

BEYOND THE HURT:

Prevent bullying to create a safe environment for children and youth



Respect Education, a program of the Canadian Red Cross, offers the Beyond The Hurt (BTH) bullying prevention resource. BTH can help your organization create a safe, bullying-free, healthy environment for children and youth.

BTH offers effective education, customized support and a self-sustaining delivery model. Through BTH's activities, videos and discussions, youth and adults will learn:

- The dynamics and effects of bullying, harassment and discrimination
- How youth can use their personal power to resolve and prevent these problems
- How to find and use resources to respond to bullying and harassment, including cyberbullying.

The BTH delivery model is adaptable to your needs:

OPTION 1: The Facilitator Training Model allows you to reach a broad audience at a low cost:

- A** Through a 2-day workshop, a Red Cross Trainer equips teachers or adults who work with youth to be Prevention Educators, ready with tools and techniques to train Youth Facilitators.
- B** The Prevention Educator offers a 2-day Youth Facilitator Training Workshop to selected youth.
- C** These certified Youth Facilitators offer 3-hour workshops to peers in their own schools and communities.

OPTION 2: A Red Cross Trainer offers a two-day Youth Facilitator Training workshop to selected youth.

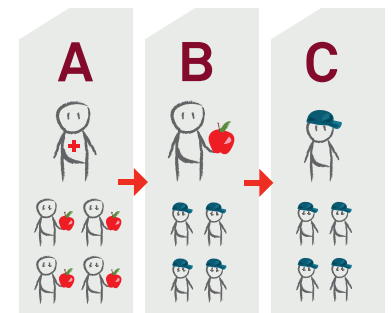
OPTION 3: A 3-hour adult workshop, online or in person, equips participants with the basics on bullying prevention and response.

Respect Education is a nationally recognized, award-winning service that has reached more than 5 million Canadian children, youth and community leaders. Learn more at www.redcross.ca/respectededucation. For more information on Respect Education's resources, including workshop formats and price points, contact your local Red Cross office.

"It was exciting seeing kids participate in classes and I think the message came stronger from a group of kids themselves."

— Participant, age 15

OPTION 1: THE BTH FACILITATOR TRAINING MODEL



WHY DO YOU NEED TO PREVENT BULLYING? HERE ARE THE FACTS:

- 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.¹
- 71% of teachers say they usually intervene with bullying problems; but only 25% of students say that teachers intervene.²
- Over 80% of the time, bullying happens with peers around—and 57% of the time, bullying stops within 10 seconds when a bystander steps in.¹



¹ Wolfe, D.A. & Chiodo, D. (2000). *Sexual harassment and related behaviors reported among youth from Grade 9 to Grade 11*. Toronto: CAMH Centre for Prevention Science.

² Pepler, D. & Craig, W. (2000). *Making a difference in bullying (Report #60)*. Ontario: LaMarsh Centre for Research on Violence and Conflict Resolution and Queen's University.