

Bullying Prevention

Belonging starts with us

For grades 4-6



Program Outline

This **youth-led interactive session** will help students understand the effects that bullying has on their peers. Youth speakers will share personal stories about their challenges with bullying and share a message of empowerment, hope, resilience and inclusivity.

Youth Will

- ✓ Learn about Levelling up from Bystander to Upstander in their Communities
- ✓ Explore How Words Carry Weight and Be Encouraged to Practice Empathy
- ✓ Be Encouraged to Use Coping Tools in Tough Moments
- ✓ Understand What Boundaries are and Ways to Implement them

“The Youth Speak presenters provided age-appropriate content and personal stories... **Our students connected with the presenters... it made it REAL.**

– Vice Principal

TRAINED YOUTH SPEAKERS SHARE PERSONAL STORIES

Key Takeaways



Increase Allyship

Helping students understand the importance of supporting each other and actively stepping up in their communities to create spaces where everyone feels like they belong.



Increase Empathy

Helping students recognize and respectfully respond to other's emotions to empower them to deepen their relationships.



Strengthen Critical Thinking

Fostering student's self-reflection and critical-thinking skills that help facilitate growth and to creating communities where everyone feels like they belong.

ONE CONVERSATION AWAY FROM HOPE.

Start the Conversation. Connect with us: www.youthspeak.ca | una@youthspeak.ca