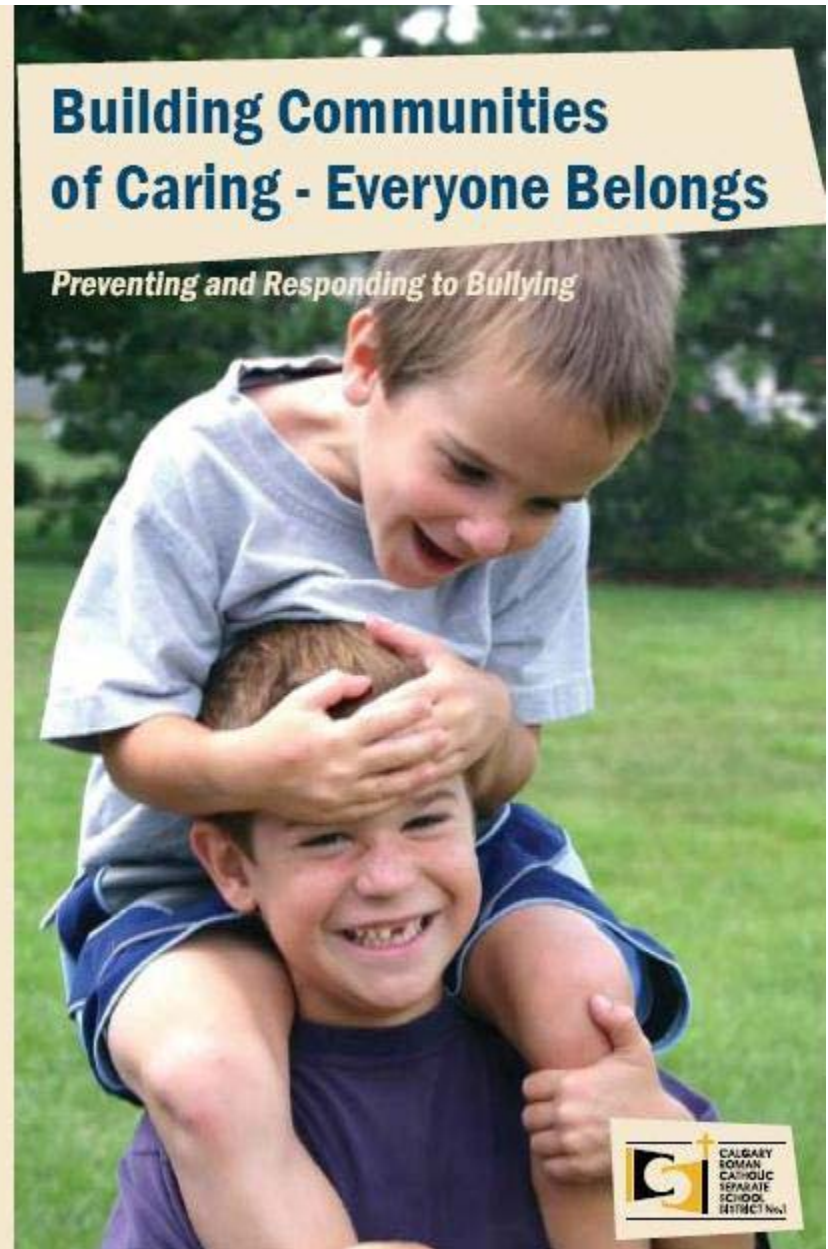
Values of faith, caring,
respect, responsibility,
trust and family



Catholic Community
of Caring



www.cssd.ab.ca



**Building Communities
of Caring - Everyone Belongs**

Preventing and Responding to Bullying





Our preventative approach:

The Calgary Catholic School District strives to support schools in the creation of a strong community based on our shared Catholic faith. The Catholic Community of Caring initiative was implemented in all schools as part of our District's efforts to create a culture where everyone feels a sense of belonging. Catholic Community of Caring is based on the values of faith, family, caring, responsibility, respect and trust. As part of this initiative, schools work hard to incorporate these values into all aspects of school life in order to proactively create and maintain a safe and caring environment for all.

What parents can do:

Parents who are concerned their child may encounter hazing when they start at a new school or join a school club, group or team, are not alone. Parents have the most impact on their child's attitude towards hazing and it is important that parents take the time to talk to their children about this issue:

- When you model respect, your child will learn to respect others.
- When you are silent, your child will learn not to tell.
- When you accept hazing, your child will learn to accept it.

Making sure that a school is a welcoming place for all students is everyone's responsibility. Parents can help by:

- Informing the school of situations or issues that arise.
- Talking to their children about hazing and its harmful effects.
- Keeping the lines of communication open and offering support to children when needed.
- Reviewing with children what they can do to respond to hazing if they are the target or if they witness this behaviour.



Resources

DISTRICT:

**Calgary Catholic School District
Regulation on Hazing (JICFA):**

<http://www.cssd.ab.ca/files/regulations/jicfa.pdf>

**Calgary Catholic School District
Regulation on Student Safety (JLI):**

<http://www.cssd.ab.ca/files/regulations/jli.pdf>

**Calgary Catholic School District Policy
on Treatment of Students and Parents (EL-9):**

http://www.cssd.ab.ca/files/board_docs/2008-09/mar18-09/Item_10.1.pdf

OTHER:

<http://www.missionmade.com/hazing-prevention/>

<http://www.education.alberta.ca/teachers/safe-schools/bullying.aspx>

<http://child.alberta.ca/home/586.cfm>

<http://www.asaa.ca/new/index.php>

<http://www.stophazing.org/>

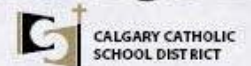
<http://www.b-free.ca>



BUILDING COMMUNITIES OF CARING -

EVERYONE BELONGS

Preventing and Responding to Hazing



What schools can do:

TO SUCCESSFULLY ADDRESS THE ISSUE OF HAZING, THE ENTIRE SCHOOL COMMUNITY NEEDS TO BE INVOLVED AND SHARE RESPONSIBILITY. SCHOOLS CAN HELP PREVENT HAZING ACTIVITIES BY TAKING THE FOLLOWING ACTION:

Remember...

- When you model respect, your students will learn to respect others.
- When you are silent, your students will learn not to tell.
- When you accept hazing, your students will learn to accept it.

- **Make it part of your school plan:** Ensure the theme of creating a culture where everyone belongs is incorporated into all aspects of your school plan such as curriculum, staff meetings and PD opportunities. This will help foster a deeper understanding of the issue and the integration of this culture into all facets of school life for the entire school community.
- **Inform incoming students:** Let new students know the expectations for behaviour in your school. Inform them of the supports and options that exist to help them if they ever find themselves involved in a hazing situation.
- **Educate current students:** Hold a school assembly once a school year to educate students about hazing. Ensure current students are aware of the seriousness of the issue and the consequences involved for those who participate in hazing activities. Discuss positive ways students can welcome new members into their group or team.
- **Provide parents with information:** Make sure parents are kept informed, through newsletters or letters home, about the issue and how it is being addressed in your school community. Ensure they are aware of the supports and options that exist to help families if a student ever becomes involved in a hazing situation. Remind parents to inform the school of situations or issues that arise.



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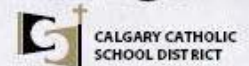
<http://www.b-free.ca>

INFORMATION FOR STAFF



BUILDING COMMUNITIES OF CARING -
EVERYONE BELONGS

Preventing and Responding to Hazing



What you can do:

THE CALGARY CATHOLIC SCHOOL DISTRICT WANTS TO HELP YOU KNOW HOW TO RESPOND TO HAZING IF YOU ARE THE TARGET OR IF YOU WITNESS THIS BEHAVIOUR. IT IS IMPORTANT YOU UNDERSTAND THAT IF YOU ARE A VICTIM OF HAZING, OR SEE SOMEONE WHO IS BEING HAZED, YOU CAN TAKE THE FOLLOWING STEPS:

- Say No. It is your right to say no and to walk away from the hazing situation.
- Don't blame yourself. If you are the victim of hazing, realize it is not your fault. Hazers often try to shame their victims into thinking it is their fault. They may also try to make you feel like you won't be a part of a particular group if you don't participate.
- Tell someone you trust. If you experience or witness hazing, report it to a trusted adult like a teacher, principal, guidance counsellor or parent. Keeping silent only allows hazing to continue.
- Create new ways to form bonds. Within your group, come up with positive activities or ways to welcome new members that don't involve embarrassing or hurting them in any way.



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INFORMATION FOR STUDENTS



BUILDING COMMUNITIES OF CARING -

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Preventing and Responding to Hazing



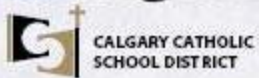
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INFORMATION FOR PARENTS



BUILDING COMMUNITIES OF CARING -
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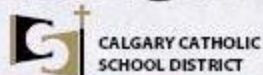
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INFORMATION FOR STAFF



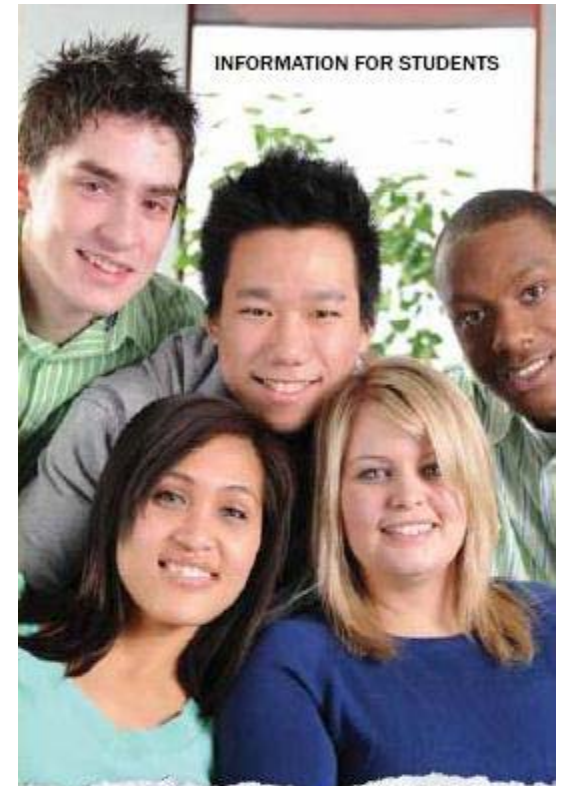
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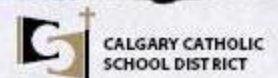
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INFORMATION FOR STUDENTS



BUILDING COMMUNITIES OF CARING -
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CALGARY CATHOLIC
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District Role

Education - Prevention - Balance

- Identify school district policy on bullying
 - Acceptable Use Policy
 - Progressive Discipline Policy / Code of Conduct
- Policies, guidelines and programs regarding Digital Citizenship
 - Website Standards (FOIP and responsible use)
 - Mobile Device Policy (ethical use)
- Develop resources and protocols
 - Internet Response Committee
 - Web Awareness Workshops



**CALGARY CATHOLIC
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District Role

Education - Prevention - Balance

- Gather data and learn:
 - Statistics of misuse at the district level
 - Survey incidents
 - age, gender, cultural
 - Global Assessment Bullying (physical – cyber) at the district level
 - Need to assess the district staff's understanding of cyber-bullying
- Alignment and direction

School Role

Education - Prevention - Balance

- Communicate school district policy on bullying
 - Acceptable Use Policy
 - School Regulations
- Provide School Staff, parent, student information and education
 - Community of Caring – Kids in the Know (staff and parent workshops)
- Develop list of resources (links and information on cyber-bullying)



School Role

Education - Prevention - Balance

- Global Assessment Bullying (physical – cyber) at the school level
 - Survey of incidence
- Needs Assessment, indicating that it is important to look at cyber-bullying levels within the school
 - Impact on student body, educational environment school community as a whole
- Practice what we preach as well as teach respect for technology
 - Instructional Services – AISI Projects – 21st Century Learning



**CALGARY CATHOLIC
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School Role

Education - Prevention - Balance

- Schools should use instances of cyber-bullying as an opportunity **to revisit the values and beliefs** of the school and take measures that **educate** students about moral principles. (Digital Citizenship)
- Educators need to become more proficient with technology, developing a more Web-focused teaching style that **shows students positive ways** to use the Internet.
 - For example, teachers might create an online resource database for students, encourage students to read and create blogs that discuss civil liberties and world politics, and introduce students to online writing competitions.



School / District Role

Cyber-bullying – Program Worksheet (*sample questions*)

ASK YOURSELF	RESPONSE	GOAL
How have incidents been defined and addressed?		
How have incidents been assessed?		
Do you have response measures that are being used (familiarity, fear, or time constraints)		
How are needs analysis conducted (method personnel and target participants)		
How are teachers, counselors, administrators, district supports involved? Who are they?		
Is a plan in place to support		

School and Parent Resource Chart

NAME	CONTACT INFORMATION	RESOURCE VALUE
Administrator		
Counselor		
Teacher		
Community Support		
Professional Support		
Books		
Websites		
Websites		
Video		
Additional Resource		

The “*So What*” Question

- Knowing to interpret the information gathered
- Recognizing patterns -
- Strategic big picture thinking
 - So you know where you are in the bigger scheme of things
- Converting the interpretation into knowledge you can use to move forward
- Utilizing skills (with the materials at hand)
 - Dedication
 - Engagement
 - Mastery
 - Knowledge
 - Experience



Parent Role

- Get more involved.
 - Those who are Web-illiterate can empower their children and ask them to demonstrate how social networking works,
- Conversations about the pitfalls should start before you allow children access to social networking.
 - "You wouldn't put your kids in a pool without teaching them to swim,"
- Introduce Internet safety at home - communicate the responsibilities and dangers that go along with the privilege of using computers as well as consequences



Parent Role

- Keep pace with rapidly developing technology field
- Educate yourself in new computer use and technology
- Monitor children's use of the computer / cell phone – open family area – limit time
- Understanding online acronyms
 - www.netlingo.com



Parent Role

- Questions to Ask your Child About cyber-bullying: (sample questions)
- How do you spend your time online?
- Which websites do you visit?
- Do you have a blog? Do you have a profile online? Do you have pictures of yourself online? Would you show me?
- Do you use instant messaging programs? Who do you talk to?
- Do you ever get messages from people you don't know? What do you do with them?
- Do you know how to block people from sending you messages?
- Do you participate on any message boards or chat rooms? Where? What is your screen name?



Recognizing if Cyber-bullying is a problem with your Child and How to Stop Cyber-Bullying

- Parents and teachers are best equipped to recognize changes in behaviour that might be the result of Cyberbullying.
- Communication with your child, his/her teachers, coaches, and friends is a must.
- Also, being “friends” with your child online and understanding how they “live” online as well as offline will not only help you to stay informed, but can also let your child know that you are there.
- Whether you do or don’t become online friends with your child, a discussion with your child about it can’t hurt. *(Opinions vary greatly on this issue, and certainly vary based on the age of the child in question.)*

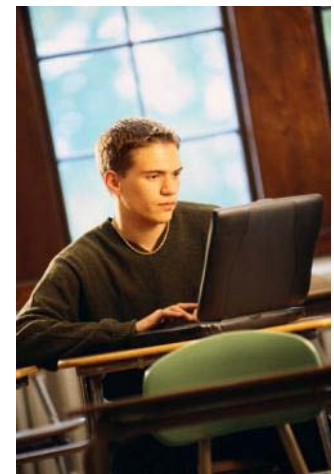


What to do if you discover your child is involved in a situation involving ... Cyber-Bullying

- Talk to your child, make sure they are OK, and make sure they know you are on their side.
- Some children can be embarrassed or ashamed of the situation they might find themselves in. It is important to have an open dialogue with them.
- Next, if the offenses are serious enough, you should consider contacting your child's school and/or your local law enforcement agency.
 - *Just because it happens online, you should not take these offenses lightly.*
 - *Also, be sure to NOT erase any traces of what you find online as these traces (e.g. comments, messages, photos, etc.) can help in taking action against a cyberbully.*
- Finally, contact the web site(s), social networks, or mobile phone providers that might have been used as a platform for these offenses.



Youth Role



How do kids use technology?

- According to a Canadian survey of 10-14 year-olds conducted by the Kids Help Phone: (*various sources of data -and - changing constantly*)
 - 33% talked to someone on-line they never met before
 - 30% e-mailed a picture of themselves to someone
 - 22% visited a website they knew parents would not give permission for
 - 20% said/did something they later regretted
 - 17% used the Internet in the middle of the night
 - 13% made friends with a stranger they met on-line
 - 8% sent hurtful messages
 - 5% gave last name, home phone/address
 - 5% made a webcam video of themselves on a site



Youth Role

- Use of technology is a privilege not a right and that can come with associated responsibilities
- Taught how to use it properly and be aware of the specific consequences
- Cognizant of the dangers that exist online
 - Cautious about sharing personal information
 - Visiting questionable sites
- Thinking before writing
 - Once something is written a permanent record is available
- Child and parent Internet safety agreement
- Open communication between child and parent
 - Provide clear set of expectations
 - Action plan should a concern arise



Cyber-balance

“balancing technology with daily lives”

(Wraparound philosophy- wraparound is built on team work and effective collaboration that:

- Builds on strengths and focuses on promoting safety, stability, and healthy outcomes.
- Engages students, families, school staff and service providers as **full and active partners**.
- Supports integrated **cross-sector planning**, management and joint accountability.
- Facilitates planning that is **flexible and can adapt** to changing needs and circumstances.
- Provides the right supports, at the right time, and in the right place to improve education and life outcomes for vulnerable children and youth.

Keeping children safe on the Internet is everyone's responsibility.



CALGARY CATHOLIC
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Cyber-balance

- **Students** need advice with regard to strategies to prevent and deal with cyber-bullying
 - *Need to help the victim and the cyber bully this will help us achieve better technological balance*
- **Parents** need to stay in close touch with their kids as they explore the Internet.
- **Schools** - provides supports and services for children, youth and their families that are planned, delivered and evaluated in a coordinated, collaborative, and culturally responsive manner.
- **Teachers** need to help students use the Internet appropriately and safely.
 - Clear policies in regard to cyber use (digital citizenship)
- **Community** groups, including libraries, after-school programs, and others should help educate the public about safe surfing.

- **Awareness and education are the keys to the prevention of cyber-bullying!**



What Can Be Done About Cyber-Bullying

- Communication that resonates - (understanding emotions and values)
- Deep listening - astute observations and sense making
 - sensitive and aware of emerging patterns
 - Ability to manage patterns to create the climate within which a wide variety of strategies can grow and then to detect the emerging patterns and help them take shape
- Key to change is the tension created by the gap between aspiration and reality



Questions



**CALGARY CATHOLIC
SCHOOL DISTRICT**



Contact

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<http://www.teamheroes.ca/website/index.html>

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<http://www.cyberbullying.ca/>

<http://www.redcross.ca/article.asp?id=24700&tid=108>

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