



CIF FEATURE STORY:

Bringing Bullying & Harassment Prevention Education to SK Rural Communities

June 2019



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Reaching Out Rural: Bringing Bullying & Harassment Prevention Education to SK Rural Communities; Canadian Red Cross in Saskatchewan

The goal of this project is to host five Youth Symposiums to train 140 youth from various communities in Saskatchewan as Youth Facilitators of Red Cross bullying prevention and healthy youth relationships programs. Youth aged 11 to 16 are the focus for this two-day school-based training. Once trained, these youth host workshops, facilitate presentations, and organize school and community-wide activities that model healthy behaviours, promote healthy relationships and equip their peers with skills in communication, conflict resolution, and how to safely intervene to stop bullying when they see it happening.

“We set out to ensure that we reached rural and remote communities that might otherwise not have the opportunity to participate in training like this, and to broaden the scope of communities and demographics that we reach with violence and abuse prevention programming, covering a large portion of the province,” shared Kelsi Prince, Senior Advisor, Violence & Abuse Prevention and Red Cross Trainer.

“Research shows that peer-to-peer teaching is one of the most powerful educational tools,” Kelsi highlighted. **“Since Youth Facilitators are often seen by their peers as credible role models, the positive and respectful behaviours that they themselves model within their schools and communities to other students helps make healthy relationships in a school community the norm instead of the exception.”**

These new, enthusiastic Youth Facilitators are doing school-based presentations, holding assemblies, designing and implementing healthy relationships awareness campaigns, as well as delivering peer-to-peer workshops. **“They are already taking leadership roles within their communities and are sharing the knowledge they gained with their peers and to younger children about preventing bullying and harassment, how to resolve conflict, and what healthy friendships look like,”** expressed Kelsi.

Around the world, and here at home, adults are seen dealing with issues around harassment and bullying. **“The Canadian Red Cross, with our school and community partners, seeks to teach youth the skills they need to navigate waters that even adults find difficult,”** shared Kelsi. **“These youth leaders trained through this project are also equipped with the tools and strategies for reaching out and being role models for their peers, younger children, friends and family. Never has the need for education and understanding of how to have respectful, healthy relationships with others been more important.”**

“This training was great and I’m happy that I can pass on the knowledge (to my peers).”
- Youth Participant

“Our students already feel more powerful and knowledgeable in their relationships and futures. They were highly impacted with the idea that they CAN do something in tough situations.”
- Adult Advisor Participant



Kelsi Prince and Scott McHenry, Red Cross Trainers

Youth present in the safety of the training workshop before going on to deliver presentations and workshops to their peers in their community

Youth prepare their practice presentations