

# MNCHP Network Bulletin



best start  
meilleur départ

by/par health **nexus** santé

*In this Special Bulletin:*

This week's bulletin provides an overview of bullying among children and youth and includes news articles, recent reports and studies, resources, and links to organizations and programs working in this area. This selection of information is based on a preliminary scan and is not exhaustive.

***We invite you to share other relevant information about this topic.***

## ***I. RECENT RESEARCH STUDIES AND REPORTS***

1. [Bullying in Canada: How Intimidation Affects Learning](#)
2. [Bullying and Fighting Among Canadian Youth](#) (available in French)
3. [Individual Risk Factors for School Bullying](#)
4. [Exposure to Bullying at School and Depression in Adulthood: A Study of Danish Men Born in 1953](#)
5. [Is Bullying Equally Harmful for Rich and Poor Children?](#)
6. [Child Mental Health Problems as Risk Factors for Victimization](#)
7. [New Tactics to Tackle Bystander's Role in Bullying](#)
8. [Nipping Violence in the Bud in Children: Child Care](#)
9. [Bullying at School Linked to Bullying at Home](#)

## ***II. INITIATIVES***

10. [Shaping a Culture of Respect in Our Schools: Promoting Safe and Healthy Relationships](#) (available in French)
11. [Making Ontario's Schools Safer: What Parents Need to Know](#) (available in French)
12. [Review of the Roots of Youth Violence](#) (available in French)
13. [Bullying Prevention in Schools](#) (available in French)

## ***III. RESOURCES AND PROGRAMS***

***Please note that this list is not exhaustive – please share programs from across Ontario!***

14. [Best Start Resource Centre 2010 Pre-Conference Session: Promotion of Healthy Social Emotional Development and Prevention of Pre-School Bullying](#)
15. [Friends and Neighbours Club](#) (available in French)
16. [Preschool Bullying: What You Can Do About It: A Guide for Parents and Caregivers](#)
17. [Ottawa Preschool Bullying Prevention Coalition \(OPBP\)](#)
18. [Preschool Bullying Prevention Activity Kit](#) (available in French)
19. [Toddlers and Preschoolers: Bullying](#)
20. [Bullying at Preschool: Helping Your Child](#)
21. [Registry of Bullying Prevention Programs](#) (available in French)
22. [Bullying Canada](#)
23. [PREVNet](#)
24. [LOVE](#) (available in French)
25. [Roots of Empathy](#)

26. [The Canadian Safe Schools Network](#)
27. [Bullying.org](#)
28. [Centre Ontarien de Prévention des Agressions](#) (available in French only)

#### IV. NEWS ARTICLES

29. [In Depth: Bullying - Sticks, Stones and Bullies](#)
30. [Parents' Primer on School Bullying: If the School Says "We don't have that problem here," Don't Believe It](#)
31. [Anti-Bullying Programs: Ignored and Insufficient](#) (available in French)

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### I. RECENT RESEARCH STUDIES AND REPORTS

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#### 1. BULLYING IN CANADA: HOW INTIMIDATION AFFECTS LEARNING

This report (Canadian Council on Learning, 2008) describes the impact of bullying on the learning environment. It also highlights the link between bullying and a number of outcomes (e.g., drug and alcohol use, delinquency, etc.).

<http://www.ccl-cca.ca/pdfs/LessonsInLearning/Mar-20-08-Bullying-in-Canad.pdf>

#### 2. BULLYING AND FIGHTING AMONG CANADIAN YOUTH

(available in French)

This factsheet (PHAC, 2008) describes bullying and fighting among Canadian youth. It looks at the impacts of bullying, the differences between boys and girls, what schools and families can do, and more.

English: <http://www.phac-aspc.gc.ca/dca-dea/7-18yrs-ans/bullying-intimidation-eng.php>

French: <http://www.phac-aspc.gc.ca/dca-dea/7-18yrs-ans/bullying-intimidation-fra.php>

#### 3. INDIVIDUAL RISK FACTORS FOR SCHOOL BULLYING

This study (Farrington & Baldry, 2010) looks at individual risk factors for bullying in boys in London, UK. It found that the most important risk factors are low impulsiveness and low empathy. The authors note that these risk factors could be targeted in cognitive-behavioural skills training programmes.

Abstract: <http://pierprofessional.metapress.com/content/e46315255u487p41/>

#### 4. EXPOSURE TO BULLYING AT SCHOOL AND DEPRESSION IN ADULTHOOD: A STUDY OF DANISH MEN BORN IN 1953

This study (Lund et al., 2008) explores the association between recall of bullying in school and depression in men in midlife. The researchers found that those exposed to bullying in school had a significantly greater risk of having been diagnosed with depression between the ages of 31 and 51 years.

Abstract: <http://eurpub.oxfordjournals.org/cgi/content/abstract/19/1/111>

#### 5. IS BULLYING EQUALLY HARMFUL FOR RICH AND POOR CHILDREN?

This study (Due et al., 2009) followed a cohort of adolescents and young adults from age 15 to 27 years. It aimed to determine whether childhood socioeconomic status affects the association between exposure to bullying in childhood and symptoms of depression in young adulthood. The researchers found that exposure to bullying, low socioeconomic status, and female gender significantly increased the risk of

depression in young adulthood. There was also a statistically significant interaction between bullying and low socioeconomic status. Bullying increased the risk of depression for people from low socioeconomic status, while there was only a weak association between bullying victimization and depressive symptoms for people from more affluent childhood socioeconomic backgrounds (Due et al., 2009).

Abstract: <http://eurpub.oxfordjournals.org/cgi/content/abstract/ckp099v1>

## 6. CHILD MENTAL HEALTH PROBLEMS AS RISK FACTORS FOR VICTIMIZATION

This study (Turner et al., 2009) looks at the effect of child internalizing and externalizing symptoms on increases in victimization. It was found that elementary-aged children with high levels of co-occurring internalizing and externalizing symptoms were particularly vulnerable to victimization by their peers and those in early adolescence who were distressed were more vulnerable to sexual victimization. The authors concluded that mental health issues in childhood and adolescence appear to represent important risk factors for increased victimization.

Abstract: <http://cmx.sagepub.com/cgi/content/abstract/1077559509349450v1>

## 7. NEW TACTICS TO TACKLE BYSTANDER'S ROLE IN BULLYING

This study (Fonagy et al., 2009) explores the effectiveness of a school-based anti-bullying intervention that focuses on empathy, power dynamics, and the teacher rather than the bully or the victim. The findings indicate that this intervention can reduce children's experiences of aggression in school and improve classroom behaviour.

News story: <http://www.sciencedaily.com/releases/2009/01/090125193150.htm>

Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/19207633>

## 8. NIPPING VIOLENCE IN THE BUD IN CHILDREN: CHILD CARE

This article (Science Daily, 2008) provides information about a child care program in Quebec that encourages children to express their anger and frustration in constructive ways in order to prevent developmental problems. Jacinthe Guèvremont, who has started a program at the Université de Montréal daycare, explains the value of the program: "if children are raised in surroundings where they are supported, they learn to control their aggression and emotions, and can become very sociable".

News story: <http://www.sciencedaily.com/releases/2008/12/081208180429.htm>

## 9. BULLYING AT SCHOOL LINKED TO BULLYING AT HOME

This study (Menesini et al., 2009) found that children who bully at school were likely to also bully their siblings at home and children who were victims at home were more likely to be victims at school. The authors suggest that parents play a greater role in fostering sibling relationships and reducing high levels of conflict to help prevent bullying.

News story: <http://www.sciencedaily.com/releases/2009/12/091206185410.htm>

Abstract: <http://www.ingentaconnect.com/content/bpsoc/bjdp/pre-prints/bjdp563>

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## II. INITIATIVES

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### 10. SHAPING A CULTURE OF RESPECT IN OUR SCHOOLS: PROMOTING SAFE AND HEALTHY RELATIONSHIPS

(available in French)

Through consultations across Ontario, this report (Safe Schools Action Team, 2009) was developed. It provides recommendations to prevent and address gender-based violence, homophobia, sexual

harassment, and inappropriate sexual behaviour by students towards other students. The authors suggest that every adult in the school has a role to play in addressing these issues.

English: <http://www.edu.gov.on.ca/eng/teachers/RespectCulture.pdf>

French: <http://www.edu.gov.on.ca/fre/teachers/CultureRespect.pdf>

### 11. MAKING ONTARIO'S SCHOOLS SAFER: WHAT PARENTS NEED TO KNOW

(available in French)

This document (Ontario Ministry of Education, 2008) helps parents understand Ontario's approach to making schools safer. It includes information on promoting positive student behaviour, providing early and ongoing intervention, preventing inappropriate behaviour, and addressing inappropriate behaviour with appropriate consequences.

English: <http://www.edu.gov.on.ca/eng/safeschools/pdfs/saferSchools.pdf>

French: <http://www.edu.gov.on.ca/fre/safeschools/pdfs/saferSchoolsFr.pdf>

### 12. REVIEW OF THE ROOTS OF YOUTH VIOLENCE

(available in French)

This report (Ministry of Children and Youth Services, 2008) explores the roots of youth violence and makes recommendations on how to address these issues and make Ontario safer.

English: <http://www.children.gov.on.ca/htdocs/English/topics/youthandthelaw/roots/index.aspx>

French: <http://www.children.gov.on.ca/htdocs/French/topics/youthandthelaw/roots/index.aspx>

### 13. BULLYING PREVENTION IN SCHOOLS

(available in French)

This study (Public Safety Canada, 2006) examines school-based anti-bullying programs including promising practices. The authors provide recommendations for future work in this area.

English: <http://www.publicsafety.gc.ca/res/cp/res/bully-eng.aspx#ack>

French: <http://www.securitepublique.gc.ca/res/cp/res/bully-fra.aspx>

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## III. RESOURCES AND PROGRAMS

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### 14. BEST START RESOURCE CENTRE 2010 PRE-CONFERENCE SESSION: PROMOTION OF HEALTHY SOCIAL EMOTIONAL DEVELOPMENT AND PREVENTION OF PRE-SCHOOL BULLYING

Pre-school bullying is a topic that is receiving more and more interest. The forum brought together research and practice in a still under-explored area of child health. Presentations and discussions looked at: the origins of aggression, factors associated with aggressive behaviour in young children, and factors leading to bullying or victimization. Strategies for service providers working with young children on promoting healthy social/emotional development and preventing aggression in pre-schoolers were explored. Some presentations and handouts are available at

<http://www.beststart.org/events/detail/bsannualconf10/webcov/index.htm>

### 15. FRIENDS AND NEIGHBOURS CLUB

(available in French)

The goal of the Friends and Neighbours Puppet Program is to: (1) increase children's awareness of social issues; (2) teach problem solving skills; (3) increase overall self-esteem; (4) increase self-awareness; (5) increase awareness of other and the ability to empathize; and (5) sympathize with others. Program packages are designed to work directly with children in a non-threatening manner. They have been

developed by professionals with research assistance by child psychologists, social workers, child and youth workers, teachers, and relevant organizations (i.e. Centre for Addiction and Mental Health, etc.). The scripts are flexible enough to meet the individual community needs and various social and demographic backgrounds. Some of the issues addressed are: bullying, substance abuse, Attention Deficit Hyperactivity Disorder, good manners, secrets, self-esteem, vandalism, family violence, smoking, and deployment and reunion for children of military families.

English: [http://www.friendsandneighboursclub.ca/en/curtain/the\\_story.asp](http://www.friendsandneighboursclub.ca/en/curtain/the_story.asp)

French: [http://www.friendsandneighboursclub.ca/fr/curtain/the\\_story.asp](http://www.friendsandneighboursclub.ca/fr/curtain/the_story.asp)

## 16. PRESCHOOL BULLYING: WHAT YOU CAN DO ABOUT IT: A GUIDE FOR PARENTS AND CAREGIVERS

This resource (The Society for Safe & Caring Schools & Communities, 2000) offers the insights of experienced teachers, early childhood educators, parents, and social researchers on early learning and aggression. It outlines some general approaches to teaching appropriate behaviour, emotional recognition and control, and social interaction skills.

<http://www.sacsc.ca/Preschool%20Bullying%20web%20version.pdf>

## 17. OTTAWA PRESCHOOL BULLYING PREVENTION COALITION (OPBP)

OPBP (2010) is working with a broad range of community partnerships to increase awareness, resources, and training opportunities throughout the City of Ottawa. Their website provides information about bullying and links to programs and resources.

<http://www.ottawakids.ca/site/preschoolbullying/>

## 18. PRESCHOOL BULLYING PREVENTION ACTIVITY KIT

(available in French)

This bullying prevention kit created by the OPBP (2007) includes bullying week activities, “Sharing and Caring: A Preschool Approach to Bullying Prevention – Games and Activity Manual”, and an evaluation form to complete and submit to OPBP for those who try the Activity Manual.

English: [http://www.ottawakids.ca/site/preschoolbullying/About\\_Us\\_p1212.html](http://www.ottawakids.ca/site/preschoolbullying/About_Us_p1212.html)

French: [http://www.ottawakids.ca/site/preschoolbullying/About\\_Us\\_p1212.html](http://www.ottawakids.ca/site/preschoolbullying/About_Us_p1212.html)

## 19. TODDLERS AND PRESCHOOLERS: BULLYING

This website provides information about bullying in preschool including causes, who gets picked on, and how to help.

<http://www.peelregion.ca/health/family-health/toddlers-and-preschoolers/behaviour/bullying-preschool.htm>

## 20. BULLYING AT PRESCHOOL: HELPING YOUR CHILD

The Raising Children Network (2010) provides information for parents and caregivers about bullying at preschool. It includes tips for addressing bullying, ideas for coping with preschool bullying, and information about how to support children at home.

[http://raisingchildren.net.au/articles/bullying\\_helping\\_your\\_preschool\\_child.html/context/558](http://raisingchildren.net.au/articles/bullying_helping_your_preschool_child.html/context/558)

## 21. REGISTRY OF BULLYING PREVENTION PROGRAMS

(available in French)

The Ontario Ministry of Education has put together a list of programs that work towards bullying prevention. This comprehensive list offers a description of each program and contact information.

English: <http://www.edu.gov.on.ca/eng/teachers/bullyprevention/registry.html>

French: <http://www.edu.gov.on.ca/fre/safeschools/registryf.html>

## 22. BULLYING CANADA

This website has been created by youth from across Canada. It defines bullying and provides information about BullyingCanada.ca's telephone line and chat rooms. Resources and a newsletter are also available.

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

## 23. PREVNet

This group is a national network of Canadian researchers, non-governmental organizations (NGOs), and governments committed to stop bullying. The PREVNet website explains bullying, has a number of resources, and shares news and events. PREVNet also hosts an annual conference on bullying.

<http://www.prevnet.ca/Home/tabid/36/language/en-US/Default.aspx>

## 24. LOVE

(available in French)

Leave Out Violence (LOVE) is not-for-profit, grass roots youth organization. They offer programs for youth that allow them to use photography, video, radio broadcasting, and journalism to document the violence in their lives and come up with concrete solutions for change.

English: <http://www.leaveoutviolence.com/source/english/index.htm>

French: <http://www.leaveoutviolence.com/source/francais/index.htm>

## 25. ROOTS OF EMPATHY

This is an international evidence-based classroom program that was founded in Canada. Its mission is to build caring, peaceful, and civil societies – child by child – through the development of empathy in children.

<http://www.rootsofempathy.org/index.html>

## 26. THE CANADIAN SAFE SCHOOL NETWORK

The Canadian Safe School Network (CSSN) is a national, not-for-profit, registered charitable organization with a mandate to reduce youth violence and make schools and communities safer. They have specialized information for students, teachers, and parents.

<http://www.canadiansafeschools.com/home.htm>

## 27. BULLYING.ORG

This organization's aim is to prevent bullying in society through education and awareness. They provide educational programs and resources to individuals, families, educational institutions, and organizations.

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

## 28. CENTRE ONTARIEN DE PRÉVENTION DES AGRESSIONS

(available in French only)

Through various programs, this organization influences public opinion with the goal of changing attitudes and mobilizing Franco Ontarians, reducing the vulnerability of children and youth to aggression and breaking the cycle of violence.

French: <http://www.infocopa.com/index.html>

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#### IV. NEWS ARTICLES

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##### 29. IN DEPTH: BULLYING- STICKS, STONES AND BULLIES

This article (CBC, 2005) discusses bullying and the impact that it has on young people. It also links to an article on hazing and cyber-bullying.

<http://www.cbc.ca/news/background/bullying/>

##### 30. PARENT'S PRIMER ON SCHOOL BULLYING: IF THE SCHOOL SAYS "WE DON'T HAVE A PROBLEM HERE", DON'T BELIEVE IT

This article (Goldbloom, 2001) discusses bullying in general along with certain specific cases of bullying. It also offers tactics for children and parents to help them address bullying.

<http://www.readersdigest.ca/mag/2001/10/bullying.html>

##### 31. ANTI-BULLYING PROGRAMS: IGNORED AND INSUFFICIENT

This article (Boesveld, 2010) examines bullying policies in schools and highlights their inability to effectively address this issue. It also describes parents who take actions against schools that fail to protect their children from bullying and their frustration with the system.

<http://www.theglobeandmail.com/life/family-and-relationships/anti-bullying-programs-ignored-and-insufficient/article1476896/>

*\* Thank you Chelsea Kirkby for your work on this bulletin. \**

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### Click here to access Health Nexus' other e-bulletins and listservs:

#### In English:

- [OHPE](http://www.ohpe.ca/) - The free weekly Ontario Health Promotion E-mail bulletin (OHPE) offers a digest of news, events, jobs, feature articles on health promotion issues, resources, and much more, to those working in health promotion. <http://www.ohpe.ca/>
- [Click4HP](https://listserv.yorku.ca/archives/click4hp.html) - An open, facilitated public listserv, is an international dialogue on health promotion. Participants exchange views on issues and ideas, provide leads to resources, and ask questions about health promotion. <https://listserv.yorku.ca/archives/click4hp.html>
- [Health Nexus Today](http://www.blogs.opc.on.ca/) - Health Nexus Today is our Blog on health promotion. According to Google, "Blog is short for weblog - a journal or newsletter that is frequently updated and intended for the general public." Find the latest on health promotion including breaking news, highlights, studies, and issues in health promotion and the determinants of health in Canada and internationally. <http://www.blogs.opc.on.ca/>

#### In French:

- [French distribution list](http://www.meilleurdepart.org/index_fr.html) - The free distribution list offers information in French on maternal, newborn, and child health promotion topics. [http://www.meilleurdepart.org/index\\_fr.html](http://www.meilleurdepart.org/index_fr.html)
- [Le Bloc-Notes](http://leblocnotes.ca/) - The biweekly French language bulletin provides information on health promotion. <http://leblocnotes.ca/>