

Choose Kind



We all play a powerful role in the lives of the people we share our time with. You can help shape our future generation by developing leaders and fostering positive characteristics that support personal well-being and healthy relationships.

Why participate in the Choose Kind campaign?

Small actions of kindness can have a significant positive effect on others, including increased overall sense of belonging, self-worth and feelings of safety. Those who share kindness also benefit from higher overall feelings of well-being and self-worth. Kindness has been proven to boost health, happiness and societal goodwill. (Random Acts of Kindness Foundation, 2018)

When we practice kindness, compassion and respect for one another, we build connections in our relationships and communities. Together, we create a supported, safe and caring community for all.

What can I do?

As part of our community's efforts to build healthy relationships, we are inviting the community to participate in this important community campaign through the following methods:

- **Speak** briefly to your group about showing kindness and respect to themselves and to others (suggested speaking points are shared below);
- **Lead** by example through your actions and by wearing pink on Pink Shirt Day (February 28, 2018);
- **Encourage** your members to wear a Choose Kind button to show their dedication towards personal well-being and healthy relationships and to ending bullying and abuse through the month of February (buttons are located at the Choose Kind board in the Community Centre's atrium);
- **Participate** in the community challenge to spread kindness and share our kind actions on the internet using the hashtag #SCchooseKind; and
- **Communicate** with your families to increase their awareness and knowledge about how to support positive relationships and the available resources.
- **Join** the community events. For more information, visit www.strathcona.ca/choosekind
 - **Safer Internet Day** - February 6
 - www.saferinternetday.org
 - **Community Choose Kind Board** – February 6 – 28
 - Community Centre Atrium – add your kindness message
 - **Random Acts of Kindness Week** - February 11 – 17
 - <https://www.randomactsofkindness.org/>

- **Spread Kindness** - February 16 from 1:30-3:30 p.m. at Gallery@501 – FREE drop-in activities
- **Choose Kind Showcase** - February 28 from 6:30 p.m. –8 p.m. County Hall Conference Centre #1 – FREE drop-in activities
- **Pink Shirt Day** - February 28 www.pinkshirtday.ca

Group Discussion

Healthy relationships are the key to ending abuse and bullying. People who experience high-quality relationships are healthier and better equipped to deal with stress. Experiencing healthy relationships provides the skills needed to deal with challenging relationships and reduces the likelihood of people becoming victims of bullying and abuse. (PREVNet, 2018a)

Suggested starting discussion points

You are part of the community, whether you are at home, school, activities or just being with your friends. As a member of the community, we all have a responsibility to treat others with respect.

- What do you think makes a person a good leader?
- What does it mean to be a good friend and family member (i.e. what things do you and others need and deserve)?
- How do you want other people to treat you? Your friends? Your family?
- What is respect? What does respect look and sound like?
- How do we show respect to others? How do you want to be treated by others?
- How can you show respect to someone whose opinion you do not agree with?
- How should you act towards someone when they make a decision you do not agree with?
- How do you feel when someone yells, says rude and mean comments to you?
- How do you feel when someone yells, says rude and mean comments to your friends or someone you care about?
- Who is a strong role model in your life? What are the qualities that make them a positive role model?
- What did someone do or say that made you feel like you belonged?
- What is kindness? What does kindness look like? What do you actually see? What does kindness sound like? What can you hear?
- How does it feel when you experience someone being kind to you? What are some ways that you can show kindness to others?

What is bullying?

- Bullying can happen wherever people gather to live, learn, work or play, online and off.
- Bullying **is not** rude or impolite behaviour. Being mean can be mistaken as bullying behaviour.

- Bullying **is** intentional, targeted, abusive behavior that causes harm to another person.
- Bullying is defined by the use of aggression, repeated over time, by a person with greater power towards a person with lesser power.
- Bullying is never acceptable. Everyone has the right to be treated with respect and to feel safe.

(PREVNet, 2018b; Whitson, 2012)

What can you do when you see someone being bullied?

Witnesses to bullying can help by not encouraging bullying, telling the bully to stop, getting help and supporting the person who is targeted. Ninety percent of bullying incidents are witnessed by others and can be stopped within 10 seconds when bystanders choose to intervene. (PREVNet, 2018c)

Resources

- **Bullying Helpline**
 - 24 hours, 7 days/week, help in over 170 languages
 - 1-888-456-2323
 - www.humanservices.alberta.ca/abuse-bullying/bullying-get-help.html
- **Kids Help Phone**
 - 24 hours, 7 days/week
 - 1-800-668-6868
 - www.kidshelpphone.ca
- **Strathcona County Walk-in Counselling**
 - no appointment is needed
 - "pay what you can afford" service within the range of no cost to \$90/session (2017 Counselling Fee Schedule)
 - our team includes registered psychologists and social workers, as well as, credentialed volunteers and graduate students
 - 780-464-4044
 - www.strathcona.ca/counselling
- **Strathcona County Counselling Group**

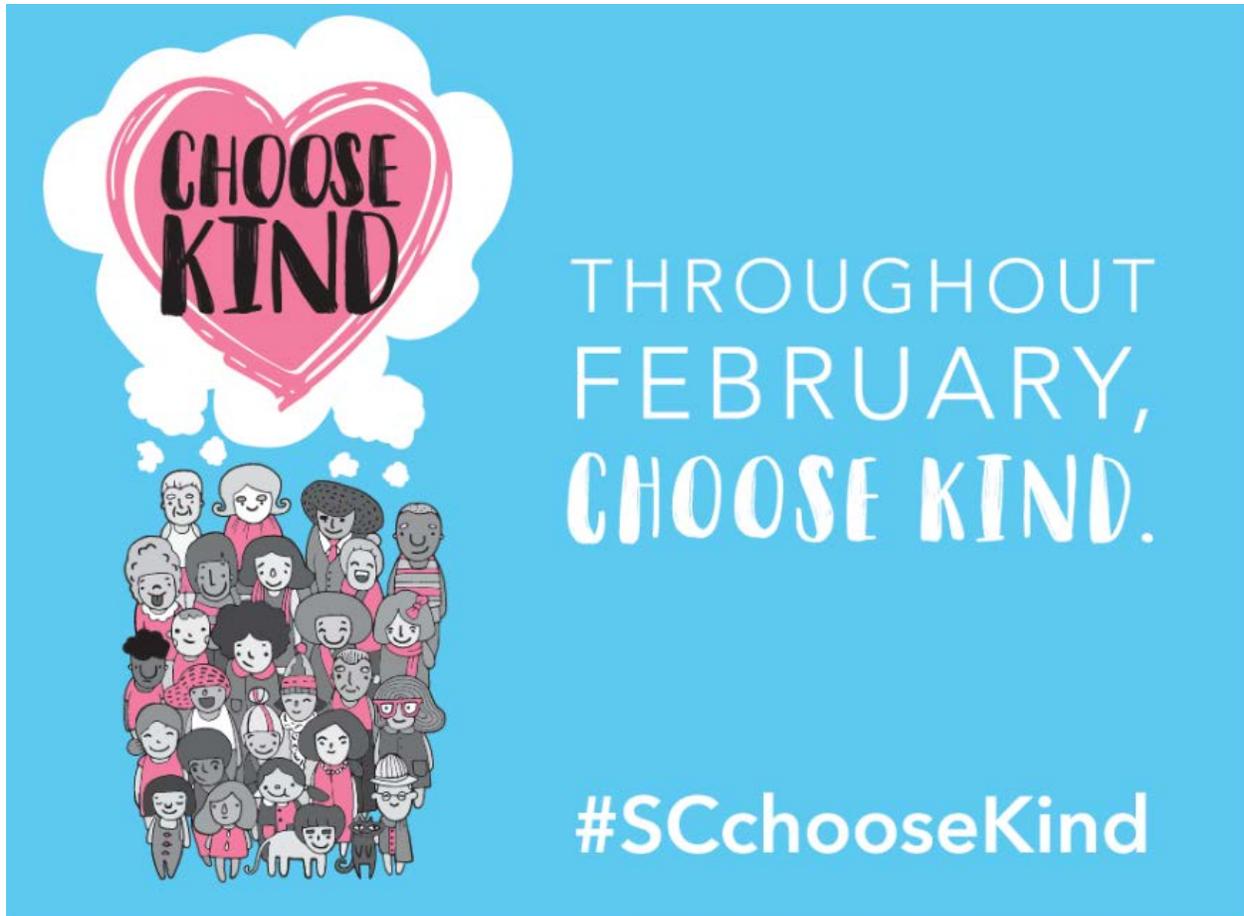
Free, facilitated education and support counselling groups for adults

 - All adults welcome
 - Snacks & Coffee provided
 - Registration upon arrival
 - Open weekly to new participants
 - 780-464-4044
 - www.strathcona.ca/counselling
- **PREVNet**
 - A national network of leading researchers and organizations, working together to stop bullying in Canada.

- o www.prevnet.ca

Disclaimer: Family and Community Services want to empower residents by giving them the tools to improve their personal wellbeing and relationships. Some of the information provided is offered by external sources and is intended as an information resource only. Strathcona County is not responsible for the accuracy, reliability or currency of the information supplied by external sources. Users wishing to rely upon this information should consult directly with the source of the information.

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References

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