

## “Cyber Safety” and “How to Cope With Bullying”

West Royalty Elementary School (K - 3 school population: ~521)

2016-2017

Co-Chair: Lori Ferguson-Brown (contact: [loriaferguson@hotmail.com](mailto:loriaferguson@hotmail.com))

Principal: Marilyn MacLean

West Royalty Elementary Home and School Association offered an evening presentation for parents to educate them around social media and cyber safety and the effects of bullying.

- ✚ **Internet Safety** – A police officer spoke to parents and gave them the latest information around technology and cyber safety. They were given strategies and resources to safe guard and monitor their children in this area.
- ✚ **Coping With Bullying** – Participants heard from a victim of bullying and the effect it can have on someone. A youth counsellor presented strategies and resources around coping with the effects of bullying.

### **The project benefitted:**

- ✚ **PARENTS** who attended the session heard from a police officer and a student counsellor about keeping their children safe on the internet, as well as having conversations with their young people to stay connected and help them cope with bullying.
- ✚ **STUDENTS** who attended heard the information regarding safety on the net and also heard a presentation from someone who had been a victim of bullying and how it affected them.
- ✚ **TEACHING STAFF** who attended were able to hear the latest information regarding cyber bullying and connect with parents and students who were in attendance.
- ✚ **COMMUNITY MEMBERS** who shared their expertise and stories were able to communicate important information to the school community and make that personal connection.

### **How were parents encouraged to attend?**

- ✚ This event was well advertised to parents.

### **Webstory:**

Parents and students gathered for an information session on staying safe on the internet and to hear about coping with bullying if it does occur, especially as it relates to social media. This topic was the result of a parent survey conducted in our school earlier in the year. A local police officer working in one of our Island schools shared information about the advancement in technology and access on the internet. Those in attendance were encouraged to keep connected with their children and support them through these difficult years. Some discussion that took place around drug use in our schools was very eye-opening. An individual shared a personal story of bullying and its effect on him. A counselor who shared strategies for helping students cope with bullying spoke about a “Healthy Me” calendar that was created by students around maintaining a healthy self image. The evening could have been divided into 2 nights as time ran out for all parents’ questions to be answered. There were requests made for more resources, such as websites, to help parents in these areas. Everyone left a little wiser in these areas and more intentional about staying connected to their kids.