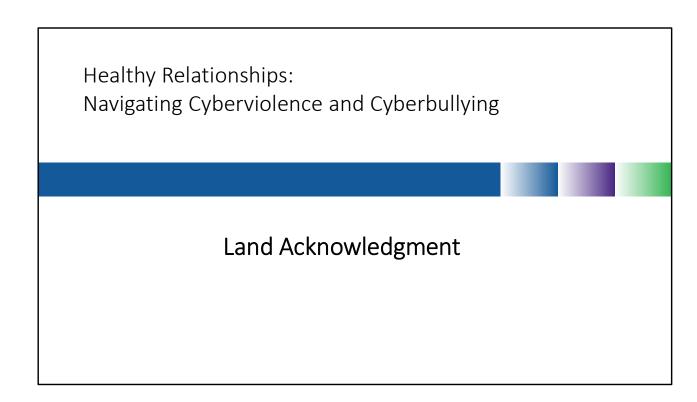
Healthy Relationships: Navigating Cyberviolence and Cyberbullying

Webinar and Focus Group June 10, 2021

Presenters: Linda Massey and Laura Somerville



Our Partners











This PowerPoint is to be used with school staff and is written through the lens of the Reactive Side of the Healthy Relationships Cyberbullying and Cyberviolence Placemat Tool. It is suggested to have a copy of the Reactive Placemat Tool printed for reference.

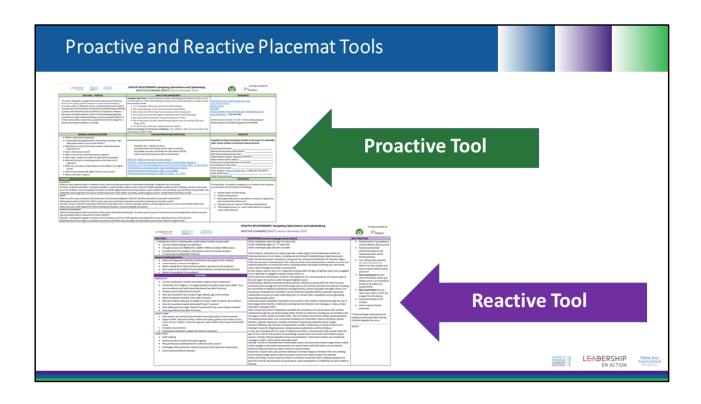
Throughout the review of this PPT staff will:

- Become familiar with the administrative/staff process of responding to an incident of cyberviolence and cyberbullying
- Identify their role in this process and possible responses
- Become aware of Best Practices for School Staff
- Identify the potential uncomfortable and sensitive nature of the this topic

This project is the result of a partnership between ADFO/CPCO/OPC and VST funded by the Ministry of Education

This PPT is a guide for conversation with School Staff that allows users to identify the slides that best fit with the school and staff needs.

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School Board	Victim Services	Phone #	Website	Email	Mailing Address	Type
Algoma District School Board	Victim Services of Algoma	(705) 945-6905 1-888-822-7792	victimservicesalgoma.ca	Executive Director - robin@victimservicesalgoma.ca	477 Queen St East Suite 102A Sault Ste. Marie, ON P6A 125	Public
Grand Erie District School Board	Victim Services Brant	(519) 752-3140	victimservicesbrant.on.ca	vsb@victimservicesbrant.on.ca	Brantford Police Services 344 Elgin St. Brantford, ON N3T 5T3	Public
	Victim Services Of Haldimand Norfolk	1 800-264-6671	victimserviceshn.com	info@victimserviceshn.com	PO Box 820 72, Hwy 54, Cayuga, On. NOA1EO	
Bluewater District School Board	Victim Services Bruce Grey Perth	1-866-376-9852	vsbgp.com	via website	Victim Services Bruce Grey Perth, 611- 9th Avenue East, Owen Sound, On. N4K 6Z4	Public
Lambton Kent District School Board	Victim Services of Sarnia- Lambton	(519) 344-8861 ext. 5238	victimservices.on.ca	office@victimservices.on.ca	555 N. Christina St., Sarnia, Ontario. N7T 7X6	Public
	Chatham-Kent Victim Services	(519) 436-6630	ckpolice.com/victim-services/	CKvictimservices@chatham-kent.ca	24 Third Street, Box 366, Chatham, On. N7M5K5	
District School Board Ontario North East	Cochrane Smooth Rock Falls Victim Services aux Victimes	Smooth Rock Falls office: (705) 338- 2188			Cochrane: 144B 4th Street W., Cochrane, ON POL 1CO	Public
		Cochrane office: (705)272-2598 1-877-264-4208	cochranes rfvictim services.ca	csrvspc@gmail.com	Smooth Rock Falls: 105 2nd Ave. Box 419, Smooth Rock Falls, ON POL 2BO	
	Victim Services of Temiskaming and District. (Victim Services of Temiskaming and Area)	(705) 647-0096	tdvictimservices.ca	pc@tdvictimservices.ca	300 Armstrong St North, New Liskeard, ON POJ 1PO	
	Victim Services of Temiskaming and District. (Victim Services of Kirkland Lake and Area)	(705) 568-2154	tdvictimservices.ca	klvictimservices@kdhospital.ccom	145 Government Rd., Kirkland, On P2N 3P4 (located in Kirkland Hospital Rm 310)	
Upper Grand District School Board	Caledon\Dufferin Victim Services	905-951-3838	cdvs.ca	info@cdvs.ca	15924 Innis Lake Rd, Caledon East, ON L7C 2Z1 (Caledon OPP Station)	Public
		519-942-1452	cdvs.ca	info@cdvs.ca	390 C Line, Orangeville, ON L9W 3Z8 (Orangeville Police Service)	
	Victim Services Wellington	519-824-1212 ext 7205	vswguelph.on.ca	victim@vswguelph.on.ca	15 Wyndham St South, Guelph, On N1H 4C6	
Durham District School Board	Victim Services of Durham Region	(905) 721-4226 1(888) 579-1520 ext. 3400	victimservicesdurham.ca	victimservices@drps.ca	605 Rossland Rd. E., Box 911, Whitby On. L1N 0B8	Public
Thames Valley District School Board	Victim Services Elgin	(519) 613 - 3182	victimserviceselgin.org	via website	146 Centre St, St Thomas, ON NSR 3A3	Public
	Victim Services of Middlesex- London	(519) 661-5636	vsmiddlesex.org	via website	601 Dundas Street, London, ON, N68 1X1	
	Victim Assistance Services of Oxford County	(519) 537-2824	vasoc.on.ca	via website	615 Dundas St, Woodstock, Ontario, N4S 1E1, On.	
Greater Essex County District School Board	Victim Services of Windsor and Essex County	(519) 723-2711 1 888 732 6228	vswec.ca	info@vswec.ca	1219 10th Concession, Essex On. N8M 2Y2	Public
Limestone District School	Victim Services of Kingston and Frontenac	(613) 548-4834	victimserviceskingston.ca	via website	c/o Kingston Police Headquarters, 705 Division St, Kingston, ON K7K 4C2	

As a partner in this initiative VST worked to create an excel spreadsheet that identifies the Victim Services organization with the School boards across Ontario. This spreadsheet links the school board with the victim service agency, phone number website, email and postal address. P/VPs are encouraged to contact their respective VS agency to see what resources and supports are available locally.

Powerpoint presentations

The Powerpoint and Placemat Tools can be found on the OPC/CPCO Website



Healthy Relationships: Navigating Cyberbullying and Cyberviolence

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Presenters

Laura Somerville, PAP Linda Massey, PAP Sarah Rogers, VST

Podcast

Effectively Navigating Cyberbullying

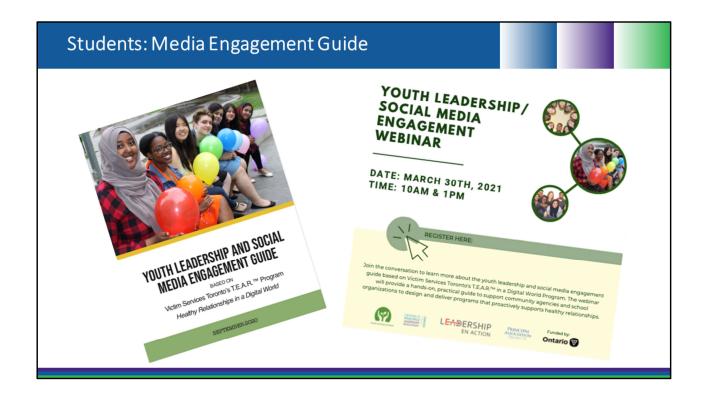


By OPC, ADFO, CPCO

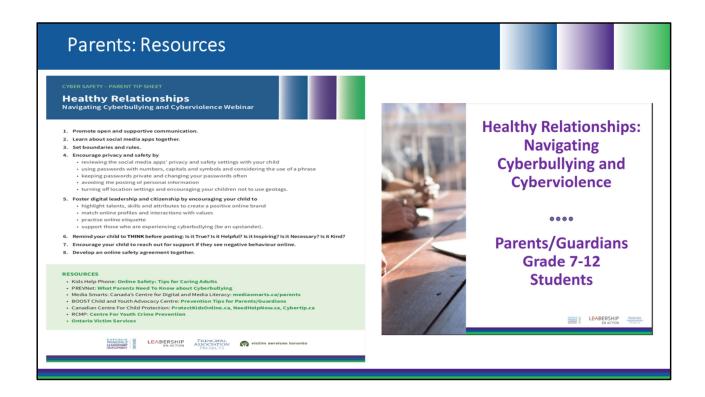
The Ontario Principals' Council (OPC) in partnership with L'Association des directions et directions adjointes des écoles franco-ontariennes (ADFO), Catholic Principals' Council | Ontario (CPCO) and VoicEd will be offering a radio broadcasting mini-series, providing easier accessibility to listeners across Ontario.

https://voiced.ca/project/rise-and-learn-principal-chats/

Stephen Hurley, host of The Rise and Learn Principal Chat podcast is joined by Kym Stadnyk, Jan Murphy, Sarah Rogers, each of whom has been involved with a new joint partnership between CPCO, OPC and ADFO, as well as Toronto Victim Services. They talk about the Healthy Relationship: Navigating Cyberbullying and Cyberviolence initiative and the resources that are put into the hands of administrators as they both proactively and reactively address issues and incidents within their schools.



The Youth Leadership and Social Media Engagement Guide is grounded in collaborative action and is designed as a hands-on, practical guide to support community agencies and schools as they build the leadership capacity of their youth to design and deliver programs that proactively support healthy relationships, especially in the field of social media engagement. This guide is based on a manual developed by Victim Services Toronto (VST) for T.E.A.R.™, Teens Ending Abusive Relationships, a VST program designed to equip youth with the tools and resources to make healthy relationship choices in person and online, identify the warning signs of abusive relationships, and reach out for help.



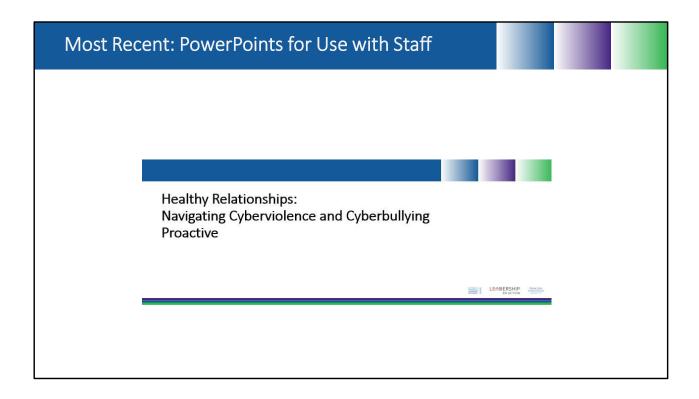
Parent Tip Sheet on Cyber Safety is available in 20 languages.

A PPT presentation for parents of students in Grades 7-12 is also available on the CPCO Associate side of the website for P/VP reference and use.

New Developments

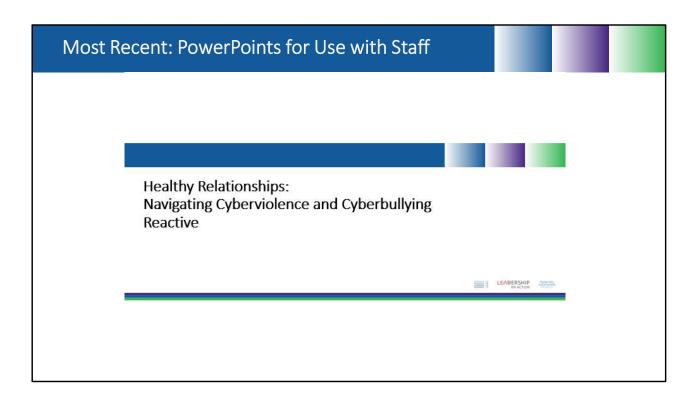
- Since the beginning of the project P/VPs were invited to participate to share their ideas, feedback and voice.
- Several new resources have been developed or are in the stages of development.

Thanks to the P/VPs who participated in the focus group and the webinars we were able to develop more resources for Principals and Vice Principals to respond to the needs that were identified.



This PPT is designed for P/VPs to use with school staff. It walks staff through the sections of the Proactive Placemat Tool. It is shared with staff as a reference point for thinking and/or with Safe School Committee. Planning is prevention...use of the Tool will fall within the school planning cycle.

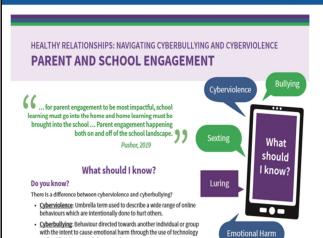
Is designed from the position of Reflective questions with questions (conversation starters) are appropriate for all grades at age appropriate levels.



This Reactive Placemat Tool is designed for school administrators when responding to an incident of cyberviolence or cyberbullying. It is shared with staff as a reference point for thinking.

The slides speak to the administrative process for dealing with an incident. They are shared with staff for the purpose of understanding the processes involved and for individual staff members to see themselves in this process...to think of what they need to become aware of...what they may need to do or how they may need to respond.

NEW: Parent and School Engagement



Cyberbullying occurs when there is an **unequal** balance of social, emotional or physical **power**. This power can be real or perceived and there is **repetitive** behaviour of hurtful actions.

Did you know?

such as the internet and electronic devices.

When navigating cyberviolence and cyberbullying, you are not alone! Parents and school leaders must walk in knowledge and not

What can I do?

If you suspect your child is experiencing trouble online, here are some things to think about.

- Who is my child online with? How did they meet? Age?
 What is my child doing online? (gaming, homework, socializing, gossiping etc)
- · When is my child online? Time of day? Middle of the night?
- Where is my child on line? Home (bedroom)? School? Friend's? Mall (free wifi)?
- Why is my child on line? Friendships? Lonely? Dating?
- How is my child online? Household, school or library computer? Tablet? Phone?

Start a conversation

- What questions could I ask my child?

 Have you ever seen anyone bullied online? What would/did you do?
- How would you describe a healthy relationship? Unhealthy relationship?
 What does it look like to you? How does it feel to you?
- Who can you really trust? Who should you trust? What does it mean to give your consent?
- How can we set boundaries while respecting your privacy? What would a boundary look like?

Gentle reminders

If we don't know what our children are doing online, how can we guide, help, protect them?

- Address the uncomfortable nature of conversation to encourage the disclosure
 Create a safe, trusting environment free of fear, hostility and judgment
- Respond sensitively and appropriately to a disclosure do not minimize.
 Trust your intuition!



NEW: Family Online Safety Agreement

Family Online Safety Agreement

When creating a family online safety agreement...

Elements to consider:

- Promote open and supportive communication.

- Learn about social media apps together.
 Encourage privacy and safety by:
 reviewing social media apps' privacy and safety settings together,
 using passwords with numbers, capitals, and symbols,
 keeping passwords private and changing them often,

 - avoid posting personal information,
 turn off location settings and not use geotags.

Think before you post: is it true? helpful? inspiring? necessary?

See something, say something (if you see negative behaviour online)

Is there an immediate concern that we need to address (excessive gaming/use of tools, inappropriate content, bullying, etc.)?

When designing a family online safety agreement together, discuss the content of the two main sections of the agreement (content and signatory sections):

This family agreement:

- Is designed to understand proper technology use and set expectations between at least two people (parent/guardian and child(ren)).

 • Captures an open conversation







Website – Professional Learning being redesigned over the summer All resources will be available

Healthy Relationships: Navigating Cyberviolence and Cyberbullying

- Feedback to date?
- Questions?
- Suggestions? (Use chat box)

Focus Group

Here we are...your voice matters

We now invite you to participate in a short focus group that will inform our next steps for the Healthy Relationships project.

There are three topics:

- Student Needs
- Biggest Challenges
- Engagement

Student Needs: Poll Question #1

Here are some suggestions for addressing cyberbullying and cyberviolence with students which appear on our HR Placemat. Chose up to three that you think are most useful.

- proactive assemblies and/or guest speakers
- conduct student safety survey
- · inserts for student agendas
- student council meetings
- question and answer forum for students
- review acceptable use policy and BYOD
- · digital leadership among students
- online etiquette "see something, say something" responsibility
- law
- celebration and recognition of inclusive activities/days/months If you have other suggestions, please type them in the Chat Box.

Poll Question #1:

Here are some suggestions for addressing cyberbullying and cyberviolence with students which appear on our HR Placemat.

Choose up to three that you think are most useful.

Student Needs: Poll Question #2

When developing your school plan with helping students to build healthy relationships in mind, where do you typically look for support and resources?

Choose up to three that you think are most useful.

- board generated resources
- · community agency resources
- · board personnel
- · internet search
- · principal association
- parents
- colleagues

If you have other suggestions, please type them in the Chat Box.

Poll Question #2

In the coming years, what do you see as the biggest challenge for principals and vice-principals when dealing with incidents of cyberviolence and cyberbullying? Choose up to three that you think are most useful.

Student Needs: Poll Question #3

When you have dealt with an incident of cyberviolence or cyberbullying, what did you do to help your student(s)?

Check all that apply.

- connect them with board personnel
- provide them with resources
- solicit the help of school members
- · contact your principal association
- confer with parents,
- · network with police

If you have other suggestions, please type them in the Chat Box.

Poll Question #3

The survey data revealed that many principals and viceprincipals are not aware of the resources which are available on the association website.

In your opinion, which of the following would be most efficient to increase engagement.

Check all that apply.

Biggest Challenges: Poll Question #4

In the coming years, what do you see as the biggest challenge for principals and vice-principals when dealing with incidents of cyberviolence and cyberbullying?

Check all that apply.

- · evolving apps
- · evolving devices
- · virtual learning
- · inequity of access
- · coping strategies

If you have other suggestions, please type them in the Chat Box.

Poll Question #4

In the coming years, what do you see as the biggest challenge for principals and vice-principals when dealing with incidents of cyberviolence and cyberbullying?

If you have other suggestions, please type them in the Chat Box.

Engagement: Poll Question #5

The survey data revealed that many principals and vice-principals are not aware of the resources which are available on the association website. In your opinion, which of the following would be most efficient to increase engagement.

Check all that apply.

- webinars
- surveys
- social media
- twitter chats
- pre-existing powerpoints
- association website

If you have other suggestions, please type them in the Chat Box.

Check all that apply.

Wrap Up

- What question would have liked us to ask you?
- Please respond in the Chat Box.
- Please post any parting comments in the Chat Box.

THANK YOU









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@OPCouncil

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