



Ability Society

# Futureways

February



323 41 Ave NE  
Calgary, AB, T2E 2N4  
Phone: 403-262-9445  
Fax: 403-262-4539  
www.abilitysociety.org

## Dear Parent:

Our hygiene module is finish and we had covered personal hygiene, everyday hygiene, hygiene at home and food hygiene.

It's very successful with all the parent's participations and children are more exciting when their parents are involved. Special **THANK** to the parents who brought snack for this month.

Our upcoming module for this month is bullying. Bullying is an issue for every children, especially for special needs children. We will be focusing in **school bullying**. Teaching

children what to do when bullying happens and how to deal with such issues. We will be also visiting the police museum this month.

Another exciting event for this month is we will be having a workshop from the children hospital . They will be presenting Supporting Students with Autism- The Mechanics of Written Expression in our location. All parents should register online for this workshop and it will be beneficial to all of you.

[www.fcrc.sacyn.ca](http://www.fcrc.sacyn.ca)

**Emma Paynter**  
**Futureways Coordinator**  
**Phone: 403-262-9445 (120)**  
**emma\_paynter@abilitysociety.org**

**Hilda Lam**  
**Futureways Workshop Leader**  
**Phone: 403-262-9445 (109)**  
**hilda\_lam@abilitysociety.org**



## Upcoming Event

- This Month  
Bullying Module  
Feb 11 & 12:  
Visiting Police Museum  
**\*Jordan's Birthday\***

- March  
Daily Living Skills  
Trip to the Library  
**\*Kim's Birthday\***
- April  
Feeling Good Module  
**\*Chris's Birthday\***

## 13 Tips to Help Both Targets and Bullies

1. **Talk with your child.** Let them know that you can't help them unless you know about the situation. Listen to their stories and feelings, while being non-judgemental and calm. Remember that there are always two sides to every story. Work with your child to develop solutions that make them feel comfortable.
2. **Gather information and document specifics** from the incidents they describe: who was present (adults and children), what exactly happened, as well as when and where the incident took place. Ensure that your child knows there is a difference between tattling (telling with the intent of getting someone in trouble) and telling (telling with the intent of asking for help). Tell your child that you are proud that they feel comfortable enough to re-hash difficult and emotional situations with you.
3. **Don't tell your child to ignore the bully or to learn how to fight.** Encouraging your child to minimize their emotional reaction to the bully may reduce the frequency and severity of the incidents; however, ignoring a problem rarely ever makes it go away. And fighting fire with fire just makes a bigger fire.
4. **Don't shrug the bullying behavior off** as a normal part of childhood. Abuse of any kind must never be considered normal.
5. **Involve your child's teacher and principal, but don't rely on them to be the sole source**

**of the solution.** Simply telling the teacher does not necessarily mean the problem will be solved. Many teachers and school administrators are at just as much of a loss as you are with respect to how to handle the growing problem of bullying. All of the parties involved in bullying - targets, bullies, parents, teachers, school administrators and support staff - need to come together to find a solution.

6. **Ask about the bullying policy at your child's school.** It should define the different types of bullying (physical, verbal, relational, sexual, and cyber-bullying), and the consequences for each. It should also recognize the difference between inappropriate behavior and bullying. Bullying is chronic, frequent behavior that has, at its core, the intention to harm and intimidate. Inappropriate behavior is exhibited by all kids at one time or another, but it is not malicious or chronic. The policy should also recognize potential "hot spots" in the school environment, such as the playground, bathrooms, and hallways where bullying could potentially occur, and then detail preventive action plans for those areas in the school.

7. **Empower your child.** The younger your child, the more they will benefit from things like role playing and scripts of how to respond in certain situations. Anything from "Okay, whatever you say," and "Thanks!" to "Knock it off," or "Please stop

now," are appropriate responses to bullies. Just ensure that your child responds with as little emotion as possible, and with as much confidence as possible. It may take a fair amount of time to see results from this tactic, so allow your child to move at their own pace in this regard.

*If your child is the bully, there is also a lot you can do to be a part of the solution:*

8. **Don't deny that there is a problem.** Once again, ignoring a problem rarely makes it go away, and often exacerbates it. Your child may not be entirely to blame; but he or she is definitely part of the equation, and problems can't be solved without all parts of the equation being satisfied.
9. **Talk with your child.** Listen to their stories and feelings. Remember that there are always two sides to every story. Document specific aspects of the behaviour so that you have the necessary information to help you and your child to work towards a solution.



## Continue...

**10. Encourage and model empathy.** Bullies often lack the feeling of empathy. When discussing specific incidents, ask your child to put themselves in the other child's shoes. While watching TV or a movie with your child, openly discuss what you think the characters might be feeling in certain scenes, especially ones filled with turmoil.

*We must all do everything we can to ensure that our children come and go from school knowing that they are in a safe, inclusive, fair environment.*



## Devil Egg Boat

Ingredients:

- 12 hard-boiled eggs
- 2 teaspoon Dijon Mustard
- 2 teaspoon vinegar (white/cider)
- 1/4 to 1/2 cup mayonnaise
- 2 red, orange, yellow or green bell peppers
- Paprika

**11. Brainstorm reparations and focus on accountability.** Ask your child to help you understand what they did that caused harm to another, and why they behaved in that manner. Then, work with your child to develop meaningful ways to show he or she is sorry for what they did. Simply saying sorry is not enough; they must state what they are sorry for, and what they are going to do in the future to make amends.

**12. Reduce the number of aggressive examples in your child's life.** Violent examples in today's society can only be blamed for our children's poor behavior if parents let those examples be their children's babysitters. Monitor the TV programs and movies your child watches, the video games they play,

and the other children they socialize with. That's not to say that violent examples must be completely off limits; they are reality, and your child must learn to cope with them at some point. Just be sure to talk with your child about the appropriateness of such examples, and how you feel about them. This dialogue will give your child the basis from which to develop their own opinions.

**13. Find a Peer Mentor.** In addition to lacking empathy, bullies also often lack social skills. Track down someone who can be, in your absence, a regular source of support for your child. They can help your child figure out socially acceptable ways of behaving.

### Additional Resource:

[http://kidshealth.org/teen/school\\_jobs/bullying/school\\_violence.html](http://kidshealth.org/teen/school_jobs/bullying/school_violence.html)

<http://www.operationrespect.org/curricula/>

<http://www.tolerance.org/rthas/index.jsp>

<http://family.go.com/parenting/>

1. Peel the eggs, then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, then add the mayonnaise, stirring until the consistency is smooth but not soupy.
2. Next make the sails. To do this, cut each pepper into 1 inch wide strips then cut the strips into 1 inch squares and slice each square in half diagonally.
3. Fill the egg white halves with

the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika. Makes two dozen.



**FEBRUARY 25, 2009**

**Supporting Students  
with Autism– The Me-  
chanics of Written Ex-  
pression**

**This workshop will be  
held during the Wednes-  
day workshop from  
6:30pm—8:00pm**

**Presenter: Kim Beckers  
(M.Ed., B Sc. OT, OT Coor-  
dinator, ACETS,  
Neuroscience Program)**

**\*Please register online\*  
[www.fcrc.sacyn.ca](http://www.fcrc.sacyn.ca)**

# The Family & Community Resource Centre



**February 4, 2009**

**Exploring Sexuality and Disability in Youth An Advanced Session  
930am—1100 am  
Alberta Children's Hospital Room B2200 (2nd Floor)**

**February 18, 2009**

**Understanding Learning Styles/Developing Homework Habits  
630pm—830pm  
St, Brigid School (730 Citadel Way NW)**

**Feb 19, 2009**

**Kids and Teens have headaches too  
1200pm—130pm  
Alberta Children's Hospital (Amphitheatre)**

## **Reminder to Parents**

- Feburary 11 & 12 Police Museum.
- Please sign in your child every work-  
shop attendance will be taken.
- Toys from home should stay home or  
in their lockers.
- Bring:
  - Indoor shoe
  - Winter Gear
  - Snack(if your child does our eat our  
snacks)

**PLEASE CONTACT Hilda IF YOU  
ARE NOT ATTADNING WORK-  
SHOP**

**Phone**

**403-262-9445 (109)**

**Email:**

**[hilda\\_lam@abilitysoiety.org](mailto:hilda_lam@abilitysoiety.org)**