



# Back-In-Up Together

## About USAFF

USAFF is a youth to youth education program designed to stop bullying. Youth educators talk about the critical problems of bullying and harassment, share personal stories and work to create school environments that are safer, more respectful, and more conducive to learning for all students. The focus is on accountability for one's actions and self-awareness as important tools in reducing bullying.

***Research finds that youth-to-youth programs, as compared to adult-to-youth programs, are more effective when covering these types of topics.***

USAFF Youth Educators share the following beliefs:

- fostering non-violence and healthy decision making is a crucial element in the education of youth;
- promoting healthy relationships and decision making is the responsibility of the entire community; and
- youth are their own best resource in sharing information and influencing attitude and behaviour change.

### **Presentation Format\***

#### **Introduction (10)**

*Question and Answer period with audience about knowledge of bullying*

*Definition of bullying*

*Roles people play in bullying (activity)*

*Statistics surrounding bullying*

#### **Story Telling (10)**

*Four stories of people affected by bullying*

*Samira Ahmed's story as a victim of bullying*

#### **Implications of Bullying (10)**

*Video produced by FYBY News featuring local high school students explaining the causes and implications of bullying*

*A discussion and summary of the implications of bullying*

#### **Your Role to Play (5)**

*A discussion of the resources available to young people to combat bullying*

*Steps to take to deal with issue if a bully, bystander or bullied*

#### **What You've Learned Game Show (5)**

*Contestants called up to test what they have learned and summarize key points*

#### **Post it Note Activity (Personal) (5)**

*Students are each handed a post it note and asked to write something personal that they will do to combat bullying, students asked to put this in their local or wallet and to remember everyday*

#### **Post it Note Activity (School Wide) (5)**

Everyone signs a piece of paper to be posted on large Bristol boards to go in prominent spot in school showing that the school is a safe space for everyone

#### **Conclusion (5)**

*\*please note that presentations can be adapted to suit different age groups*



1500 Merivale Road, Fifth Floor, Ottawa Ontario K2E 6Z5

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## Registration Form

To book your USAFF presentation, please complete the following form and fax it to 613-244-3808 or email it to [usafe@cayfo.ca](mailto:usafe@cayfo.ca). A member of the USAFF team will respond to you within 3 business days to make arrangements for the presentation. Once a presentation is confirmed, we ask that you follow up 3 days prior to the presentation date to provide a final confirmation of date, time, and location.

Please note that there is a suggested donation of \$125.00.

Cheques can be made to Child & Youth Friendly Ottawa and mailed directly to us or given in person to one of the Youth Educators. Receipts will be issued.

**School or Organization Name:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Location of presentation:** \_\_\_\_\_

**Preferred dates of presentation:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Number of people at presentation:** \_\_\_\_\_ **Age range of students:** \_\_\_\_\_

**Is there anything else we should be aware of?** \_\_\_\_\_

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**Thank you!**



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