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Kids

Anti Bullying • 2018



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THE ADVENTURES OF Turtle Club Kids

“Words and hearts should be handled with care for words when spoken and hearts when broken are the hardest things to repair.”

www.facebook.com/quotedthoughts

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Turtle Club Kids is produced by
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 Ontario, N0A 1M0
 519.445.0868



Turtle Island News

• There are less rates of LGBTQ bullying in schools with clear bullying policies that are inclusive of LGBTQ students

• 14.9% of high school students were reported to be electronically cyber bullied

• Only 40–50% of cyberbullying targets are aware of the identity of the perpetrator


• 10% of young people have attempted to commit suicide as a result of bullying



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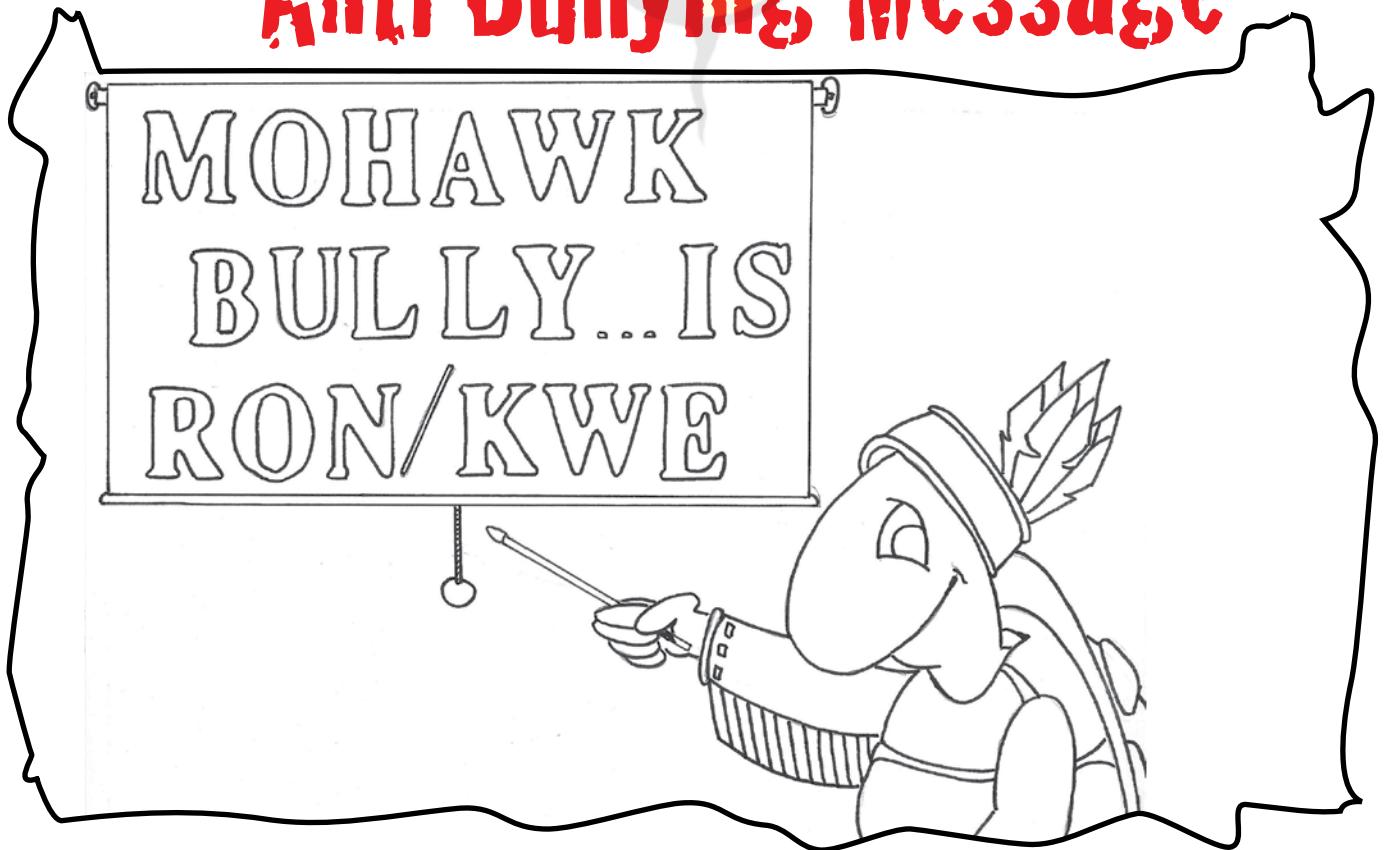
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Turtle Club Kids

Anti Bullying Message



More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied

(Hawkins, Pepler, & Craig, 2001).

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Physical Mental
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be aware that we have many aspects of ourselves that are all interconnected. Our spiritual, emotional, physical and mental state must all be taken care of as they all work together to keep us happy and healthy.

Look for the positive

Stay active to stay healthy

Avoid negativity

Remember you are not alone

Get plenty of sleep

Feed your body healthy food

Share with others

Be kind to yourself

Speak kind thoughts

Be compassionate

Volunteer to help others

Believe in yourself

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Why do bullies bully others?

Bullying is the most common type of violence in contemporary North American society.

Bullying occurs in schools, workplaces, in homes, on playgrounds, in the military, and in nursing homes.

Very often parents are bullies, they can be angry, or don't handle conflict well. Families that are not warm and loving and in which feelings are not shared respectfully are more likely to have children who bully.

Another home environment that is prone to producing bullies is one in which discipline and punishment are inconsistent and a threatening atmosphere exists. Kids usually bully because they learn this behavior at home. But it is learned behavior which can be unlearned.

Some kids are just more aggressive, dominating and impulsive by nature.

Children who experience social rejection themselves are more likely to "pass it on" to others. Children who experience academic failure are also more likely to bully others. Some research indicates that simply having power may make some people wish to display it in a noticeable way.

So, why do people bully?

There are many reasons. But, one thing is clear regardless of why people bully, it needs to stop.

There are a number of reasons why bullies target others, everything from social status, personality differences to being in the wrong place at the wrong time.

Here are a few things you can do;

- Avoid joining in on the bullying
 - Walk away
 - Tell the bully to stop
 - Get an adult

- Use a cell phone call or text for help
- Ask bystanders to stand up too
- Support the victim
- Report Cyber bullying

What impression have you left!



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Be Cool in Our Schools

**Stop bullying and be
the difference.**

5 Tips to Help Parents Prevent Bullying
Parents and Guardians are among A Schools
best Allies in bullying prevention:

1. Talk with and Listen to Your Children. Everyday Ask questions about their school day, including experiences on the way to and from school, lunch, and recess. Ask about their peers. Children who feel comfortable talking to their parents about these matters before they are involved in bullying are more likely to get them involved after.

2. Spend Time at School and Recess Schools can lack the resources to provide all students individualized attention during free time like re-

cess. Volunteer to coordinate games and activities that encourage children to interact with peers aside from their best friends.

3. Be a Good Example. When you get angry at waiters, other drivers or others, model effective communication techniques. Any time you speak to another person in a mean or abusive way, you're teaching your child that bullying is ok.

4. Create Healthy Anti-Bullying Habit. Starting as young as possible, coach your chil-

dren on both what not to do (push, tease, and be mean to others) as well as what to do (be kind, empathize, and take turns). Also coach your child on what to do if someone is mean to him or to another (get an adult, tell the bully to stop, walk away and ignore the bully)

5. Make sure your child Understands Bullying Explicitly explain what it is and that it's not normal or tolerable for them to bully, be bullied, or stand by and watch other kids be bullied.

Cyberbullying

Is your Child Safe on Social Media?

If you are a parent and do not know what cyber bullying is you need to inform yourself. Your children know what it is and are using Social media every day.

- Talk with your Child about Cyberbullying
- Learn about what your Child does Online
- Set Ground Rules for your Child's Online activity
- Teach Your child safe Online behavior
- Teach your child how to respond to Cyberbullying
- Be available to help your child
- There is a range of Websites and Apps your child may be using; Flickr, YouTube, twitter, tumblr, yelp, instagram, skype, myspace ...



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Cyberbullying

it can happen to anyone

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. It includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

Cyberbullying commonly takes place on:

- **Social Media**, such as Facebook, Instagram, Snapchat, and Twitter
- **SMS** (Short Message Service) A.K.A. Text Message sent through devices
- **Emails**
- **Gaming sites**
- **Instant Message** (via devices, email provider services, apps, and social media messaging features)



Comments, photos, posts, and content shared by individuals can often be viewed by strangers as well as acquaintances. The content an individual shares online – both their personal content as well as any negative, mean, or hurtful content – creates a kind of permanent public record of their views, activities, and behavior. This public record can be thought of as an online reputation, which may be accessible to schools, employers, colleges, clubs, and others who may be researching an individual now or in the future. Cyberbullying can harm the online reputations of everyone involved – not just the person being bullied, but those doing the bullying or participating in it. Cyberbullying has unique concerns in that it can be:

Persistent – Digital devices offer an ability to immediately and continuously communicate 24 hours a day, making it difficult to find relief.

Permanent – Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.

Hard to Notice – Teachers and parents may not overhear or see cyberbullying taking place.

What to do when Cyberbullying happens

If you notice warning signs that a child may be involved in cyberbullying, take steps to investigate that child's digital behavior. Cyberbullying is a form of bullying, and adults should take the same approach to address it: support the child being bullied, address the bullying behavior of a participant, and show children that cyberbullying is taken seriously. Because cyberbullying happens online, responding to it requires different approaches. If you think that a child is involved in cyberbullying, there are several things you can do:

Notice – Recognize if there has been a change in mood or behavior and explore what the cause might be. Try to determine if these changes happen around a child's use of their digital devices.

Talk – Ask questions to learn what is happening, how it started, and who is involved.

Document – Keep a record of what is happening and where. Take screenshots of

(continued on page 11



STAND UP

SPEAK UP

TAKE A STAND AGAINST BULLYING



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stand strong

stand together



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(continued from page 9)

harmful posts or content if possible. Records help to document it.

Report – If a classmate is cyberbullying, report it to the school. You can also contact app or social media platforms to report offensive content and have it removed. If a child has received physical threats, or if a potential crime or illegal behavior is occurring, report it to the police.

Support – Public Intervention can include posting positive comments about the person targeted with bullying to try to shift the conversation in a positive direction. It can also help to reach out to the child who is bullying and the target of bullying to express your concern. If possible, try to determine if more professional support is needed for those involved, such as speaking with a guidance counselor or mental health professional.



When you go online...

- Don't post or say anything online that you wouldn't want your grandmother to see.
- Pick a name, profile picture or avatar that isn't silly or rude - otherwise they could come back to haunt you.
- Never share personal information.
- When you send or post a picture online - people can do anything they want to it.
- Don't share stuff that makes other people look bad.

Speak up for Kids And help prevent child abuse

If you have a concern for the Safety or well-being of a Child or for yourself, Please call for help



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T U R T L E C L U B K I D S C A N . . .

show compassion towards others

Display compassionate behavior

Just as your child learns to mimic your mannerisms and speech patterns, she'll also take most of her cues about how to treat her peers, elders, animals and the environment from you as well. Making a conscious effort to model compassionate, altruistic behavior in everyday life is one of the most effective ways of ensuring that your child also learns to behave in such a manner.

When your child sees you treat the world around you with compassion, she will instinctively follow the shining example you've set for her.

Parents can help kids learn

Helping a child learn to feel compassion and empathy for others is one of the most important lessons you can instill in them.

As bullying and cruelty become more prevalent, and children and teens are resorting to extremes to find relief from the torment of their peers, helping your child to understand how important it is to respect the feelings of others can make a big difference in the world around them.

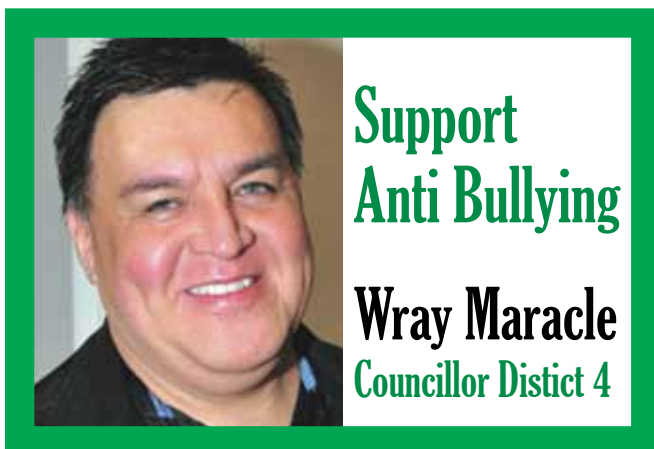
While it's not always easy there are steps you can take, as a family, to make the concept of being compassionate more understandable.

Talking about caring for others

When your child is confronted with images of violence, cruelty or bullying through television, movies and even her everyday interactions with the world, it's important to take the opportunity to talk about how she thinks the victims of those actions feel and how she might be able to help.

With these examples to examine as points of reference, a largely abstract notion can become more concrete and easier to understand. Take the time to discuss empathy and compassion every day, especially when events or images bring the issue to the forefront.

(continued on page 13)



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T U R T L E C L U B K I D S L E A R N

(continued from page 11) Working together as a family can also strengthen bonds, give you an opportunity to continuously model compassionate behavior, create talking points for later discussion, and allow you to monitor what she's

Teach Kids to Stand Up to Bullying

While it's never acceptable to approach a bully in a confrontational or violent manner, and retaliation isn't a solution to the problem, you should also encourage her to make an effort to stand up to school bullies in a and productive way.

Reporting harassment of another child to school authorities, make an effort to befriend children that aren't accepted by their peers, and never engaging in bullying are all effective ways of combating the problem without retaliation.

It's also important to explain that standing aside and doing nothing or laughing at cruel pranks is the same as condoning the treatment.

Donate Outgrown Toys and Clothes

When a child outgrows toys and clothing while they're still in serviceable shape, let the child accompany you when you go to make a donation. Seeing that belongings no longer needs find good use in a needy home can instill the importance of charitable giving, and ease any pangs of separation anxiety the child may feel.

Practice Random Acts of Kindness

Keeping your eyes open for small acts of unexpected kindness that you and your child can perform together can not only help her understand the concept of altruism, but can also help to make it an everyday practice. Look for ways that you and your child can help whenever you're out together; in no time, she'll be spotting potential random acts of kindness herself.

While it's not always a popular notion with harried parents,

allowing your child to keep a pet can provide her with an everyday incentive to be compassionate and caring for a living being that needs her help to survive. Smaller pets, like fish or hamsters, can be just as effective as dogs or cats.

Depending on your living situation and schedule constraints, adopting a pet for your child to take responsibility for can be another very effective way of passing along a lesson in compassion.

Reproduced from: www.becomeananny.com/blog/tips-for-teaching-kids-about-compassion/



**How parents and guardians can prevent bullying
A problem youth can't always solve on their own**

Bullying is a power struggle that is difficult to resolve without the help of an adult. In most cases, it requires only a few minutes of intervention to stop, especially if adults act immediately and in a consistent manner. If you are present when bullying occurs, talk to those who are being aggressive. Explain the hurt they are causing and have them make amends to those who were harmed. This can break the cycle.

Set the example

Always consider how you treat others and how you allow others to treat you. As a role model, your actions and reactions can influence how youth relate to each other.

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Building Self Acceptance through Positive Self-Talk

Self acceptance is being able to recognize your value as a person. Regardless of your faults and weaknesses you are comfortable in your own skin. Without self acceptance, one would not be capable of reaching their full potential in life.

What is the difference between self acceptance and self-esteem?

Self esteem is a belief or feeling about yourself. It is what you believe or feel you are capable of doing. Having high self esteem can help build self acceptance.

High Self-Esteem = Feeling good about yourself



Low Self-Esteem = Feeling badly about yourself



Self acceptance is more of an action. It is something you do – you stick up for yourself, you utilize your strengths and take responsibility for your faults, and you practice loving yourself every day.

How can I build my self acceptance?

Self acceptance is a reflection of beliefs you gained as a child and adolescent. It usually comes from messages you get about yourself. These messages can come from other people (like parents, teachers, or friends) or from yourself. The messages you send yourself are called "Self-Talk." If you are used to hearing negative messages from other people, chances are you will send yourself negative messages too. Things like "I'm so stupid," "I'm not good enough at this..." or "It's my fault this happened" are examples of negative self-talk. One way to rebuild your self acceptance is to re-train yourself to engage in positive self-talk. Positive self-talk is when you focus on your strengths and positive qualities, reminding yourself that you are a good and valuable person.

Repeat the sentences below:



"I am a good and caring person and deserve to be treated with respect."



"I am capable of achieving success in my life."



"There are people who love me and will be there for me when I need them."



"I deserve to be happy."



"I am allowed to make mistakes and learn from them."

Finish the sentences below:

I am a brave person. An example of a time I was brave was...

I am capable of being happy. I was happy when..

I am a good friend. I was there for a friend when...

I am capable of making decisions for myself. I did that when...

I am loved and cared about. People who care about me are

OPTIC HOUSE

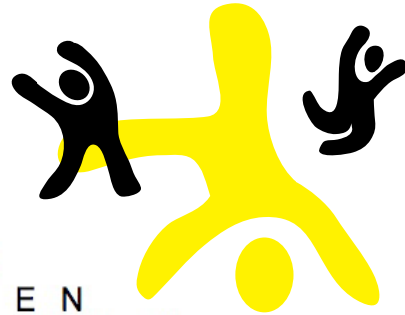
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Word Search



- abuse
- advice
- bully
- confidence
- compassion
- courage
- criticism
- cyberbullying
- difficulty
- emotional
- envy
- facebook
- feelings
- friends
- haters
- hurt
- jealousy
- judgement
- life
- negative
- overcoming
- online
- peace
- people
- prevention
- strong
- support
- target
- taunt

Word search grid containing the following words:

ADVICE, HURTED, JUDGEMENT, CONFIDENCE, COMPASSION, COURAGE, CRITICISM, CYBERBULLYING, DIFFICULTY, EMOTIONAL, ENVY, FACEBOOK, FEELINGS, FRIENDS, HATERS, HURT, JEALOUSY, JUDGEMENT, LIFE, NEGATIVE, OVERCOMING, ONLINE, PEACE, PEOPLE, PREVENTION, STRONG, SUPPORT, TARGET, TAUNT.

Forwards,
backwards, overlapping.
See if you can locate
all 28 words which are
related to anti-bullying in
the puzzle. Good Luck!



A simple smile can make all the difference!

compassion

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- Turtle Club Kids - Have fun colouring

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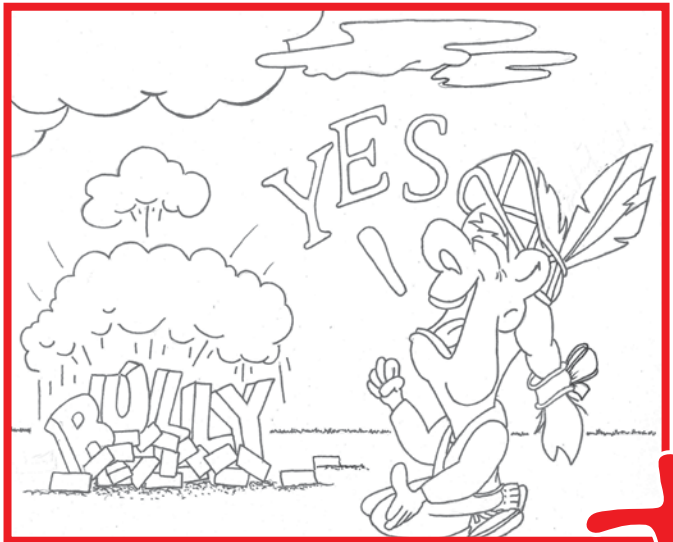
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Spot the difference



Answer: there are seven differences. Right; 1) there's an extra brick, 2) the head band has a design 3) One less feather 4) Left side brick removed 5) One less cloud 6) No sun

Word Scramble

UPSPRTIOEV

Unscamble the capital letters to display the word hidden within

The answer is: supportive

The most important step to take against bullying is increasing awareness and encouraging children and students to speak up when they hear or are a victim of bullying. Spread the word and say **no to bullying.**

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Being a Turtle Club Kid...

By Ron Johnson



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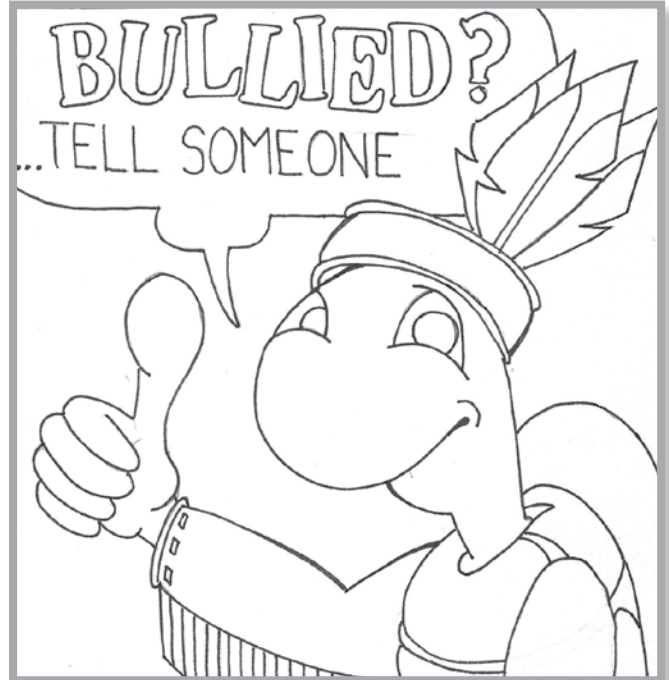
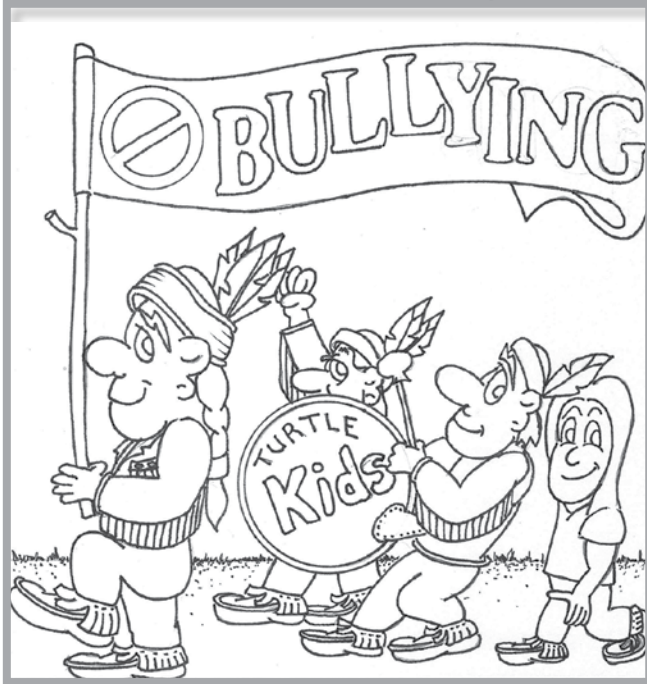
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Anti Bullying support online

Need somewhere to turn for support?

Try these online resources.

bullying.supportgroups.com
kidshelpphone.ca/Teens/

InfoBooth/Bullying.aspx
www.overcomebullying.org/bullying-support-groups.html
www.stopabully.ca
<https://www.facebook.com/>

YouBelongInThisWorld
www.cafamily.org.uk/advice-and-support/
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-show the world your compassion!

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Turtle Club kids can do ...

Random acts of kindness

MAKE YOUR OWN FREE COMPLIMENTS TEAR OFF! - THEN SHARE THEM WITH THE PEOPLE IN YOUR LIFE



They may be small, but children are full of joy, optimism, and energy. There are many ways they can spread joy!

By simply taking notice of the people around them, children have tremendous opportunities every day to make a difference in someone else's life. Whether it's thanking the bus driver for transporting them safely to and from school each day or inviting a new student to sit with them, children can positively impact dozens of people each day.

Encourage your children to pay attention to the

people around them. Rather than teaching them to mindlessly utter "please," "thank you," and "excuse me," help them understand the meaning behind why we say those things to others. Help them view others as important and worthy of our courtesy and attention.

Teach your children that selfless behavior is actually very rewarding. By holding the door open for someone else or letting someone go ahead of us in line, we have the power to make someone feel better. That small act can change a person's mood, attitude, or even their perceived self-worth. In contrast, rushing through the door or to be in the front of the line is a very short-lived satisfaction.

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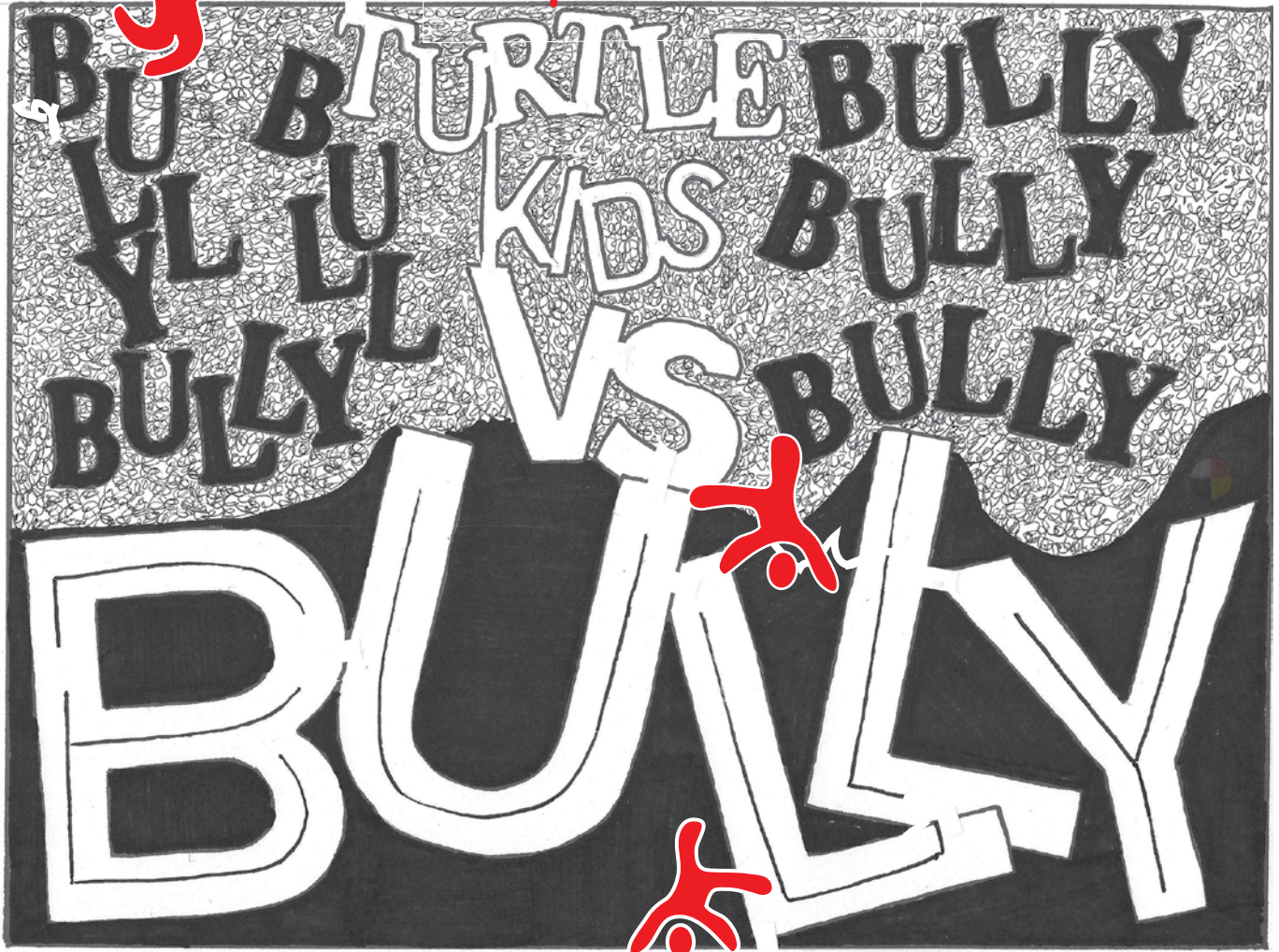
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START

Simple Maze



FINISH

Set a good example everyday!

Use your manners as a form of kindness. Manners aren't dead, they've just been forgotten in many ways. Yet, manners are the bedrock of courteous and kind relations and their use is an indication of respect for others. Hold doors open for others, hold an umbrella over someone in the rain, and be on time for everyone you've promised to meet. Say thank you. Whenever anyone does something for you, be grateful and let them know it.

Let's all work towards a kinder gentler world!



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