

Dare to Care

Virtual Program



@daretocareschools



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Why Dare to Care

Dare to Care was founded in 1999 to address the pervasive and crippling impact that bullying continues to have on children, youth and adults to this day. Today Dare to Care is the most practical and comprehensive bully prevention program in Canada. This proven and award-winning program has worked with more than one million participants across Canada and continues to create communities where bullying behaviour is unacceptable and kindness becomes the dominant force. Our comprehensive program not only focuses on the impact bullying has in school but also explores best practices from a EDI (equity, diversity and inclusion) lens. Dare to Care works with industry leaders to stay informed on the latest research to ensure our content is relevant to the issues facing sport today.

Our programs aim to provide consistent messaging and understanding at all levels.

Dare to Care offers workshops for the following key groups:

- ~ Students from grade K to 9
- ~ School staff
- ~ Parents & Guardians

At Dare to Care we understand that in order for change to happen, all members of a school must be involved.



VISION - Thriving communities where every individual has a sense of belonging.



MISSION - Empower communities with the skills & courage to prevent bullying so everyone can prosper in life, learning, and play.



VALUES - C.A.R.E.
Connection, Advocacy,
Relevancy and Excellence.

Dare to Care Student Learning Modules



“I really liked that it gave the students strategies to express themselves when they feel they are being bullied. Dare to Care also has given the students the tools to have conversations with their peers to problem-solve on their own!! This is a great program!”

– **Teacher**
Calgary Board of Education

1.

GRADES K-2 (15 minutes each)

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 vs buddy behaviours

Module 2

Bullying vs mean moments

Module 3

Discrimination (and intro to racism)

Module 4

Broken heart activity: the impact of bullying

Module 5

Tattling vs asking for help

Module 6

Standing up for yourself and others



2.

GRADES 3-4

(15-25 minutes each)

The Grade 3-4 program consists of eight learning modules that can be completed in a classroom environment or at home. The following topics are included:

Module 1

Positivity meter and types of bullying

Module 2

Definition of bullying conflict vs bullying

Module 3

Why bullying exists: silent majority vs caring majority

Module 4

Discrimination and racism

Module 5

Cyberbullying

Module 6

The imbalance of power: tug of war

Module 7

Tool belt of skills

Module 8

Practicing the tool belt of skills



3.

GRADES 5-6

(20-30 minutes each)

The Grade 5-6 program consists of nine earning modules that can be completed in a classroom environment or at home. The following topics are included:

Module 1

Kindness meter and finding your greatness

Module 2

Types of bullying

Module 3

Definition of bullying: conflict vs bullying

Module 4

Why bullying exists: silent majority vs caring majority

Module 5

Discrimination and racism

Module 6

Cyberbullying

Module 7

The imbalance of power: tug of war

Module 8

Tool belt of skills

Module 9

Practicing the tool belt of skills



4.

GRADES 7-9

(15-30 minutes each)

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

Module 1

Positivity meter and types of bullying

Module 2

I'm tired of hearing the word bullying: conflict vs bullying

Module 3

Cyberbullying and sexual harassment: a closer look

Module 4

Discrimination and racism: unacceptable, full stop!

Module 5

Everybody has a story

Module 6

One person can make a difference!

Module 7

Lowering our waterlines: Image vs true self

“The program was engaging for our students and generated many great discussions about bullying. It gave us a common language for our school to use.”

– **Principal,**
Grande Prairie Catholic School Board

Dare to Care

Parent Modules



5.

PARENTS

(30-50 minutes each)

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 behaviour 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 Misabeled Children
(27 minutes)

- Neurodivergent children
- Reactive/easy to anger children

Module 3

How to Help Your Child
(27 minutes)

- Steps to take if your child:
 - is being bullied
 - is displaying bullying behavior
- Tool belt of skills:
 - Teaching your child 6 non-reactive skills

Professional Development



6.

PROFESSIONAL DEVELOPMENT

(30-50 minutes each)

The reality is that most teachers and school staff are dealing with more challenging behaviors 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 online. While traditional problem-solving techniques have served well in our schools over the decades, this 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

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(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)

- Neurodivergent children
- Reactive/easy to anger children

Module 3

How to Help Your Child
(27 minutes)

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

Dare to Care The Benefits

While conflict is a normal part of life... Bullying is **NOT** and should **never be tolerated in any environment.**



How Dare to Care will impact your organization:

- ≈ **Reduces** bullying behaviour such as exclusion, intimidation, rumors and gossip, physical bullying, verbal bullying, cyberbullying, discrimination and sexual harassment.
- ≈ Offers education for **all members** of your school.
- ≈ Equips members with **tools** to address conflict, identify instances of bullying and speak-up when witnessing acts of bullying.
- ≈ Helps implement a **strong school policy** regarding bullying, harassment and abuse.
- ≈ Reduces **investigative hours** related to bullying, harassment and abuse because issues are prevented and addressed quickly at the team level.



Purchase Program



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ACKNOWLEDGMENT

Dare to Care thanks the following for making the transition to an online program possible:

The Calgary Foundation
Boston Pizza Foundation