



# Bullying Prevention Plan for Safe and Mentally Healthy Schools

This action plan  
will be posted  
on the school's  
website

School Name: St. Patrick's High School

Revision Date: Jan 2021

Points for Consideration:

<p>Effective Action Plans consider the following sources of information:</p> <ul style="list-style-type: none"> <li>• Current school climate survey results</li> <li>• Survey trends</li> <li>• Bullying and Harassment Report form submissions</li> <li>• Suspension reports</li> <li>• Feedback about safe and mentally healthy initiatives</li> <li>• Focus groups of students and educational partners</li> <li>• Audits of physical environment re: safe and mental health safe places</li> <li>• Review of existing programs and policies</li> <li>• Information and input from parents and community partners</li> <li>• Violent incident reports</li> <li>• Students offered alternative school programs</li> <li>• Referrals to mental health agencies/partners/nurse</li> </ul>	<p>Effective safe and mentally healthy school programs:</p> <ul style="list-style-type: none"> <li>• Are comprehensive in nature and adhere to the Foundations of a Healthy School</li> <li>• Reflect our mission and the Ontario Catholic Graduate Exp.</li> <li>• Reflect our faith</li> <li>• Focus on skill-building</li> <li>• Focus on strengths of students and staff</li> <li>• Select appropriate targets for change</li> <li>• Select evidence-based strategies and programs</li> <li>• Include students in the planning, implementing and evaluating of activities</li> <li>• Focus on the changing the social and physical environment</li> <li>• Attend to effective implementation practices</li> </ul>
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Consider some of the following questions to help guide discussion and move you towards developing and selecting your school goals:

1. In what ways is Safe and Mentally Healthy Schools embedded into your school's curricular programs? Are programs evidence-based and age-appropriate? Do gaps exist in any grade?
2. Do staff know the resources and guidelines provided for Safe Schools and Mental Health by the Ministry of Education? What type of training will be done?
3. Do all stakeholders feel welcome and involved in your school activities? What gaps, if any, are evident?
4. Are there comprehensive initiatives/programs that focus on positive, strength-based assets? Are students and parents involved in the planning, decision making for these initiatives?
5. Are faith-based practices focusing on spiritual and emotional health promoted as part of safe and mentally healthy schools?
6. Do you have anonymous confidential reporting at your school? Consider how students and staff report on mental health and bullying in your school.

Based on the information gathered and questions answered above identify up to three goals your school plans to implement. Complete the template below for each goal the team has identified.

<b>Goal #1:</b>			
<b>Specific Goal:</b>	<b>Specific Implementation Strategies:</b>	<b>Timelines:</b>	<b>Indicators of Success:</b>
<ul style="list-style-type: none"> <li>If we build staff capacity with useful tools then we can educate students about the impact of social media on their lives and support the mental health needs of our students</li> </ul>	<ul style="list-style-type: none"> <li>Provide current training for all staff</li> <li>Weekly Student Success meetings</li> <li>Explicitly teach students how to respond to unfavourable content on Social Media</li> </ul>	<ul style="list-style-type: none"> <li>ongoing</li> </ul>	<ul style="list-style-type: none"> <li>increased communication and conversation about the positive and negative impact of social media on students.</li> </ul>

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<b>Is this goal related to:</b> <ul style="list-style-type: none"><li>● School Climate Survey</li><li>● Staff needs and input</li></ul>	<b>Stakeholders involved in the implementation and outcome of this goal:</b> <ul style="list-style-type: none"><li>● all staff</li><li>● all students</li></ul>	<b>How will you communicate the goal to stakeholders:</b> <ul style="list-style-type: none"><li>● School newsletter</li><li>● PD days</li><li>● Curriculum connections</li></ul>	
<b>Goal #2:</b>			
<b>Specific Goal</b> (Faith-based) <ul style="list-style-type: none"><li>● If we hold up and connect with the Ontario Catholic Graduate Expectations then we can explicitly educate students to develop a Catholic worldview through media literacy.</li></ul>	<b>Specific Implementation Strategies:</b> <ul style="list-style-type: none"><li>● Media literacy education - specifically social media and its impact on how we see the world</li></ul>	<b>Timelines</b> <ul style="list-style-type: none"><li>● ongoing</li></ul>	<b>Indicators of Success:</b> <ul style="list-style-type: none"><li>● reduction in bullying and harassment reporting (formal and informal)</li></ul>
<b>Is this goal related to:</b> <ul style="list-style-type: none"><li>● Staff needs and input</li></ul>	<b>Stakeholders involved in the implementation and outcome of this goal:</b> <ul style="list-style-type: none"><li>● all staff</li><li>● all students</li></ul>	<b>How will you communicate the goal to stakeholders:</b> <ul style="list-style-type: none"><li>● School newsletter</li><li>● PD days</li><li>● Curriculum connections</li></ul>	

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