

Turtle Club Kids



RUMORS
teasing
gossiping
insults
threats
CYBER BULLYING
LIES
name-calling
harassment



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help make it stop!**



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“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

Turtle Club Kids is produced by
Turtle Island News Publications.
2208 Chiefswood Road, Ohsweken,
Ontario, N0A 1M0
519.445.0868
www.theturtleislandnews.com



Turtle Island News

• Bullying
happens over 80%
of the time, with
peers around.

• 57% of the time,
bullying stops
within 10 seconds
when a bystander
steps in.

• Over half of
bullied children
do not report
being bullied to a
teacher.

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

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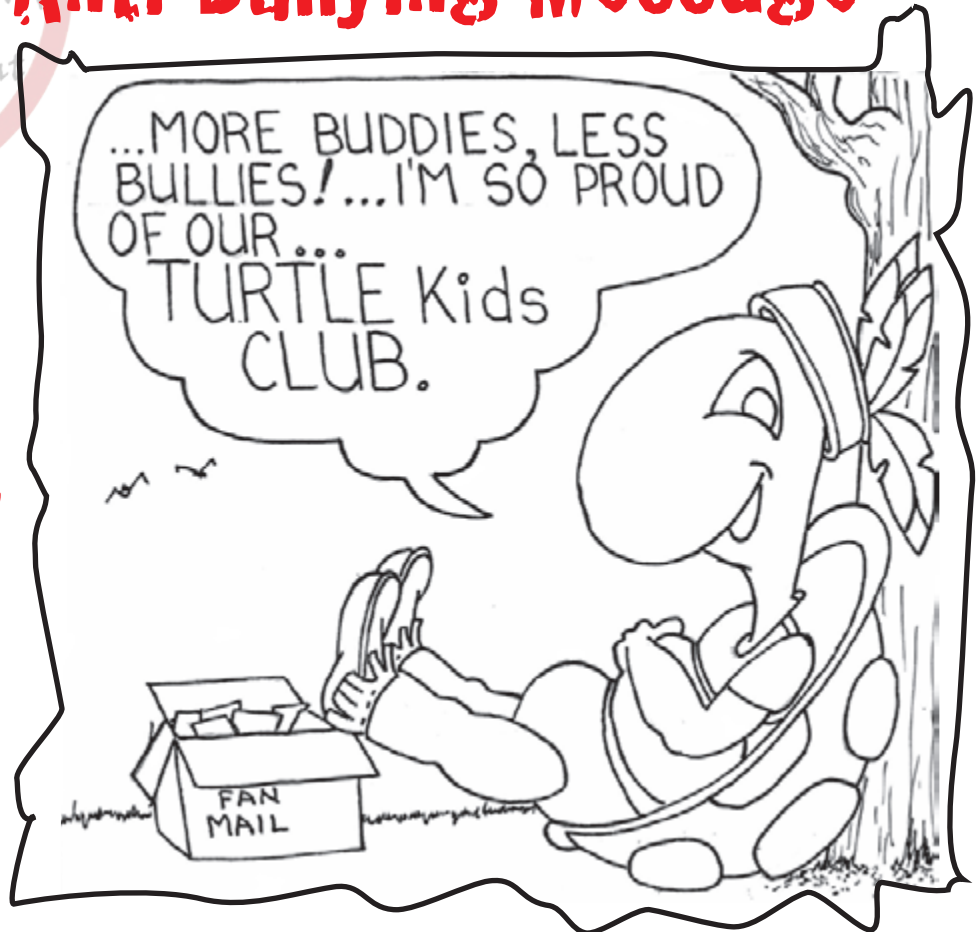
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Turtle Club Kids

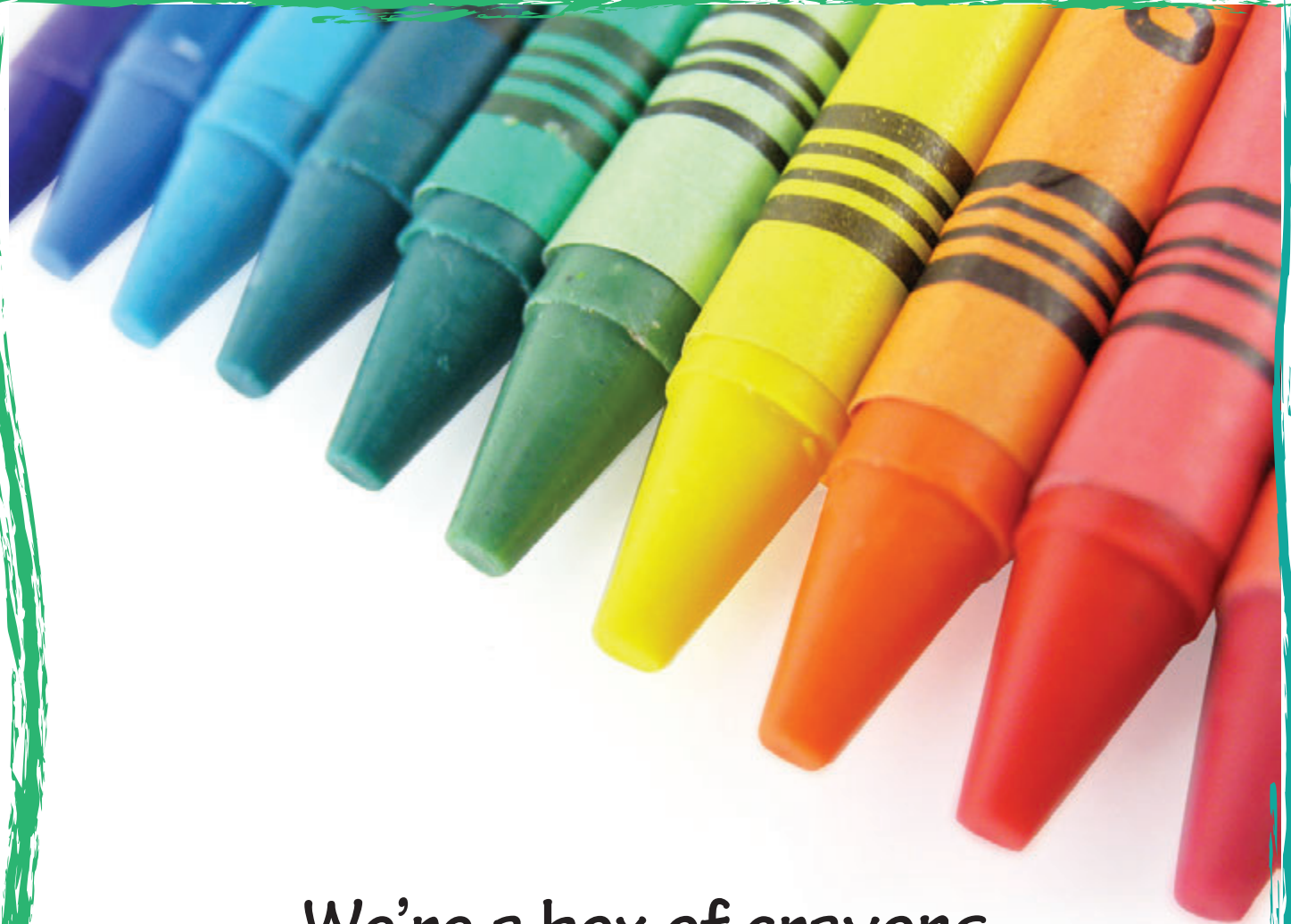
Anti Bullying Message

Teasing & Bullying
are different;
teasing is in the
moment and playful,
bullying is not play-
ful or light hearted
- but instead
unwanted and
reoccurring.



Victims of harassment report a loss of interest in school activities, more absenteeism, lower-quality schoolwork, lower grades, and more skipping/dropping classes, tardiness and truancy... (The Canadian Red Cross 2009)





We're a box of crayons
each of us unique,
But when we get together
The picture is complete

Kindness begins with me.

**Educators Local 00128 Union of National Employees
Public Service Alliance of Canada**

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, they'll also take most of their cues about how to treat their 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 their.

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 their everyday interactions with the world, it's important to take the opportunity to talk about how they think the victims of those actions feel and how they 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.

Do some volunteer work as a family

Spending time as a family performing volunteer work can give your child not only an up close and personal view of compassion and empathy in action, but also the satisfied feeling that comes with making a positive difference in the world.

Making an effort to choose volunteer activities based upon your child's existing interests, the age-appropriateness of the tasks involved, and their ability to immediately see a perceptible difference due to their actions can help your child understand that helping other is both important and rewarding.

Working together as a family can also strengthen bonds, give you an opportunity to continuously model compassionate behavior, create talking points

(continued on page 7)

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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 6)

for later discussion, and allow you to monitor them.

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 them to make an effort to stand up to school bullies in a productive way.

Reporting harassment of another child to school authorities, making 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 can 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 them 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, they'll be spotting potential random acts of kindness themselves.

While it's not always a popular notion with harried parents, allowing your child to keep a pet can provide them with an everyday incentive to be compassionate and caring for a living

being that needs their 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 a good 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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stand up

stand strong

stand together



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Facts about Bullying & Harassment

Why are some people bullied?

There are a variety of reasons why bullies target some people. **Here are some common characteristics that can lead to bullying.**

Targets may be good at what they do. A lot of times kids will be bullied because they get a lot of positive attention for something. Whether it is excelling in sports, making the choir or working on the school newspaper, bullies target these students because they either feel inferior or they worry that their abilities are being overshadowed.

Targets may be intelligent, creative or determined. At school, they may be the students that go that extra mile with schoolwork. They learn very quickly and seem to be moving quicker through projects and assignments than other students.

Targets may have personal vulnerabilities.

Children who are introverted, anxious or submissive are more likely to be bullied than kids who are extroverted and assertive. Some researchers believe that kids who lack self-esteem and security may attract kids who are prone to bully. Finally, there's also some evidence indicating that kids suffering from depression or stress-related conditions may also be more likely to be bullied.

Targets may have few or no friends. Many victims of bullying tend to have fewer friends than children who do not experience bullying. They may be rejected for some reason by their peers and usually spend lunch and recess alone. Because this tendency to be alone begins before these kids become targets, parents and other adults can help prevent bullying in these kids' lives by helping them develop friendships.

Targets may be popular or well liked.

Sometimes bullies target popular or well-liked children because of the threat they pose to the bully. Mean girls are especially likely to target another girl who threatens her status or social standing.

Targets have physical features that attract attention. Whether a target is fat or thin, short or tall, bullies may target them. Any type of physical characteristic that is unique can attract the attention of bullies including wearing glasses, having acne, or having ears that stick out.

Targets have an illness or disability.

Often, bullies target special needs children. This can include children who have ADHD, dyslexia, autism, or any other condition that sets them apart. Even kids with conditions like food allergies, asthma or other conditions can be bullied.

Targets have a different sexual orientation.

Some of the most brutal bullying incidents have involved children who are bullied for their sexual orientation.

Targets have different religious or cultural beliefs. Any student can be bullied for their religious beliefs. Both Christian students and Jewish students are often ridiculed as well as Muslim students for their beliefs and practices.

Targets belong to a different racial group.

Sometimes kids will bully others because they are of a different race. Caucasian, African-American, Asian or Indigenous students can be singled out and bullied. It happens with all races and in all directions. No race is exempt from being bullied and no race is exempt from having bullies.

Fighting back often prolongs the bullying and makes it even more severe.

Tell an adult - get help.

We have daytime and evening appointments, groups and camps, we see all ages, and we treat many mental illnesses.



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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:

- **Gaming sites**
- **Social Media**, such as Facebook, Instagram, Snapchat, and Twitter
- **SMS** (Short Message Service) A.K.A. Text Message
- **Emails**
- **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 (continued on page 11)

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(continued from page 10)

what is happening and where.

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

Report – If a classmate is cyberbullying, report it 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 the 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...

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



Peers, mentors, and trusted adults can sometimes intervene by publicly posting positive notes to counter in a situation where negative or hurtful content has been posted about a child.

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Building Self Acceptance through Positive Self-Talk

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. Without self acceptance, one would not be capable of reaching their full potential in life.

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.

Build self acceptance by 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..

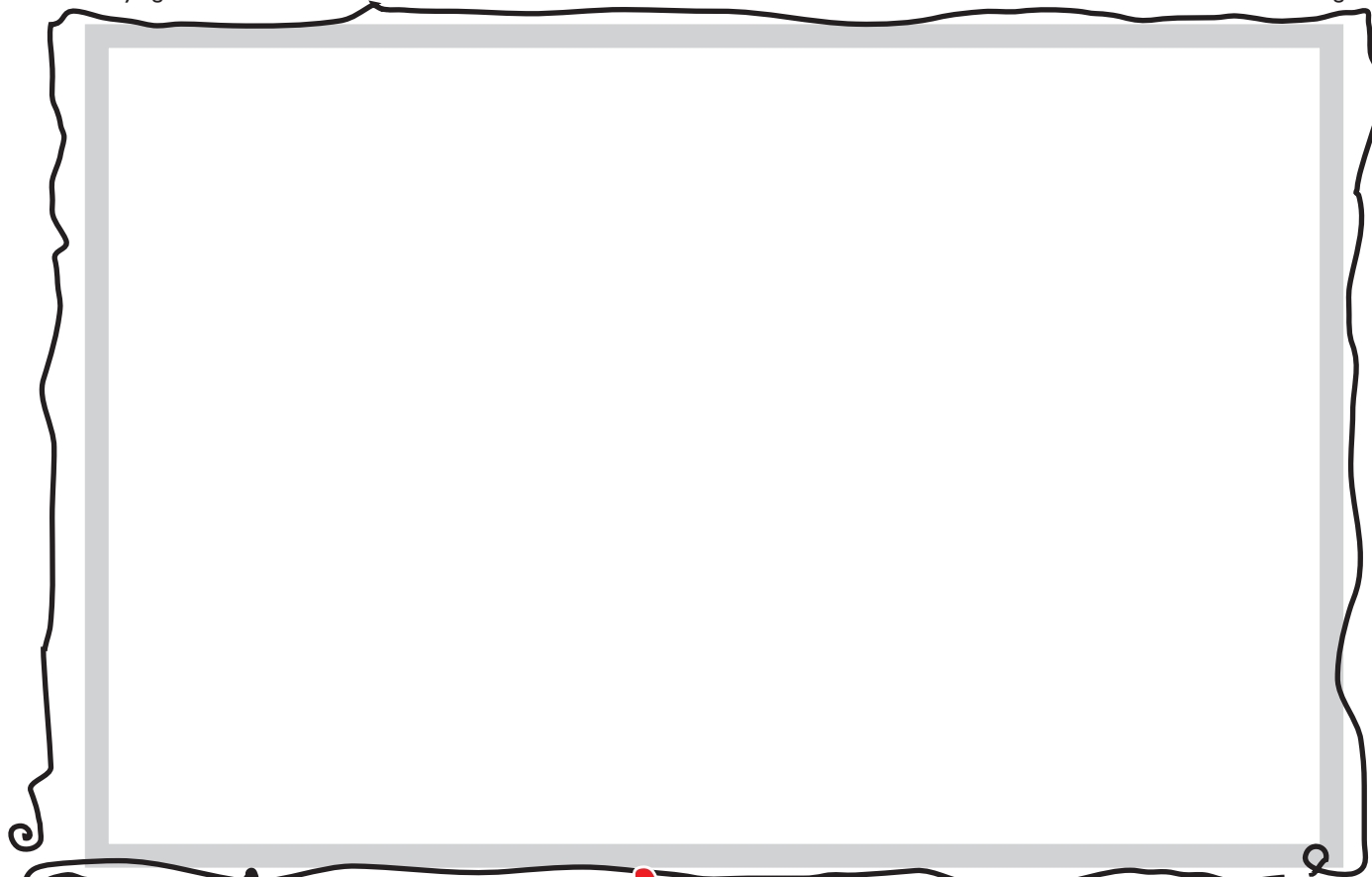
I am a good friend. I was there for a friend when...

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

Let's all
work towards
a kinder
gentler world!



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Child & Family
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Ohsweken, ON
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519-445-0230



Activity

Use this space above to draw a picture that represents kindness or below write a few words in which kindness is the theme...

Be part of our Earth Day publication

Turtle Club

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Kids

NEXT EDITION
Earth Day
April 2020

*Come Plant
A Tree With Us!*

Be Kind
and help make the world a better place

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Unit 101 Brantford, ON

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Fax: 519.759.6439
TTY: 519.759.4953
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Word Search



R	H	Q	X	S	G	H	C	O	N	F	I	D	E	N	C	E	F	M	
N	P	F	P	W	I	F	E	E	L	I	N	G	S	H	R	G	P	A	
E	E												I	V		S	E		
G	A		V	O	N	L	I	N	E	L	Q	T	E		T	Q	A	O	
A	C		K	G	V	X	T	A	R	G	E	T	M		I	H	U	V	
T	E		J	R								I	O		C	A	J	E	
I	Q		E	D		L	P	J	P	W		T	T		I	T	U	R	
V	J		J	I		I	W	O	H	T		T	I		S	E	D	C	
E	J		E	F		F	I		C	P		A	O		M	R	G	O	
F	S		A	F		E	E		A	C		U	N		B	S	E	M	
A	U		L	I		K	D					N	A		U	I	M	I	
C	P		O	C		G	G	W	M	N	R	T	L		L	R	E	N	
E	P		U	U		A	D	V	I	C	E	D	W		L	U	N	G	
B	O		S	L											Y	K	T	S	
O	R		Y	T	J	J	C	O	M	P	A	S	S	I	O	N	X	T	
O	T		H	Y	B	Q	W	Y	H	F	R	I	E	N	D	S	Z	R	
K	T																Q	O	
S	E	N	V	Y	P	R	E	V	E	N	T	I	O	N	A	E	B	R	N
Z	A	B	U	S	E	F	C	Y	B	E	R	B	U	L	L	Y	I	N	G

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



See if you can locate all 25 words which are related to anti-bullying in the puzzle.

Your mind is a powerful thing. When you fill it with positive thoughts, your life will start to change.



inspireMORE



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Services Offered

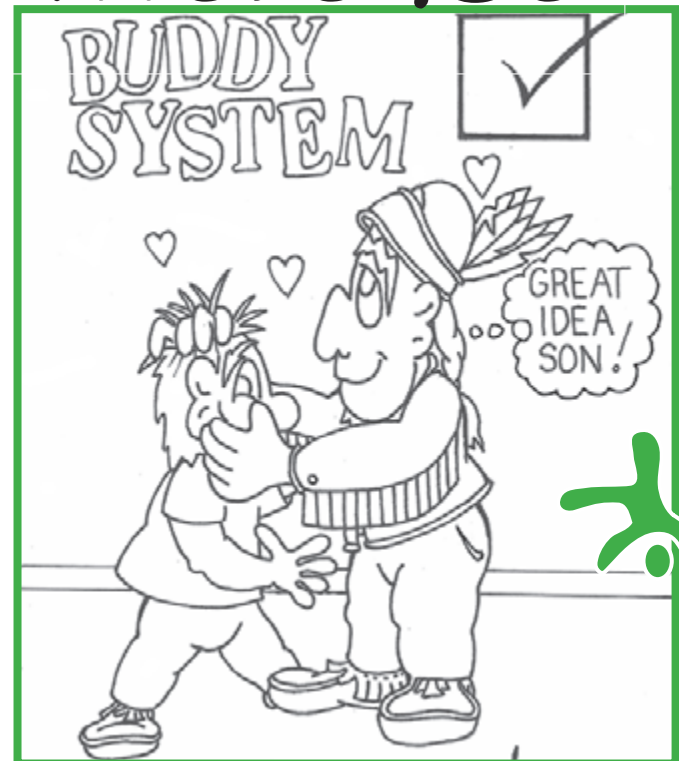
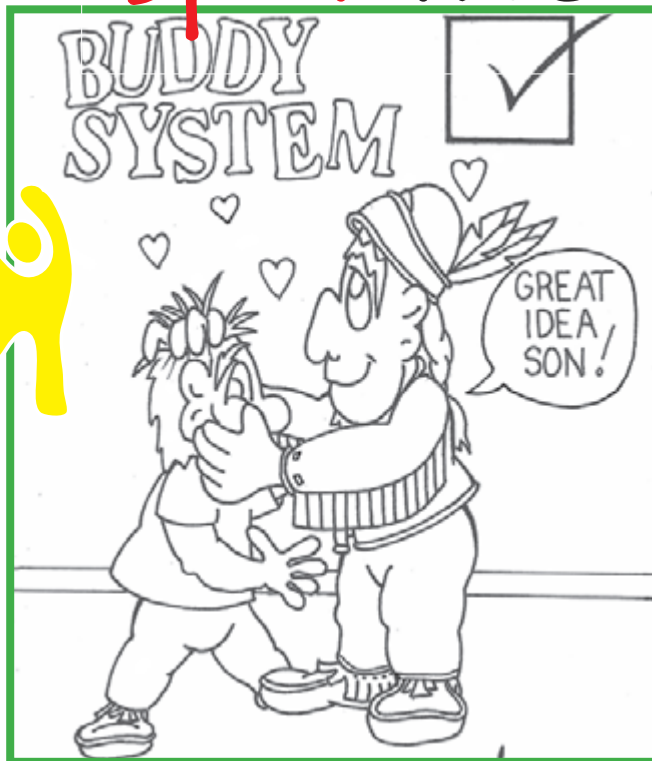
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Traditional Consultations	Wellbriety, Relapse Prevention Groups
Supportive Housing	Addiction Recovery Units
Release from Custody	C+Y MH-Addictions
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Six Nations Crisis Services 519.445.2204 or 1.866.445.2204



www.snha.ca

Spot the difference



Answer: there are six differences. Right: (1) Only 3 Hearts, (2) thought bubble shape (3) Coat cuff, (4) Pants have a Pocket, (5) Third Feather (6) No Pant Cuffs

Word Scramble

PACOMSIONS

Unscramble the capital letters to display the word hidden within

Answer to word scramble on page 20

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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.

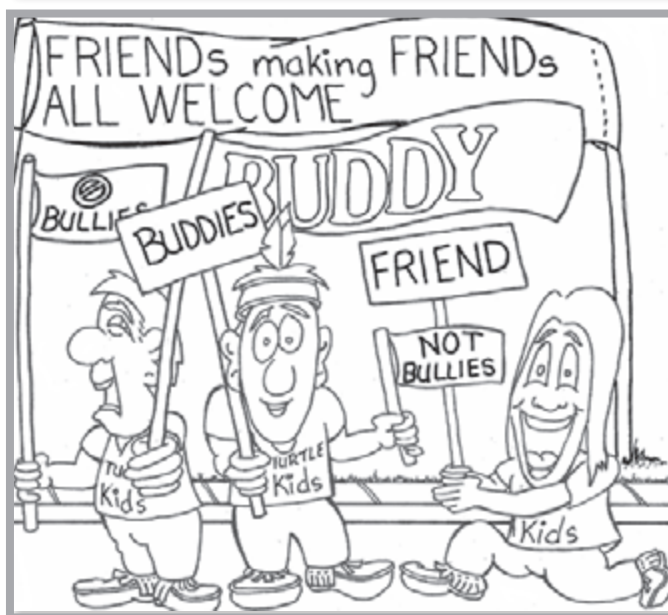
- Talk with your Child about Cyberbullying
- Learn about what your Child does Online
- Set Ground Rules for your Child's Online activity
- Teach Your child safe Online behavior
- Teach your child how to respond to Cyberbullying
- Be available to help your child
- There is a range of Websites and Apps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



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www.snpolice.ca

Being a Turtle Club Kid...

By Ron Johnson



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Being a Turtle Club Kid...



For an interactive anti-bullying game, visit: www.stopbullying.gov/kids/index.html

Answer to word scramble on page 12 "Compassion"

Anti Bullying support online

Need somewhere to turn for support?
Try these online resources.

www.preynet.ca

bullying.supportgroups.com

kidshelpphone.ca/Teens/

InfoBooth/Bullying.aspx

[www.overcomebullying.org/
bullying-support-groups.html](http://www.overcomebullying.org/bullying-support-groups.html)

www.stopabully.ca

<https://www.facebook.com/>

YouBelongInThisWorld

[www.cafamily.org.uk/advice-and-
support/](http://www.cafamily.org.uk/advice-and-support/)

<https://www.stopbullying.gov>

alot.com/activities-stop-bullying

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Kindness is a gift
everyone can afford to give!

-Unknown

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.



How would you like to be remembered?

The Obituary Writing Exercise: Designed to help people think about how they live their lives. Simply write a short obituary about yourselves, as if you were suddenly gone. What would it say? In a few sentences, write down what you hope others would remember you by and what they would say about you.

Being kind is giving even when it seems you have nothing to give!

-Unknown

tell someone

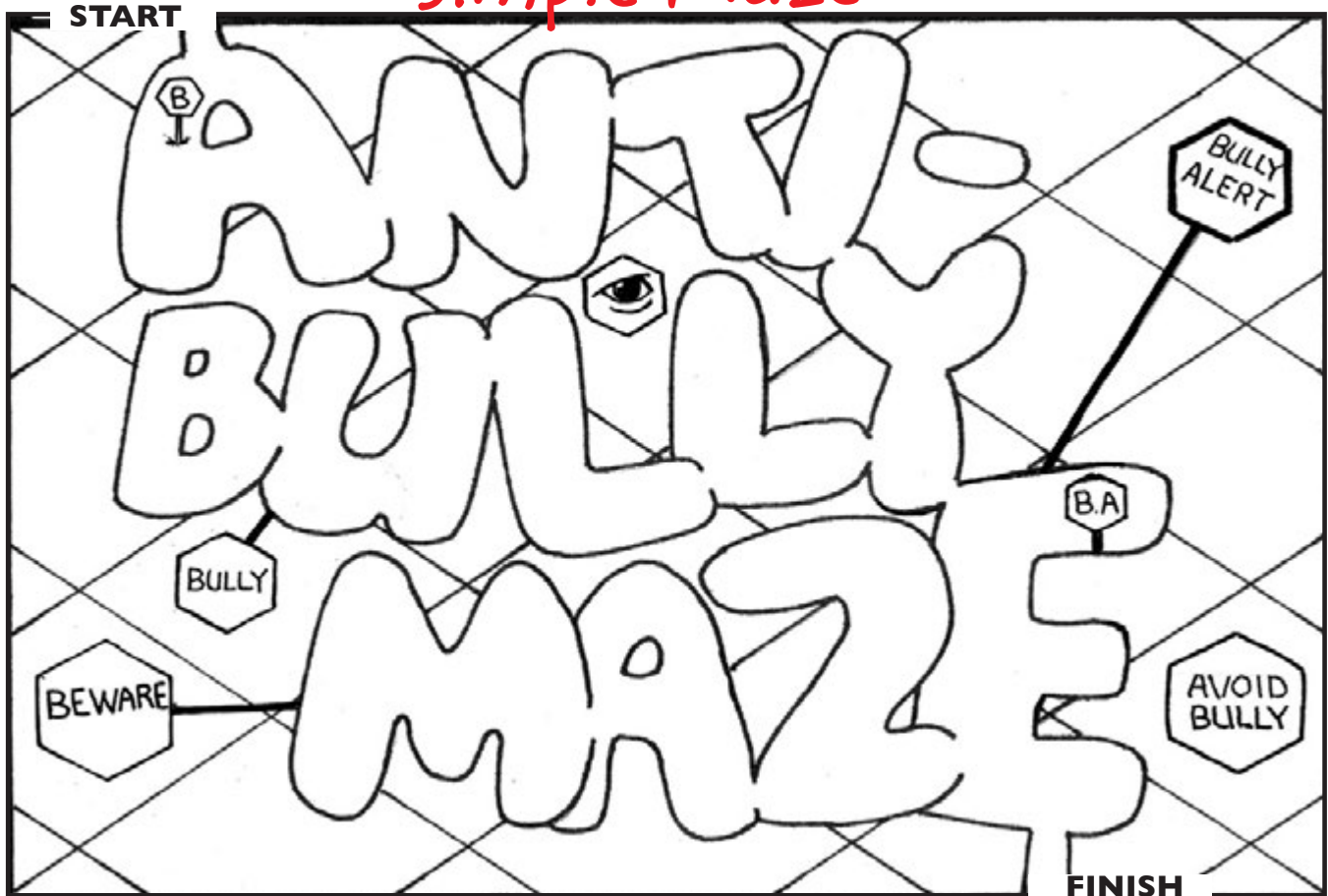
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