

Bullying Prevention

A Youth-Led Guide to Fostering Resilience & Empathy in Your Youth

Program Outline

This **youth-led interactive session** will provide parents and caregivers a deeper look into the effects of bullying and ways to support their youth. Youth speakers will share personal stories about their challenges with bullying and a message of hope, resilience and inclusivity.

Parents/Caregivers Will

- ✓ Recognize the Signs and Symptoms of Bullying and Cyberbullying
- ✓ Learn How to Protect Youth Online
- ✓ Acquire a Deeper Understanding of Youth Challenges Directly from a Youth Lens
- ✓ Learn How to be an Ally and What Creating Safer Spaces for Youth Looks Like

“ [Youth Facilitators] made our parents feel comfortable right from the start. They shared their personal stories...that made it easy for our community to relate to...I would certainly have them again. **We appreciated the perspective of young people in developing our capacity for creating safe spaces for the young people in our lives!** ”

– Emile Ferlisi, **Principal**, South River PS

**TRAINED YOUTH SPEAKERS
SHARE PERSONAL STORIES**

Key Takeaways



A Youth Perspective

Youth speakers share their lived experiences navigating today's world in aims to help parents/caregivers become more aware of the challenges their youth may be facing.



Noticing the Signs

Helping parents/caregivers become more aware of signs their youth may be experiencing bullying. Also helping youth develop their critical thinking skills.



Creating a Safer Space

Helps parents/caregivers create a safer environment at home and protect them online. Speakers will share their experience in finding support at school and home.

ONE CONVERSATION AWAY FROM HOPE.

