

## Presentation to give in-depth look at bullying

Oomama hosting renowned author and speaker Barbara Coloroso in Oakville April 10

Local parents, caregivers, educators and kids will have the chance to learn how to break the cycle of bullying and violence when renowned author and speaker Barbara Coloroso pays a visit to Oakville.

Oomama, an Oakville non-profit organization supporting African grandmothers raising orphaned grandchildren who have lost parents due to HIV/AIDS, will host the author of *Kids Are Worth It* on Wednesday, April 10 at the Operating Engineers Conference Centre, 2245 Speers Rd.

In the past 38 years, best-selling-author Coloroso has become an internationally-recognized speaker and consultant on parenting, teaching, school discipline, bringing about positive school environments and bullying, among other topics.

Her presentation, *The Bully, the Bullied, and the Bystander*, is an in-depth keynote address that will offer insight into the issues of bullying and the roles of different participants in the situation, focusing on the importance of the bystander and strategies to deal with bullying — organizers note the event is not suitable for children under the high school age.



Barbara Coloroso

"Addressing the issue of bullying in our lives and the lives of those we care about, Barbara will help break down what it is and what it isn't while addressing the ways and means of bullying and how to help kids develop a code of compassion," stated a press release.

"Bullying can be a devastating and life-changing experience and has become a life-and-death issue that we, as parents, grandparents, educators, professionals and leaders, must not ignore."

Highlights from the presentation will include the roles of all the participants in bullying, including:

- the bully — differences

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Oomama  
Oakville non-profit organization

and similarities between boy and girl bullies and what to do if you discover your child is a bully.

- the bullied — warning signs to look for and steps to take if a child is being bullied.
- the bystander — how they aid and abet the bully, and how they can become peacemakers in a situation.

"Together we can create an environment where all children, regardless of their race, religion, gender, physical and mental ability, or their economic status, feel welcomed and accepted in our homes, our schools and our communities," stated the release.

The presentation will run from 7-9 p.m. with book signing opportunities available at

6:30 p.m. and 9 p.m. — copies of Coloroso's book will also be on sale at the event.

Tickets cost \$30 and can be purchased online at [www.oomama.org](http://www.oomama.org) or by contacting Wendy at 905-842-0264 or [nursewjm@gmail.com](mailto:nursewjm@gmail.com), or Mary Lynn at 905-827-5006 or [ml2hr2@sympatico.ca](mailto:ml2hr2@sympatico.ca).

All proceeds from the event will be donated to the Stephen Lewis Foundation's (SLF) Grandmothers to Grandmothers campaign, which will help sustain 300 projects and more than 700 initiatives in sub-Saharan Africa particularly aimed at the orphans and caregivers living at what is described as the epicentre of the HIV/AIDS pandemic.

— Submitted by oomama

## Inside bullying

**Editor's note:** The following information and tips were taken from the Canadian Children's Rights Council — a member of the Child Rights Information Network (CRIN).

### Different forms of bullying:

- **Cyber bullying** — through e-mail, instant messaging, Internet chat rooms, and electronic gadgets like camera cell phones, cyber bullies forward and spread hurtful images and/or messages. Bullies use this technology to harass victims at all hours, in wide circles, at warp speed.
- **Emotional bullying** — more subtle and can involve isolating or excluding a child from activities, such as shunning people in the lunchroom or on school outings, or by spreading rumours.
- **Verbal bullying** — involves name-calling, incessant mocking, and laughing at a child's expense.
- **Physical bullying** — can accompany verbal bullying and involves things like kicking, hitting, biting, pinching, hair pulling, or threats of physical harm.
- **Racist bullying** — preys on children through racial slurs, offensive gestures, or making jokes about a child's cultural traditions.
- **Sexual bullying** — involves unwanted physical contact or sexually abusive or inappropriate comments.

### Signs a child is being bullied:

- Inventing mysterious illnesses to avoid school, such as stomach aches, headaches, etc.
- Missing belongings or money
- Sleeping problems
- Bedwetting
- Irritability
- Poor concentration
- Unexpected changes in routine
- Problems with schoolwork

### Tips to ward off bullies:

- Never get physical or bully back.
- Act brave, walk away and ignore the bully.
- Use humour or offer a compliment to throw the bully off guard, but don't use humour to make fun of the bully.
- Tell an adult if you're being bullied.
- Talk about it with a guidance counsellor, teacher or friend.
- Use the buddy system for support.
- Develop more friendships by joining social organizations, clubs, or sports programs to build up self-esteem and a larger group of positive peers.

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