

THE ADVENTURES OF

Turtle Club Kids

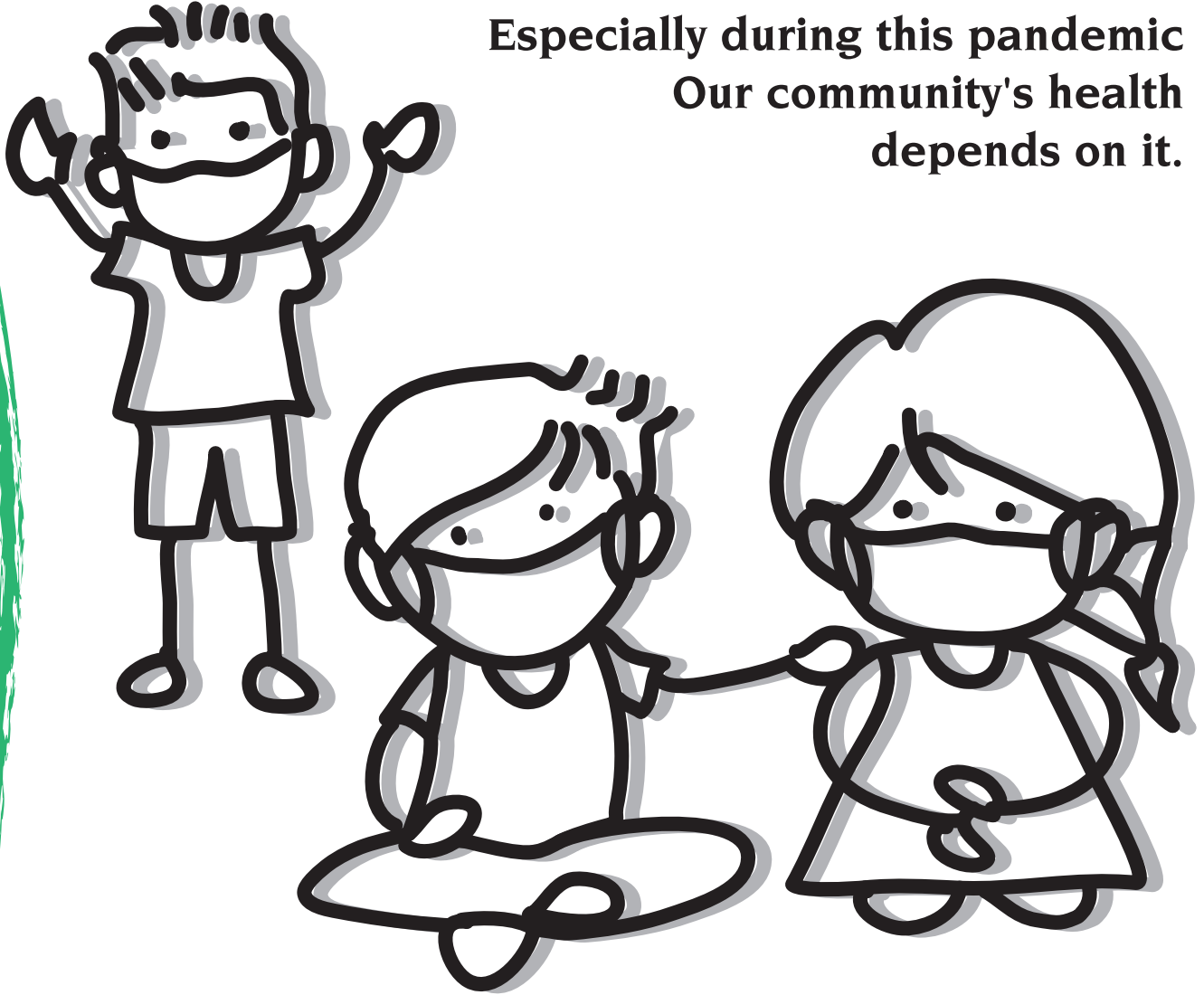
Anti Bullying Issue, 2020



Be positive - be you!



Remember to be kind
Especially during this pandemic
Our community's health
depends on it.



Following the pandemic safety recommendations
is one of the most responsible acts of kindness.

Be Kind. Stay Safe.

Six Nations Federal Schools • PSAC Local 00128

• Emily C. General School • Jamieson Elementary School
• JC Hill School • I.L. Thomas Odadrihonyanita • Oliver M. Smith Kawenni:io

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“United
Against
Bullying.”

2020 Anti Bullying Alliance theme

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

• Parents
of bullies are often
overbearing and
controlling

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

Boys are more
likely to experience
direct forms of
bullying (physical
aggression)

Girls experience
more indirect forms
of bullying including
cyberbullying.

A little reminder from

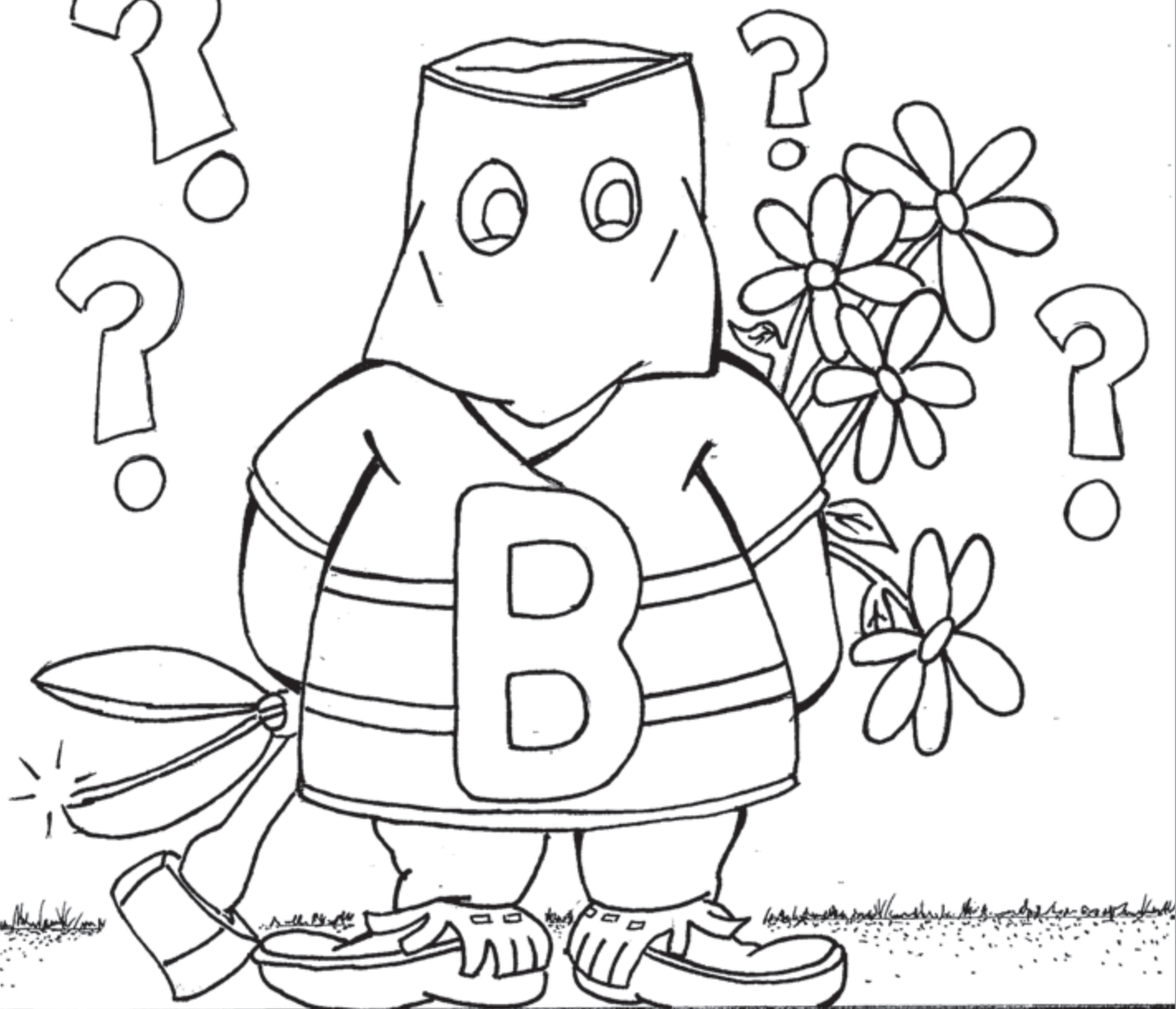


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BULLY PUZZLE ?



BULLY or BUDDY

have you been bullied?

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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 us when you focus on your strengths and positive qualities,

reminding yourself that you are a good and valuable person.

Take these sentences to heart - read aloud!



“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.”

Smile you are worth it!



Finish the sentences:

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

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

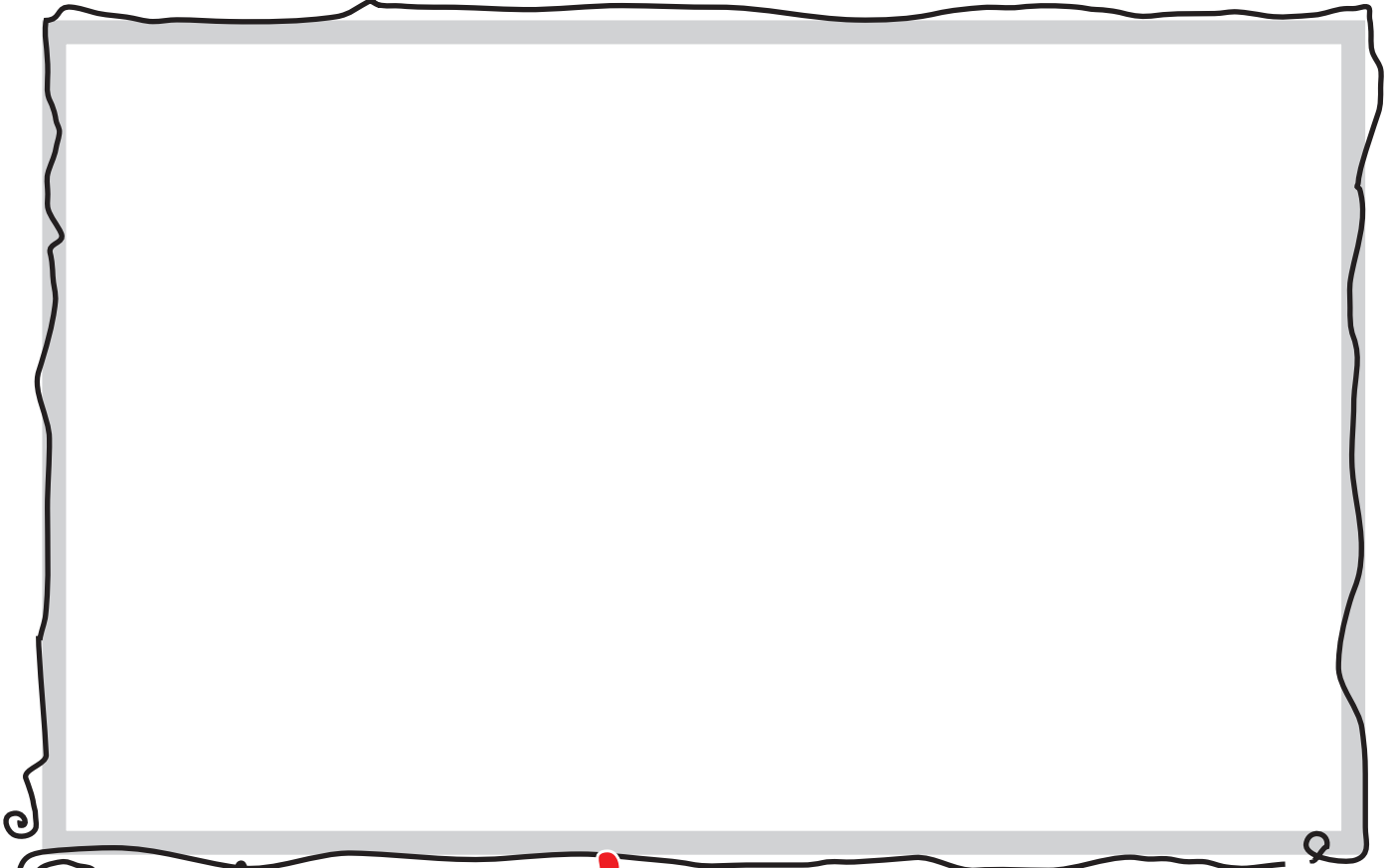
I am loved and cared about. People who care about me are



Good Minds Stand Up when it's time to support each other!



Together we can stop bullying



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 Kids

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NEXT EDITION
Earth Day
April 2021

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Word Search



abuse
advice
bullying
confidence
courage
criticism
cyberbullying
difficulty
emotional
envy
facebook
feelings
friendly
haters
hurt
jealousy
judgement
life
negative
overcoming
online
peace
people
prevention
strong
supportive
targeted
words



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

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Step in and stop bullying!

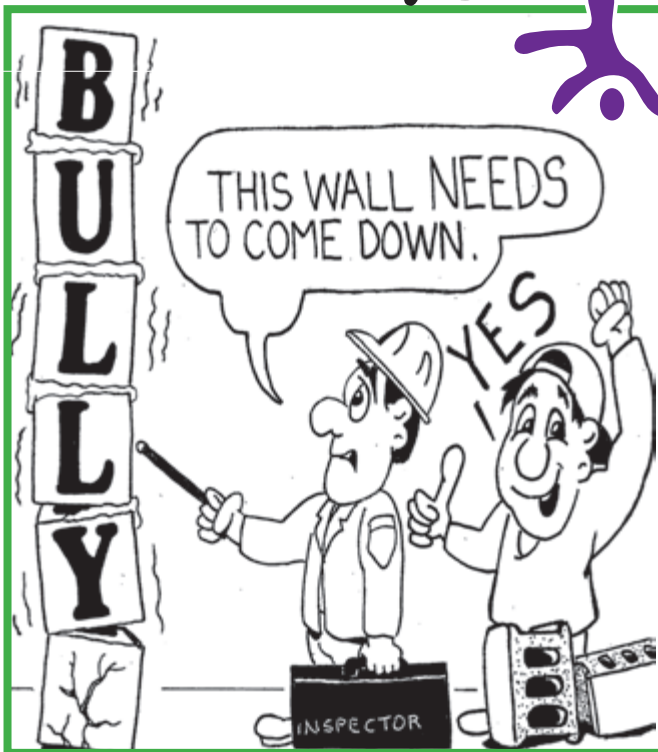
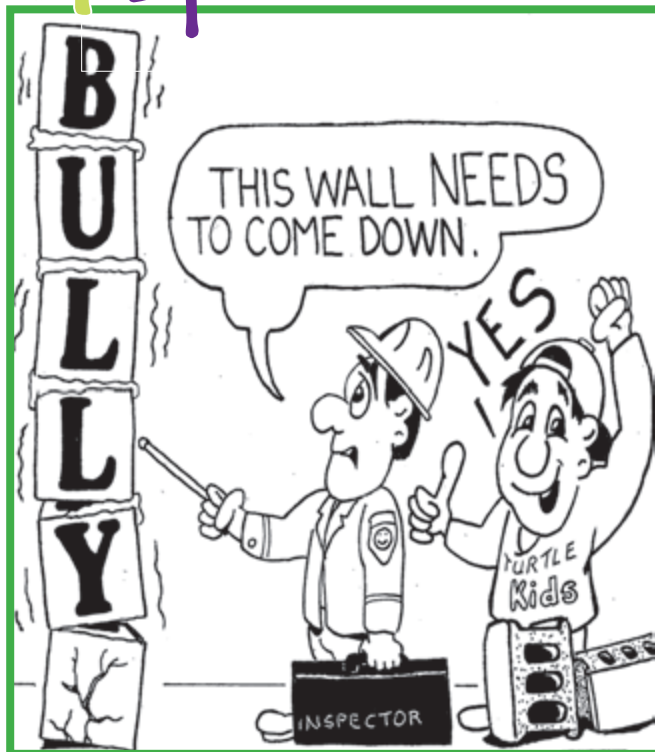


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Spot the difference



Answer: There are six differences: 1. Cufflink missing 2. Happy face missing 3. Ball cap missing top button 4. Turtle kids missing 5. Stripes on sleeves missing 6. Pointing stick is black

Word Scramble

NMTEMUCOICA

Unscramble the capital letters to display the word hidden within

Answer to word scramble on page 20

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Be Kind

and help make the world a better place

Will Bouma MPP
Brantford-Brant
Constituency Office
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Unit 101 Brantford, ON

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Fax: 519.759.6439
TTY: 519.759.4953
will.bouma@pc.ola.org



Let's put an end to bullying when we
return to school this year,
whether it's in class or online.
Being silent is saying it's okay.



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**Monique
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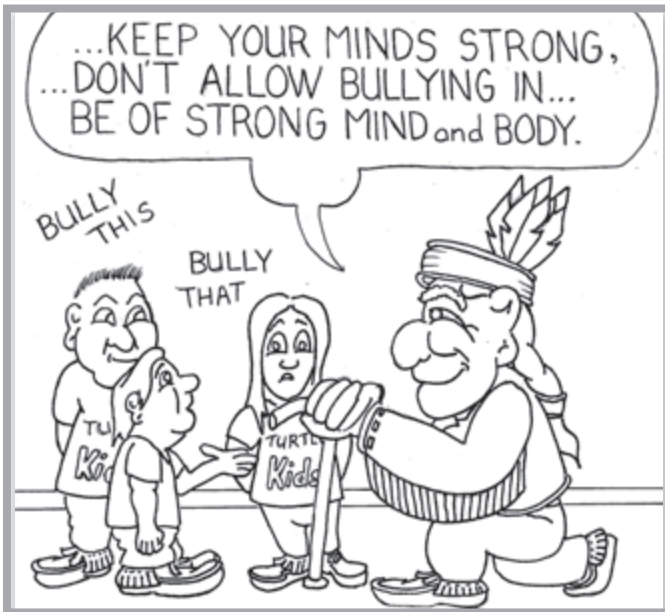
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Being a Turtle Club Kid...

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 "Communicate"

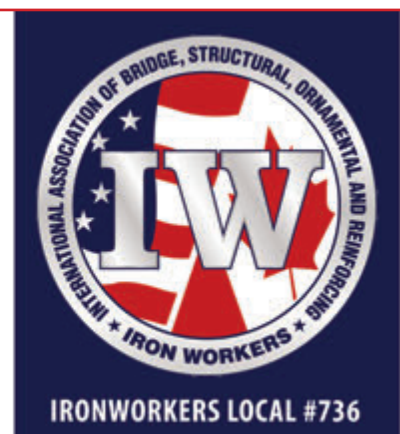
Anti Bullying support online

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

www.prevnnet.ca
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/
<https://www.stopbullying.gov>
alot.com/activities-stop-bullying

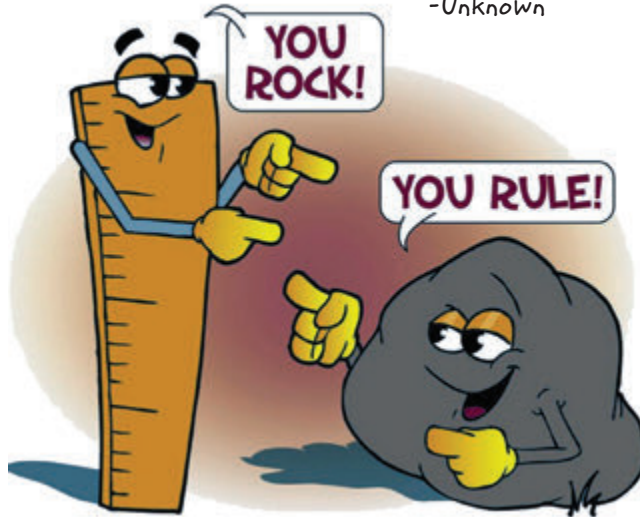


Turtle Club kids can do ...

Random acts of kindness

“ Kindness is a gift
everyone can afford to give! ”

-Unknown



- Say hello to everyone you see.
- Wave at kids on school buses.
- Tell someone why they are special to you.
- Talk to someone new at school.
- Write chalk messages on the sidewalk.
- Weed or shovel for a neighbor.
- Donate outgrown clothes.
- Bring flowers to your teacher.
- Read a book to someone.
- Tell someone how much you love them.
- Sing songs at a nursing home.
- Invite someone to play on the playground.
- Tell the principal how great your teacher is.
- Walk dogs at the animal shelter.
- Check in on an elderly neighbor.
- Bring cookies to the custodian.



**Just like crumpled-up
paper can't be
straighten out again**

♦♦♦

**Bullying has a
lasting impression**

**Let's all take a stand
against bullying
and stop the hurtful behaviour**



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BULLYMAZE



Turtle Club Kids anti bullying message

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

THINK POSITIVE

I WON'T BE BULLIED

I WILL NOT BE BULLIED



Set a good example everyday!



Even if your child isn't being bullied, it is important to regularly talk about bullying so that he/she knows that it is wrong to bully others and that they should tell an adult if they see a bully targeting another child.

No bullying allowed

respect the game... respect each other!



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

why do bullies behave the way they do?

Bullying is the most common type of violence in our society.

It occurs in schools, workplaces, in homes, on playgrounds, in the military, and even 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 changed.

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.



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**here are a few things
you can do;**

- Ask bystanders to stand up too
- Tell the bully to stop
- Call or text for help
- Get an adult
- Avoid joining in on the bullying

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.



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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 messages
- **Emails**
- **Instant Message** (via devices, email provider services, apps, and social media messaging features)



Any 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 ...

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 harmful posts or content if

(continued on page 8)

MOHAWK TRADING POST

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(continued from page 7)

possible. Records help to document it.

Report – If a classmate is cyberbullying, report it to your teacher or 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.

Lets' treat each other with

RESPECT

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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, mspace ...



519.445.2811
www.snpolice.ca

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

demonstrate

compassion towards others



...in your behavior

Just as a child learns to mimic their parents mannerisms and speech patterns, they'll also take most of their cues about how to treat their peers, elders, animals and the environment from them as well. Making a conscious effort to model compassionate, good behavior in everyday life is one of the most effective ways of ensuring that children also learn to behave the same way.

When a child sees an adult treat the world around him with compassion, he will instinctively follow the shining example being set for them.

...parents can set a good example

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.



...in how you feel 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.

...by doing some volunteer work

Spending time as a family performing volunteer work can give children a close and personal view of compassion and empathy in action, as well as the satisfied feeling that comes with making a positive difference in the world.

Making an effort to choose volunteer activities based upon a 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 a child understand that helping others 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 11)

A G O O D R U L E O F T H U M B !

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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 10)

for later discussion, and allow you to monitor them.

...showing others how to take action

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.

...by getting them to help out

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.

...by being 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/

**parents and guardians can
help 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.

tell someone

*You don't have to deal with
a bully on your own!*

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