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Saskatchewan

MAGAZINE | FALL 2017



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Campaign

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COVER PHOTO: Courtesy of Children's Wish Foundation

Suddenly Saskatchewan...is the place to be. Just a couple of years ago Saskatchewan was boasting the fastest economic growth rate of any Canadian province. There were record hits on the Province's website. Suddenly, we were a "have" province. Even though the province's growth has dipped a bit due to certain revenues, we are still as Suzy Amis Cameron (James Cameron's wife) states, "progressive"—convincing them to invest in a huge organic pea processing plant in Vanscoy, Saskatchewan, west of Saskatoon.

USA Today named Saskatoon, among the nominees in the news-paper's Readers' Choice 2017, "Best Destination in Canada" in an online poll, and Saskatoon even got a mention in the New York Times travel section. That never used to be.

And let's not forget about the "new progressive" Mosaic Stadium, standing with the best, attracting players from everywhere, wanting to be part of the innovative "Saskatchewan" Roughriders—on and off the field.

"Suddenly", Saskatchewan is the place to be.



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Health benefits of Vitamin K₂

If there's a single vitamin you need to know more about, it's vitamin K2. The first reason is you're probably not getting enough. The second is that it doesn't get the attention it deserves.

We are just now starting to appreciate the wide metabolic effects of vitamin K2 on not just blood clotting, but bone health, cardiovascular health, neurological health, cancer development, energy production and more. Vitamin K2 has a wide range of under appreciated health benefits:

It prevents calcium from going into all the wrong places and makes sure it gets into all the right places. For example, it keeps it out of your kidneys, where it would cause kidney stones, and keeps it out of your blood vessels, where it would cause heart disease, but helps it to get into your bones and teeth, making your bones strong and your teeth resistant to cavities.

It helps you make insulin and remain very sensitive to insulin. This means it helps stabilize your blood sugar, protects against diabetes, and prevents the metabolic problems that often arise as a consequence of obesity.

It promotes sexual health by helping you optimize your sex hormones. For example, it increases testosterone and fertility in males, and it helps bring the high levels of male hormones found in women with polycystic ovarian syndrome (PCOS) back down to normal.

It helps improve exercise performance by enhancing your ability to utilize energy during bouts of physical activity.

It protects against cancer by suppressing the genes that make cells cancerous and expressing the genes that make cells healthy.

Vitamin K comes in different forms. Vitamin K1 is primarily found in plant foods and is most abundant in leafy greens. Vitamin K2 is only found in animal foods and fermented plant foods.

First, once we eat foods with vitamin K in them, our bodies handle the different forms differently. Consider these examples:

Vitamin K2 is better known as MK7 which is the best form to take.

Vitamin K1 travels to our livers more effectively than it does to our bones or blood vessels. The liver is where we use vitamin K to make the proteins involved in blood clotting, so vitamin K1 is better at supporting blood clotting than it is at providing other health benefits. ►

"Once we eat foods with vitamin K in them, our bodies handle the different forms differently."



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► MK-7 is much more effective than K1 at reaching bone. This doesn't just make it good for bones: our bones use vitamin K to produce a hormone known as osteocalcin, which improves metabolic and hormonal health and increases exercise performance. Thus, MK-7 better supports these health benefits than K1. The portion of MK-7 that reaches the liver, moreover, stays active in the liver much longer than K1 before being broken down; as a result, MK-7 is even better than K1 at supporting blood clotting.

MK-4 is taken up by our tissues very rapidly after we consume it. While it hasn't been studied as carefully as MK-7, it may be less effective than MK-7 at reaching liver and bone but more effective at reaching most other tissues. This would make it better at protecting those tissues from calcium deposits and cancer development and supporting sex hormone production through its direct actions within our sex organs.

The second reason the form of vitamin K matters is that MK-4 regulates gene expression in specific ways that no other form of vitamin K does. While we tend to think of our genes as the destiny we inherited from our parents, it's actually how they are expressed — meaning, what our cells do with the information carried by those genes — that determines our health. MK-4 turns on some genes and turns others off. For example, in our sex organs, it turns on the genes involved in sex hormone production. In a wide variety of cells, it turns on the genes that keep cells healthy and turns off the genes that make cells become cancerous. Thus, MK-4 plays an exclusive role in cancer protection and sexual health.

You can find Vitamin K2 in supplement form at Ellen's Whole Body Health Ltd, or in pastured animals, including beef, chicken, eggs and dairy but the source must be grass fed.

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A busy summer of **Wishes** in Saskatchewan

Article and photos by the Children's Wish Foundation



JOLENE
Wished for a camping trailer



SIMON
Wishes for a play structure

"Wishes take place constantly, but we saw wishes unfold a little differently in the summer of 2017."

It was a busy summer of wish granting here in Saskatchewan! With the kids out of school for a few months, more and more children were planning their wishes in hopes of getting things settled while we had good weather.

Wishes take place constantly but we saw wishes unfold a little differently in the summer of 2017. Usually we bid families farewell at the local airports, but this year we wished Lea safe travels as her and her family set off for Montreal on a train! Nathan saw his dreams come true when he spent time with the Toronto Blue Jays. Roary helped deliver Jolene's wish for



NATHAN
Met the Toronto Blue Jays



KATIE
Wished for a hot tub

a camping trailer in early August and some very special volunteers assembled Simon's play structure for him over one very long weekend. Katie also received her hot tub over the summer giving her a nice place to relax all year long!

the connection that Paige and her mom Michelle have to the Rider's and Children's Wish at the time of the prized football hand-off, but soon learned that football is what got them through Paige's cancer treatment. After the game, Paige celebrated her new possession with a friend of the foundation and proud supporter, Glen Sutor.



LEA
Took a train to Montreal

We also saw a beautiful story unfold in Regina in late summer when wish alumni, Paige Hansen, was given the game football at a Roughriders game by Wide Receiver Duron Carter after he made a spectacular catch and scored a touchdown. He was unaware of



PAIGE
Wished for a playhouse in 2008



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Meet the new WorkSafe Bob

WorkSafe Saskatchewan would like you to meet the updated WorkSafe Bob. Best known for leading the 4th Quarter stretch at the Rider games, WorkSafe Bob is WorkSafe's ambassador for workplace safety.

The new WorkSafe Bob is equipped with a tool belt and personal protective equipment (P.P.E.), ready to take on the job and any workplace hazards.



Come meet **WorkSafe Bob** in person at the pre-game party before any Rider home game. Learn more about workplace safety by visiting www.worksafesask.ca or by following WorkSafe Saskatchewan on Facebook, Twitter or by subscribing to our YouTube channel.



He's been travelling around the province meeting people and sharing the **Mission: Zero** message.

Catch a sneak peek on YouTube:

- Who is this new WorkSafe Bob?
- The Sun Rises on a New WorkSafe Bob
- WorkSafe Bob Revealed!



WorkSafe
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Work to live.

Safety Quiz:

- When should you report workplace injuries to the WCB?
a) When you seek medical attention; b) When you miss time from work after the day you were hurt; c) Both a & b
- What does RSI stand for?
a) Repetitive Strain Injury; b) Responsive Strong Individual; c) Neither a or b
- Repetitive tasks should be broken up by...
a) Micro breaks; b) Job rotation; c) Changing positions; d) All of the above
- Who is WorkSafe Saskatchewan's Mascot?
a) Worker Bob; b) WorkSafe Bob; c) Bob the Builder
- What are the prizes for the WorkSafe Youth Video Contest?
a) TVs; b) Puppies; c) Cash for the students and the school
- What was the 2017 Youth Video Contest theme?
a) Focus on Safety; b) Safety is everyone's problem; c) Don't get hurt
- From your very first day on the job you have 3 rights. Which of these are the 3 rights?
a) The right to know; b) The right to participate; c) The right to refuse; d) The right to go home whenever you feel like it.
- The general minimum age at which young people can be employed in Saskatchewan is 16 years of age. But, as a 14 or 15-year-old, you can work if you have both:
a) A resume and cover letter; b) The OK from one of your parents or guardians and some free time; c) The written consent of one of your parents or guardians and a Certificate of Completion from the Young Worker Readiness Certificate Course (YWRCC).
- If you are unsure of your role, task or what you are supposed to be doing at work, you should:
a) Keep quiet and hope you are doing a good job; b) Write about it in your journal; c) Stop and ask.
- P.P.E. stands for ***.
a) Provincial Pie Eating contest; b) Proper Procedures for Equipment Use; c) Proper Protective Procedures for Equipment Use; d) Personal Protective Equipment
- When is it OK to leave a campfire unattended?
a) In the rain; b) When you have to go to the bathroom; c) At bedtime; d) Never

(ANSWER KEY: 1. c; 2. a; 3. d; 4. b; 5. c; 6. a; 7. a, b, c; 8. c; 9. c; 10. d; 11. d)

More **Wishes**, More **Wonders** Campaign

Article and photos by the Children's Wish Foundation

Recently, the Children's Wish Foundation of Canada in Saskatchewan received a major boost to the **More Wishes, More Wonders Campaign** from the Graham and Ruby DeLaet Foundation. Graham Slam 2017, a golf tournament led by Graham and Ruby's charitable foundation chose the Children's Wish Foundation in Saskatchewan to be their 2017 beneficiary of this prestigious and heartwarming tournament that took place at Riverside

Golf and Country Club on June 12th, 2017. Over 120 golfers joined Graham, Ruby and their twins, Lyla and Roscoe, to make a difference to children in Saskatchewan. Approximately \$136,000 was raised that day and donated to advance the nationally active More Wishes, More Wonders Campaign in Saskatchewan. The reality is that, in the last 10 years, wishes in Saskatchewan have increased by 30%. Thank you Graham and Ruby DeLaet for your continued support!



Shoring up one strong partnership with another: Ronald McDonald House Charities Saskatchewan

In June of 2015, the Children's Wish Foundation partnered for the first time with Ronald McDonald House Charities Saskatchewan as the charities of choice for the 2nd Annual Graham Slam Golf Tournament. This partnership flourished when Children's Wish was approached just 4 months later to be the charity of choice for the FMG Saskatoon Dragon Boat Festival in 2016. A natural fit, Ronald McDonald House was asked to continue to work with the Children's Wish Foundation through to 2019.

"The reality is that, in the last 10 years, wishes in Saskatchewan have increased by 30%."

Over the course of this partnership, it has become increasingly more obvious why these two organizations fit so well together. Although they serve a slightly different mission – Children's Wish grants wishes to children between the ages of 3 and 17 dealing with high risk, life threatening illness, while Ronald McDonald House is a home like environment for children and their families to stay while receiving medical treatment in Saskatoon, they do often work with the same community of families from across the province. On any given day, a visit to Ronald McDonald House could be filled with families reminiscing about their child's wish.

It is also the children and families that these two organizations work with that make the job so fulfilling and this partnership even more successful.

In July of 2017, 3 families shared the role of Wish and Home Ambassadors on event day at Rotary Park. Rhett, Sophia and Aurora spent the day taking in the festivities, cheering on their favorite Dragon Boat teams and sharing pieces of their stories with paddlers. As each child and their family have felt the impact of Ronald McDonald House and Children's Wish, having them there to participate in the day and feel their presence at the event, reaffirmed why the FMG Dragon Boat Festival is such an important fundraiser in our city, and more importantly, why this partnership continues to be so strong.

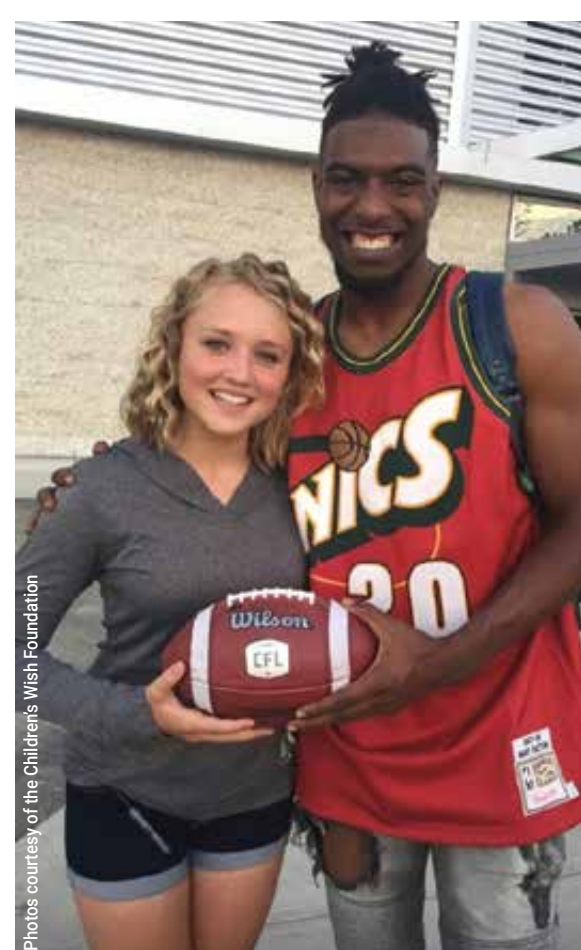
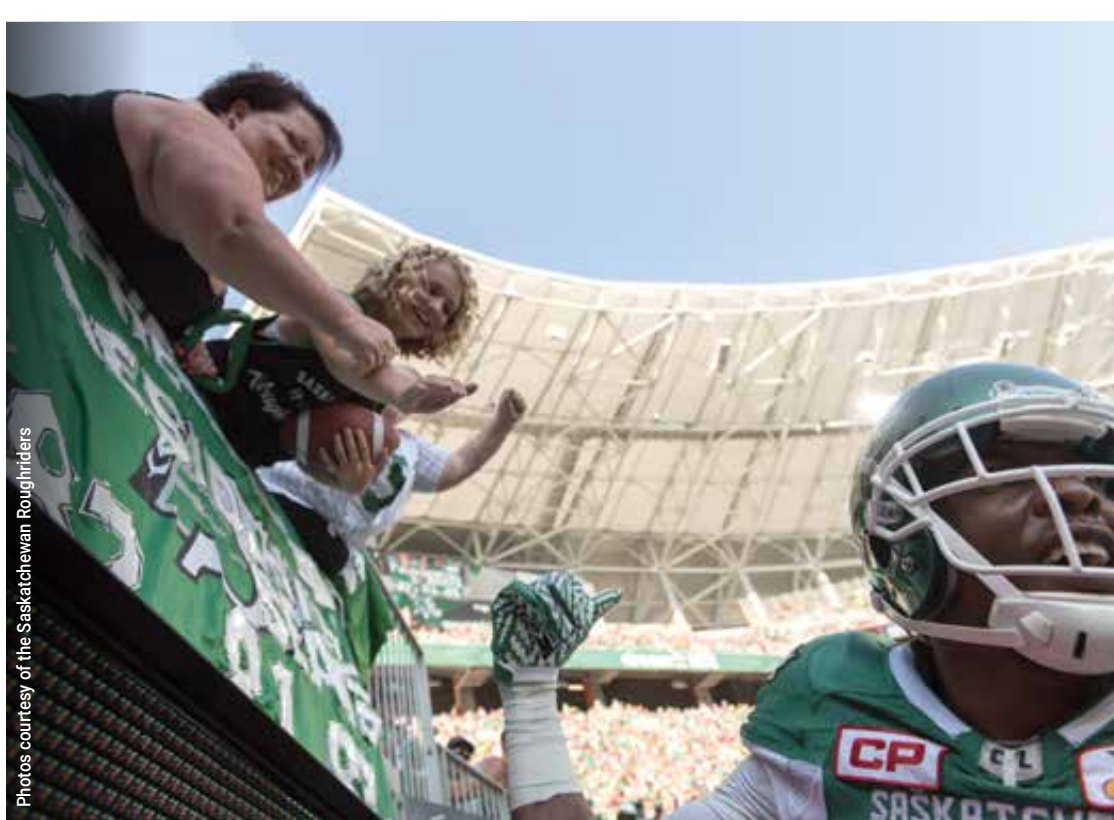


Children's Wish
Lucky Wish Raffle

There are 31 prizes to be won — TOP PRIZE being 2 Air Transat, return tickets, to Florida or any sun destination they fly, worth \$1500!

The first ten prizes are valued at \$500, the next ten are \$100 to \$150 and the final ten prizes are valued at \$50.

To find out more or purchase your ticket, please contact Hailey at the Children's Wish Office at (306) 955-0511 or via email at hailey.burnett@childrenswish.ca



Carter only found out later that Paige was a cancer survivor.

Gesture as **Big** as the catch

by Jim Germain

Duron Carter turns the corner on his season with a memorable catch and a breakout game.

DURON CARTER HAD PROMISED to score a touchdown for Paige Hansen and her mother, after seeing his name on a sign they had made, paying tribute to three names of former U S Presidents: (Duron) Carter, (Namaan) Roosevelt and (Bakari) Grant.

The Hanson's have season tickets in the front row and

always talked to Carter before home games. Carter saw the sign, commented that "...was awesome" and promised them a touchdown.

With the Riders trailing in the first half, Carter feeling frustrated at the way the game was unfolding, performed a one-handed, leaping back-handed grab of an 18-yard touchdown pass from Kevin Glenn.

Carter lifted the fans to their feet with the big catch, tying the game, not only generating momentum for the Riders, but also creating a memorable experience for an ecstatic 12 year old Paige Hansen, for whom Carter then crossed the field in a sold out stadium, and gave her the ball — just as he had promised.

It was more than just a touchdown for Hansen.

She was diagnosed with leukemia when she was 18 months old and had to undergo treatment for three years.

To ease the situation, and to help focus attention elsewhere, Paige and her mother became Rider football fans over the years, growing to love the game, attending Rider camp in Saskatoon, practices and games, all while hailing from Sturgis, Saskatchewan. She developed a friendship with players over the years and lately Duron Carter.

Carter only found out later that Paige was a cancer survivor from her mother's tweet about the catch and receiving the ball. Paige also serves as ambassador for the Children's Wish Foundation and the Canadian Cancer Society. "She is now cancer free."

It was a big catch, at a big moment, done in style, "That may rate as one of the top catches that I've ever seen in seventeen years." said Riders' quarterback Kevin Glenn.

"Paige also serves as ambassador for the Children's Wish Foundation and the Canadian Cancer Society."

Even the other receivers were awestruck, " That was an amazing catch, ...amazing!" commented fellow Riders' receiver Bakari Grant.

It was also an amazing catch for Paige Hansen. A dream come true.



Photos courtesy of the Saskatchewan Roughriders



Photos courtesy of the Children's Wish Foundation

After the game, Paige celebrated her new possession with a friend of the foundation and proud supporter, Glen Suitor.

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ABOUT THE

Adoption Support Centre of Saskatchewan



Whether you are pregnant and needing information about planning options for your child, an adoptee wanting guidance through the search for your birth family, a prospective adoptive parent starting a domestic, international, or private adoption, or you are an adoptive parent requiring parenting guidance or support, The Adoption Support Centre of Saskatchewan (ASCS) is here to help you.

ASCS delivers services that range from providing adoption related referrals to having an extensive library available to our members. We offer province wide confidential information services and strive to educate the public about adoption and adoption related issues.



November is Adoption Awareness month and we are hosting a **Human Library event**. This event is open to the public and will provide a space where people can have conversations with individuals who will share their own personal adoption stories – from birth mothers who made adoption plans to adoptees and adoptive parents. We will have one-on-one and small group conversations. The Human Library will take place on **Sunday, November 5th** at the Rusty MacDonald Library, in Saskatoon, from **1:30pm–4:30 pm**. We hope that you will join us! It is an event that will help raise awareness on adoption and adoption related issues. If you have questions, please call our office at **306-665-7272** or visit our website to learn about our upcoming events <https://www.adoptionsask.org/>.

“Six out of ten individuals will be connected by adoption in some way during their lifetime.”

As noted above, many of us are connected to adoption in some way, and with those connections come varied experiences, thoughts, and opinions about adoption. Talking about adoption is a great way for all of us to learn about the variety of topics within the ‘world’ of adoption. By doing so we help people understand that families are formed in many ways.

An understanding of current practices in adoption helps to dispel myths, and helps families and our larger community understand the process and impact of adoption today. Incorporating positive adoption language will help those connected to adoption have a more positive experience over the course of their lifetime.

To give an example of the unique and varied perspectives of adoption, Duncan Jardine a post-secondary student and an adoptee, shares some thoughts on adoption...

Meaning of adoption: *I understand it better as I get older. When I was a baby I didn't know what it meant. When I was a little kid, I thought the parents I had weren't my 'real' parents even though they basically are.*

Open adoption: *I can't think of having an earliest memory of my birth mom because it seems like she has just always been a part of my life and that she's just kind of always been there.*

Curiosity: *I never really wondered about my family of origin until about 6th or 7th grade. It was around then that I truly began to understand what adoption was and so I got more curious about wanting to know more.*

Feelings about adoption: *It's a wonderful thing. Adoptions happen because sometimes people are not ready to be parents at that specific time or they can't give their 100 percent to the child. I think it's great that people can have another option and give a child the life it deserves. My life has turned out great.*

Advice to adopted youth: *Just know that adoption is not something to be ashamed of or hide from... Embrace it.*

Adoption in one word: *Selflessness*

Unsinkable Watrous Manitou

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For those wishing to keep everything all under one roof, Manitou Springs Hotel and Mineral Spa just three miles north of Watrous has 3 meeting and convention rooms with a maximum capacity of 180 people. With 102 hotel rooms, full service banquet facilities, and of course Canada's largest indoor mineral spa, Manitou Springs has what you are looking for.

The Watrous' Civic Centre on Main Street has a maximum capacity of 360 people and the Heritage Room located in the same building accommodates 80 people for a meeting and half as many for a sit down meal. Those looking for a more relaxed venue can check out the Regional Campground at Manitou Beach. With more than 200 sites available and two camp kitchens, the campground is the perfect place for friends and family to gather.

Unsinkable. For Watrous and Manitou Beach, the word has become more than just a catchy and intriguing word that is built into their logo. Unsinkable used to simply represent what the lake was all about – sitting back and float your cares away on water in which it is nearly impossible to sink. Unsinkable has become a word that now represents the community's people and their spirit.

If you grew up in Saskatchewan or travel through it often, you are likely familiar with Little Lake Manitou in which the popular destination of Watrous-Manitou Beach is located near. You are likely familiar with this heavy mineralized lake and its special healing properties, which are found nowhere else in North America. You are likely familiar with Manitou Springs Hotel & Mineral Spa, the world-famous Danceland with

the horse-tail hair dancefloor, or Manitou and District Regional Park and its beautiful Campground.

What you may be unfamiliar is why this place has become a great place to hold your next meeting, event, or conference. No matter what season your event takes place, why not take it outside your traditional urban conference hotel and into a place that really speaks to your mind, body, and spirit.

Centrally located, Watrous and Manitou Beach is the perfect destination for guests, staff and clients. Economical rental rates, clean, bright facilities with a myriad of extra amenities and skilled caterers are the perfect combination to hosting everything from a small intimate wedding or anniversary to a large provincial conference.



**“No matter what season
your event takes place, why
not take it outside your
traditional urban conference
hotel and into a place that
really speaks to your mind,
body, and spirit.”**

With so many venues from which to choose, economical rental rates, facility amenities of which there are too many to list and food services with impeccable reputations it is time for you to take advantage of the Watrous and Manitou Beach hospitality and plan your next event in the heart of Saskatchewan! You will wonder why you didn't do it sooner! Find everything you need for your next event at watrousmanitouconventions.ca

Come on out this year and experience all that Watrous and Manitou have to offer. You will not be disappointed!



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A BUSY SEASON OF GOLF

4th Annual Getzlaf and Friends & 13th Annual Swing and a Wish

Article and photos by the Children's Wish Foundation

It was another busy summer of golf for the Children's Wish Foundation in Saskatchewan. On May 17th, 2017, The Children's Wish Foundation Getzlaf and Friends Charity Classic took place at the Long Creek Golf and Country Club in Avonlea, SK. Despite it being a fairly cold day, golfers and celebrities alike were out in full force to support Chris Getzlaf and Children's Wish. The biggest hit of the day was the very special "Cookies and Lemonade" stand hosted by wish ambassadors Caileigh and Cassidy and their families. Golfers were stopping for long stretches to speak to the kiddos, purchase multiple cookies and grab a quick sip of lemonade before heading off to the next hole.



As golfers made their way off the course that day, they were treated to an evening hosted by legendary Saskatchewan Roughrider, and friend to the foundation, Glen Suitor and his shadow emcee, Carter Brown. Caileigh also stuck around for dinner and, after sharing her wish story with the crowd, she made a special presentation to Children's Wish as she donated the proceeds from her personal lemonade stand and her birthday money!



Two weeks later, on June 2nd more golfers arrived at Moon Lake Golf and Country Club in Saskatoon for the 13th Annual Swing and a Wish Golf Tournament. Although it was windy out on the course that day, everyone still managed to have a great time raising money for wishes in Saskatchewan. Two 2016 Olympians joined us at Moon Lake – Gavin Schmitt of Saskatoon



(2016 Indoor Volleyball) and Karine Thomas (2012 and 2016 Synchronized Swimming), and both were a huge hit with our wish children and golfers in attendance.

Again, it was the Cookies and Lemonade stand that was the biggest hit at Swing and a Wish. Homemade cookies were supplied by wish mom Carissa, while her two sons (and wish ambassadors) Cadence and Cohen, spent the day selling with a little help from their sister. With two successful tournaments complete for 2017, we are already planning our 2018 events!



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THE CHANGING TIDE

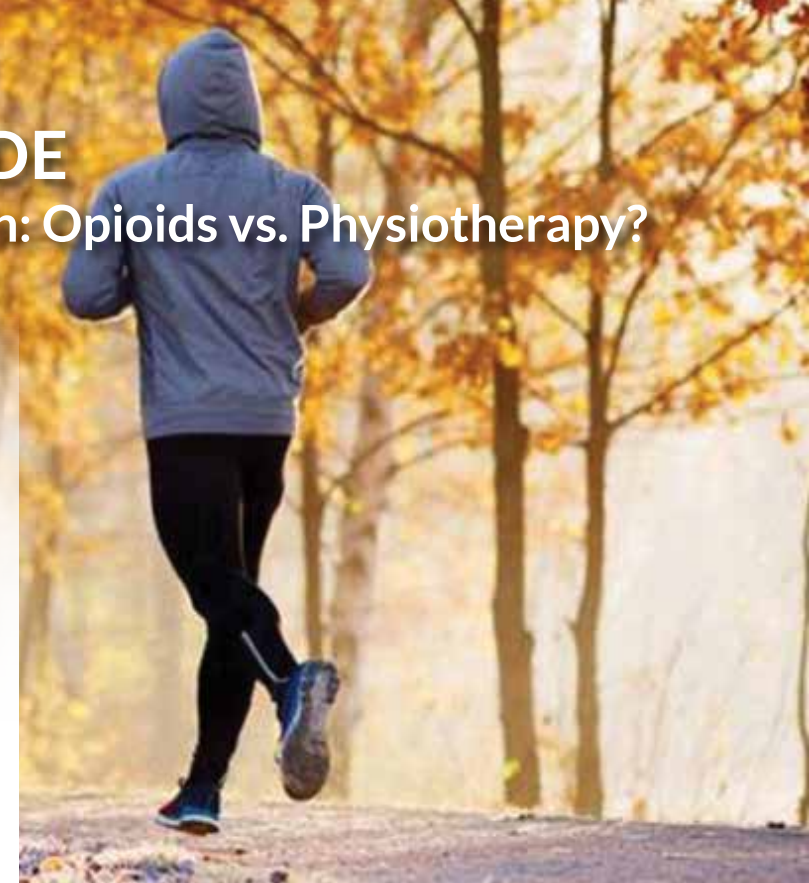
Treating and Managing Pain: Opioids vs. Physiotherapy?

by Sandy Westlake

We all know someone who has experienced pain. Some pain is acute. Other pain can be chronic and debilitating, causing lifelong problems well past the initial injury or disease that started the whole process. Likely, we have all experienced pain at some point in our lives.

We have also all been exposed to the news and the recent opioid crisis that continues to make headlines, not only in our own country but around the world. Medications and analgesics all have their place, but is there another alternative that might possibly reduce the need of opioids and the further addiction and abuse of some of these substances?

As a physiotherapist and a member of the Canadian Physiotherapy Association (CPA), I have become much more aware of the problem when I received a recent article, Physiotherapist's Role in the Opioid Crisis, from our Association. The article describes how big of a problem it is becoming, in part due to its use in treating pain. It demonstrates a need to optimize pain management and reduce the need for opioids. It calls on physiotherapists to strive to educate the public and the government about physiotherapy as a safe and effective primary care strategy to manage pain.



“There are many ways to address pain with alternatives that are less risky than opioid use, and that offer hope to those who want to live with less pain and still be able to enjoy a better quality of life.”

The numbers cited in this article are staggering, to say the least: 61 deaths per month in BC alone in 2016. 1 in 8 deaths for Ontarians 25 to 34 years old is related to opioids. 7 Canadians will die today from an opioid overdose. ►



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alternatives that are less risky than opioid use, and that offer hope to those who want to live with less pain and still be able to enjoy a better quality of life.

CPA is working with Health Canada and organizations such as the Canadian Medical Association (CMA) to improve treatment of both acute and chronic pain.

Education is paramount in ensuring that all people have access to the best health care options to help address pain. There is a place for many avenues of pain management, and as both a physiotherapist and one who is also certified in Medical Acupuncture, I am compelled to work towards informing the public of the other options available to them. If we can try non-opioid options first or early on in managing pain, it is my hope it may lead to improved health and well-being, and be a step towards reducing the "opioid crisis" that we now hear more and more.

► Physiotherapists treat pain on a daily basis and it is one of the main reasons that people seek physiotherapy. Many physiotherapists specialize in the management of pain. Some therapists, including myself, use acupuncture as a further means to manage pain, where traditional methods have perhaps not been as effective. There are many ways to address pain with

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Katie's Kloset, an Experience to Remember

Cyber Bullying

www.canadasafetycouncil.org



What to do when a student reports Cyber Bullying to you?

- 1. Policy.** Know your school's policy on bullying and cyber bullying specifically. Ensure you know the policy before any issue arises.
- 2. Provide Safety.** Make sure the child is safe from immediate danger.
- 3. Listen** carefully and empathetically to the students' issue. Students' social communication online is as important to them as their face-to-face communication. This means cyber bullying needs to be treated as seriously as face to face bullying.
- 4. Document.** Gather all the information about the incident, including any reports from friends or peers that were witnesses. Even if your school does not have policy and procedures for documenting bullying incidents create your own file to document the report. Also ensure that the student documents the cyber bullying by saving or printing the bullying communication.
- 5. Openness.** Be open with the child. Make sure he or she knows who you will be reporting the incident to. Make sure no promises are made about keeping this incident a secret.
- 6. Meet** with the child's parents and other teachers.
- 7. Refer** the child to the police, website administrators, Internet service providers, or cell phone service provider when the situation warrants it.
- 8. Follow-up.** Continue to check in with the student. He or she sees you as an ally and is likely to continue to communicate with you about his or her troubles online.
- 9. Prevention.** An ounce of prevention is worth a pound of cure so this might be a great time to start thinking about how to prevent cyber bullying in your class. This may include one on one or classroom instruction about cyber bullying, netiquette (proper online behaviour), and/or online safety (cyber proofing). You may want to have students come up with an online behaviour agreement that they will sign. Ask questions about what kinds of things your students are doing online. Let your students know that you are there to talk to about any cyber bullying issue.

From Facebook and Twitter to cell phones and iPhones, teens are in constant communication with one another. Teens' worlds are progressively becoming more wireless and mobile. Students are using Social Networking Sites (SNS) more than ever. Some students may engage in mean, unsafe behaviour online and on wireless devices, such as sending mean text messages, spreading rumours online, making mean websites or social networking groups. This is called cyber bullying.

Cyber bullying is defined as harmful actions that are communicated via electronic media and are intended to embarrass, harm, or slander another individual. Cyber bystander behaviour includes behaviours such as passively watching someone being cyber bullied or assisting the person cyber bullying (e.g. adding more mean comments to a mean post). The problem with cyber bullying is that the people involved are faceless and it is often harder to identify and stop a person bullying online than in the offline realm.

While cyber bullying rarely happens on school computers, teachers DO have an impact and can be an important resource for students dealing with cyber bullying. By keeping the communication lines open between educators/guardians and students on the topic of cyber bullying, you can help prevent a student from being bullied, or bullying others.

Parents have to be willing to recognize that cyber bullying is a relationship problem. Where cyber-situations are concerned, your child or teen is as likely to be cyber bullied or to cyber bully others. The best way to help your child learn from cyber bullying experiences (either bullying or being victimized) is to help them find solutions to the problem that allow them to repair the relationship and to provide consistent support without shaming or blaming any individual.



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