



Dare to  
Care **Virtual**  
**Program.**

 @daretocare2

 Dare to Care Bully Prevention  
[www.daretocare.ca](http://www.daretocare.ca)

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# Introducing Dare to Care's **Virtual Learning Program**

Never before has it been more important to support and maintain safe, caring, and inclusive communities for our children to thrive in live, learning, and play. A crisis, such as a global pandemic and political unrest, It's not surprising that cyberbullying has gone up 70% since the onset of the pandemic and toxicity on gaming platforms has increased 40%. (Llght Organization, 2020)

Aside from the increase in technology use, there are other factors at play that are also causing an increase in face-to-face bullying. A crisis, such as a global pandemic, has put everyone on edge, and kids are no exception. During stressful times, lashing out at others tends to increase along with self-preserving and self-defensive behaviors, even among friends.



Cyberbullying  
has increased  
by **70%**





# GLOBAL CHANGES

have expedited the

need to 'lift and shift' our in-person programs to a virtual learning format.

In keeping with the belief that ALL stakeholders within a school community must be engaged in creating a climate of change, the Dare to Care virtual program provides learning/education modules for administrators, teachers, support staff, parents, and students Grade K-9.

The virtual program allows classroom teachers to revisit each and every module throughout the year as needed. There is no additional preparation or work required of teachers to facilitate the program in their classrooms. The modules can also be used for students learning virtually or for homeschooling purposes.

# Student Learning Modules (20-30 minutes each)

**GRADE K-2:** The Grade K-2 program consists of six learning modules that can be completed in a classroom environment or at home. The following topics are included:



## MODULE 1

The Importance of Being Kind and Bullying Behavior versus Buddy



## MODULE 2

Bullying versus Mean Moments



## MODULE 3

Discrimination (and intro to Racism)



## MODULE 4

Broken Heart Activity: The Impact of Bullying



## MODULE 5

Tattling versus Asking For Help



## MODULE 6

Standing Up for Yourself and Others



## GRADE 3-6:

The Grade 3-6 program consists of eight learning modules.

1.

### MODULE 1

Kindness Meter and Types of Bullying

2.

### MODULE 2

Definition of Bullying  
Conflict vs Bullying

3.

### MODULE 3

Why Bullying exists:  
Silent Majority vs  
Caring Majority

4.

### MODULE 4

Discrimination and  
Racism

5.

### MODULE 5

Cyberbullying

6.

### MODULE 6

The Imbalance of  
Power: Tug of War

7.

### MODULE 7

Tool Belt of Skills (6  
non-reactive life  
skills).

8.

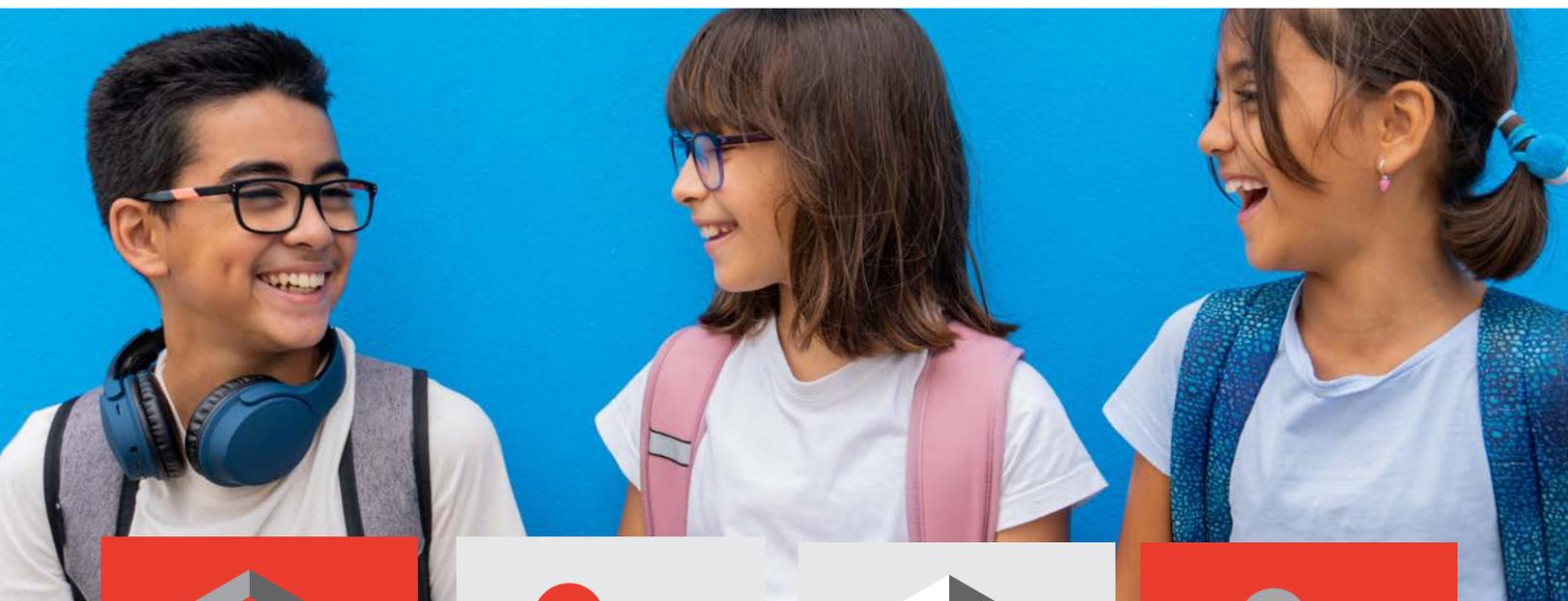
### MODULE 8

Practicing the Tool  
Belt of Skills and Wrap  
up.

Each learning module for Grade K-6 includes an activity to help students anchor the learning from that module.

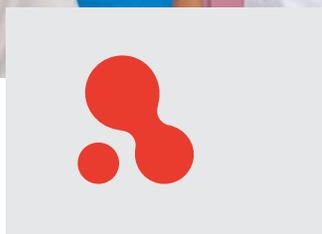
# Student Learning Modules (30-40 minutes each)

**GRADE 7-9:** The Grade 7-9 program consists of eight learning modules that can be completed in a classroom environment or at home. The following topics are included:



## MODULE 1

What the World Needs  
Now: Kindness



## MODULE 2

Conflict versus  
Bullying versus Mean  
Moments



## MODULE 3

Cyberbullying: A  
Closer Look



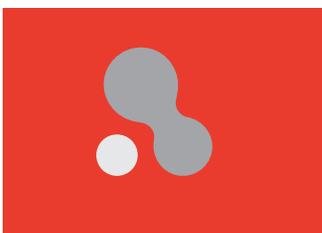
## MODULE 4

Discrimination and  
Racism: Unacceptable  
FULL STOP!



## MODULE 5

Consent, Sexual  
Harassment & the Law



## MODULE 6

Everybody Has a Story:  
Life Without Limits



## MODULE 7

Brains: We ALL Have  
Mental Health



## MODULE 8

The Power of One

# Parent Webinars

Including parents within the community is integral in creating a safe, caring, and inclusive environment. The development of a clear message from the school to the parents regarding bullying behavior is a fundamental first step.

## MODULE 1

*Overview of Bullying  
(51 minutes)*

- The Scope of the Problem
- Bullying vs Normal Peer Conflict
- Types of Bullying

## MODULE 2

*Perfect Targets: Misunderstood  
and Mislabeled Children  
(27 minutes)*

- Provocative Children
- Reactive/Easy to Anger Children

## MODULE 3

*How to Help Your Child  
(27 minutes)*

- Steps to Take if Your Child is Being Bullied
- Steps to Take if Your Child is Displaying Bullying Behavior
- Tool Belt of Skills: Teaching your child 6 non-reactive skills



# Professional Development



The reality is that most teachers and school staff are dealing with more challenging behaviours in more challenging teaching circumstances than ever before. It is critical that all staff have a common language and feel confident in dealing with issues of bullying before they escalate in the classroom or on-line. While traditional problem-solving techniques have served well in our schools over the decades, the issue of bullying requires a much more systemic approach.

The Professional Development for Schools consists of 3 parts that can be shown and discussed at staff meetings or viewed individually by staff members.

## MODULE 1

### *Overview of Bullying (51 minutes)*

- The Scope of the Problem,
- Bullying vs Normal Peer Conflict
- Types of Bullying

## MODULE 2

### *Perfect Targets: Misunderstood and Mislabeled Children (27 minutes)*

- Provocative Children
- Reactive/Easy to Anger Children

## MODULE 3

### *Strategies in Dealing with Bullying Behavior (31 minutes)*

- What is a no-nonsense approach to bullying?
- Why problem solving doesn't work.
- Is your school code of conduct enough?
- The 4 components needed for systemic change.

 Only **4%** of bullying is ever reported 

# Virtual Program Costs

## School/Organization License (Full Year License)

**PACKAGE #1:** Professional Development webinar (3 parts), Parent Webinar (3 parts), Grade K-6 and Grade 7-9 learning modules (includes resource portal for parents and educators) - \$1,150

**PACKAGE #2:** Professional Development webinar (3 parts), Parent Webinar (3 parts), and Grade K-6 learning modules (includes resource portal for parents and educators) - \$900

**PACKAGE #3:** Professional Development webinar (3 parts), Parent Webinar (3 parts), and Grade 5-9 learning modules (includes resource portal for parents and educators) - \$900

**PACKAGE #4:** Professional Development webinar (3 parts) Parent webinar (3parts), and Grade K-4 learning modules (includes resource portal for parents and educators) - \$750

*School District/Board Pricing - Dare to Care offers a greatly discounted price for school Districts/Boards looking to purchase the virtual program for some or all of their schools. Please contact [lisa@daretocare.ca](mailto:lisa@daretocare.ca) to discuss pricing.*

## Other Options

K-2 learning modules (6 modules) - \$250

Grade 3 -6 learning modules (8 modules) - \$350

Grade 7-9 learning modules (8 modules) - \$350

Grade K-6 learning modules (14 modules) - \$500

Parent webinar and resource portal (3 parts) - \$350

Professional Development modules and resource portal (3 parts) - \$450

## Individual License

Parent webinar (3 parts) - \$12/person

P.D. webinar (3 parts) - \$30/person

K-2 learning modules (6 modules) - \$20/student

Grade 3-6 learning modules (8 modules) - \$30/student

Grade 7-9 learning modules (8 modules) - \$30/student



## Acknowledgment:

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