

## February Is Anti-Bullying Month in BC

### *DASH takes a look at supports and programs for BC schools*

February is anti-bullying month and many schools around British Columbia will be incorporating anti-bullying and positive mental health programming into their curriculum and extracurricular activities. Anti-bullying awareness, programs and resources have been increasing throughout British Columbia and the world. If you're interested in starting or enhancing anti-bullying and positive mental health programming at your school, please take a look at some of the programs and resources included below.

- [ERASE Bullying](#): ERASE Bullying builds on the Province's Safe, Caring and Orderly Schools Strategy (2004), to combat bullying in schools and enhance a students' sense of belonging. ERASE Bullying is a comprehensive prevention and intervention program based upon a whole community approach. If you'd like to access the programming and resources that ERASE Bullying offers, please click [here](#) to be re-directed to their website.
- [Healthy Schools BC Portal](#): As the "one-stop" access point for healthy schools information in BC, the portal supports school connectedness with positive mental health and anti-bullying programs and resources.
- [Cyberbullying](#): With the advancement of technology and the internet, students are not only facing bullies at school, but online as well. For two videos that support a dialogue around cyberbullying, please visit the [About Kids Health](#) or the [Vancouver School Board](#) websites.
- [Pink Shirt Day](#): This iconic day falls on Wednesday, February 23<sup>rd</sup> this year. It originated in one school where a group of students arranged for the school to wear pink shirts after witnessing a student getting bullied for wearing pink the day before. If you'd like to organize a Pink Shirt Day for your school, or for more information, please visit the Kelty Mental Health website [here](#) for more information.
- [WITS and WITS LEADS](#): WITS and WITS LEADS are evidence-based programs aimed at uniting schools, families and communities to help elementary school children deal with bullying. If you're interested in more information about WITS or how to implement the program at your school, please visit the Healthy Schools BC portal [here](#) for more information.
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- [Beyond the Hurt](#): Beyond the Hurt is a Canadian Red Cross youth-facilitated program targeted at bullying and harassment prevention among children aged 11 and over. To get your Grade 10-12 students involved in youth facilitator training and/or to organize a Beyond the Hurt workshop at your school, please visit the Healthy Schools BC website [here](#) for more information.
- [STOP A BULLY](#): This Canadian non-profit resource provides students who are victims of or witnesses to bullying with the ability to anonymously report incidents to school officials. To register your school for the STOP A BULLY resource, or for more information, please click [here](#).

