



Be a Buddy Not a Bully Program

SUBJECT	INSTRUCTOR	COST
Bullying Awareness	Bikers Are Buddies Education Team	\$0

OVERVIEW

Bikers are Buddies will come to your school or group setting and will do the full presentation with NO COST to the school or group.

There are different levels of presentations:

- Elementary/junior high school
- High school
- Adults/Parents

Bringing awareness about Bullying by explaining:

- What is bullying
- What to do if you are bullied
- What to do if you see bullying

WEB SITE: babeducation.org

CONTACT: education@babcanada.ca

**ALL OF OUR MEMBERS HAVE CURRENT, CLEAR CRIMINAL RECORD
AND VULNERABLE SECTOR CHECKS.**

COURSE STRUCTURE	Slide presentation with participant interaction including participant activities. This can be for a classroom or assembly. Full Presentation: approx. 1 ½ hours
ACTIVITIES	Group and volunteer activities to demonstrate what effects Bullying can have on others.
SCHOOL RESOURCES REQUIRED	Screen to show presentation on



Bikers Are Buddies is a not-for-profit group created by bikers -- but not limited to bikers -- that is committed to creating awareness and educating both children and adults on the benefits of living in a society of respect for each other combined with self empowerment. We strive to create a society in which our mutual respect will create a new role model for others, and through our actions enable others to have the confidence to emulate this behavior and reiterate its positive message to others.

Resources

Name	Description	Email/website	Phone	Text Line
Bikers Are Buddies Canada	Local antibullying group	help@babcanada.ca	N/A	N/A
Kids Help Phone	24-hr crisis support	www.kidshelpphone.ca	1-800-668-6868	686868
Canada's Suicide Crisis Helpline	24-hr crisis support	988.ca	988	988
Distress Centre	24-hr crisis support, professional counselling	www.distresscentre.com	403-266-4357 (HELP)	403-266-4357 (HELP)
ConnecTeen	Peer to peer support for teen and youth in Calgary area	www.calgaryconnecteen.com	403-264-8336	587-333-2724
PREVnet	National research and knowledge hub curated by the University of Calgary	www.prevnet.ca/bullying	N/A	N/A



Bikers Are Buddies Canada (BABC) - a federally registered not-for-profit organization created by bikers to raise awareness and empower the community to fight the terrible effects of bullying on young people through education, community outreach and fundraising.

Kids Help Phone - Throughout our history, we've tested and launched new service offerings, continually evaluating and improving the quality of our services and the impact we have on young lives. This momentum has been propelled by a growing base of supporters committed to supporting youth in Canada. Fast forward to today. We know that Kids Help Phone has become more essential than ever before. So has our goal of transforming to meet the needs of young people in Canada. Our commitment to showing up for youth in distress has never wavered. As a part of our strategic objective of maximizing access, we're committed now more than ever to reaching more people in every corner of Canada.

988.ca - If you are feeling like you have lost hope and are struggling to cope, if you are dealing with thoughts of suicide, or if you are worried about someone else, 9-8-8: Suicide Crisis Helpline is here for you. When you reach out, a trained responder will listen without judgement, provide support and understanding, and can tell you about resources that will help. 9-8-8 is here to provide moments of connection that create hope, support recovery and save lives. We help people connect to their strengths and find new ways to cope, live and thrive. Our vision is a Canada where suicide is prevented because everyone can access help when they need it the most.

Distress Centre - Distress Centre Calgary provides 24-hour crisis support, professional counselling, youth peer support, and navigation and referrals through 211 and Coordinated Entry. Our mission is to provide compassionate, accessible crisis and navigation support that enhances the health, well-being and resiliency of individuals in distress. Our vision is to ensure everyone is heard.

ConnecTeen - Growing up can be tough, and we know that there are things that you can't talk about with your parents or friends. ConnecTeen, Canada's first peer-based chat and text helpline, gives you the space to talk about your problems confidentially with someone who understands—someone just like YOU. Here, there is no judgment, no preconceptions, and everything is completely confidential. Talk about the things on your mind and be heard on your terms. Whether you have a question, a concern, or simply need someone to talk to, we're here to help. One of our peer support members is always ready to help—reach out to us today.

PREVnet - a national not-for-profit organization dedicated to preventing youth interpersonal violence. PREVNet collaborates with communities, organizations, educators, researchers, and youth to create and share learning resources that address bullying and teen dating violence across Canada. Our network is comprised of 130 researchers, representing 30 academic institutions across Canada, as well as more than 60 national youth-serving organizations. Our purpose is to create space where research and practice converge. We connect the best and brightest minds in the area of bullying, youth healthy relationships and gender-based violence with the expertise of youth-serving organizations, businesses, and governments. This unique partnership model allows researchers to collaborate with practitioners and policy makers to ensure knowledge development is informed by on-the-ground expertise. We examine how experiences in childhood and adolescence can lead to unhealthy behaviours, and co-develop practices, programs, and policy to prevent interpersonal violence, and foster healthy relationships among children and youth.

Date: _____

Dear _____ (name of your Principal/Teacher/Counsellor/Coach)

I have a serious bullying problem. I have been trying to make it stop for the past _____ (length of time). I have:

- been bullied bullied seen others being bullied

This bullying problem includes: (Check everything that applies).

- Physical Bullying Social Bullying
 Verbal Bullying Cyber Bullying

After thinking about the bullying for a long time, I want you to know that I feel:
(describe your feelings here)

I have tried to make things better by: (describe ways you have tried to stop the bullying)

I would also like: (list changes would you like to see)

It is important to me that the bullying stops and I need your help. I want to meet with you to talk about ideas you have to make the bullying stop and help me get along with my classmates. I am writing you this letter because I hope you can help me feel safe.

Thank you,

(your name)

The Bullying Circle

