

be kind.

ANTI-VIOLENCE / ANTI- BULLYING

VOL. 3 . MAY 2024

Dear Guardians, Parents, & Families,

Thank you for taking the time to check out the third newsletter this school year from our AB/AV (Anti-Bullying and Anti-Violence) committee!

We recently finished our amazing Love is Louder week, which is all about inclusivity! We went outside as a school and cleaned up the garbage in the area. We enjoyed our Cultural Fair by enjoying delicious food and music. We showed BE KIND to our school through side walk chalk. A morning stretch with students and teachers along with Ice Cream Day and Moov Ottawa Dance visiting our school.

We finished our Love is Louder week through a concert that allowed students to showcase their talent through various performances.

We are working hard to keep your children feeling safe at school, and we want to take this opportunity to talk about safety online.

Please reach out for any additional support you and your family may need.

Take care,

Student Services Team



When it comes to your kid's screentime, be sure to **MODEL** how much to use screens, and remember to have fun, device-free time with your child every day!

Here are excellent tips for parents in the digital age directly from **Healthychildren.org**:

- Build a family media plan that balances time with and without devices.
- Create screen-free times and places in your home.
- Have regular discussions as a family about your online activities.
- Talk about social media use — yours and theirs!
- Make sure your kids know they can come to you about their experiences online.
- Talk about how media and emotions are connected.
- **Set a good example.**
- Set parental controls.
- Watch for signs of problematic media use (ex. withdrawing from regular activities)

May 20

May 25

June 11



Think carefully before getting your child a phone.

<https://symmesdarcy.westernquebec.ca>

What to do if a photo or video is being circulated on the internet?

[Needhelpnow.ca](https://needhelpnow.ca) helps you remove photos or videos online.

[Cyberaide.ca](https://cyberaide.ca) helps in the reporting process of the sexual exploitation of children.

Tel-Jeunes

Call 1-800-263-2266

Text 1-514-600-1002

www.teljeunes.com

Kids Help Phone

Call 1-800-668-6868

Text 686868

www.kidshelpphone.ca

CYBERBULLYING

What is it?

Cyberbullying is just like bullying, but through a device, whether that be on a computer through a social media platform, on a phone through snapchat, or on another screen. It is when words, actions, and images are used that can hurt someone.

How to talk with your child?

- Listen calmly to your child. Ask questions and be sure to let them talk.
- Advise your child not to respond to or to forward any of the messages.
- Block the cyberbullies on all applicable platforms.
- Assess the situation and determine if it should be reported further.

What to avoid:

- Do not ignore the situation!
- Do not blame your child for being cyberbullied.
- Do not tell your child to retaliate.



Digital literacy workshops

Empowering Canadians to stay safe in our digital world.

TELUS Wise® workshops help Canadians of all ages have a positive experience online and cover topics including, protecting your security and privacy, rising above cyberbullying, and using technology responsibly.

These online workshops can be completed individually, or a teacher or workshop facilitator can deliver them to a group. To access workshops submit the form below.

https://wiseworkshops.telus.com/includes/modules/FM_WiseWorkshops/

Bullying, whether online or in person, can have serious impacts on individuals

<https://symmesdarcy.westernquebec.ca>