



## HAMILTON POLICE SERVICES & HAMILTON-WENTWORTH CATHOLIC DISTRICT SCHOOL BOARD PRESENTATION INITIATIVE GUIDELINES:



Step 1: Select **one** of the topics below:

- Social Media, Internet Safety & Cyberbullying
- Illicit Substances & Substance Use
- Human Trafficking (must be grade 12+ to complete)
- Gangs and Violence
- Mental Health
- Impaired Driving by Drugs and Alcohol
- Intimate Partner Violence
- Bullying (Audience: kindergarten – grade 3)
- Bullying (Audience: grade 4 – 8)
- Diversity and Inclusion

Step 2: Use the guiding questions, topics and links under each topic to create a PowerPoint presentation.

- Use all of the links provided to find your information
- Include your name, grade, school & email on the title page of the presentation

Step 3: Make a fun, engaging & informative presentation!

- Be creative and add your personality into the presentations!!

Step 4: Submit the presentation by June 4, 2021 at 4:00 pm at

<https://ods.hamiltonpolice.on.ca/index.php/s/tL5DWna2obgPnfM>

### **STUDENTS CAN EARN:**

**10** Christian Service Hours for meeting  
all the initiative criteria (content, research, creativity, connection  
to Catholic Faith)

Students can earn **2 additional** Christian Service Hours for every  
presentation that they provide to classes and/or schools

# 1. Social Media, Internet Safety, and Cyberbullying

Targeted Audience grades 7-12. Length up to 25 slides.

## Guiding Questions

What is Cyberbullying?

What to do if you are being cyberbullied?

How do you keep yourself safe on the internet?

What is a digital footprint?

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

**Cyberbullying** – keyboard courage (saying things online they wouldn't say to someone's face), accountability for your words and actions, victims can become overwhelmed, sad, and depressed, extreme cases teen suicide, T.H.I.N.K. acronym.

School Consequences: Can be removed from sports teams, Suspension, Expulsion.

Criminal Consequences: Can be charged with Criminal Harassment (Sec. 264 CCC) or other applicable charges.

Definition- Cyber-bullying is when someone repeatedly harasses, mistreats, or makes fun of another person online or while using cell phones or other electronic devices.

**Online Predators and Internet Safety**– Stop giving out personal information. Don't friend or allow to "follow" people you don't know. Keep Social media accounts private. Do you know who you are talking to? Child Predators use the internet to friend youth and build trust and a relationship to enable them to get close their victims.

**Sexting** – inappropriate words and photos being sent through instant messaging, social media apps, and text messages. Making poor choices now online as a youth can have far-reaching impact on your future. Digital footprints are forever.

Definitions: Child pornography (Sec. 163.1CCC) A photograph, film, video, audio, or other visual representation of any person under 18yrs or depicted to be under 18yrs for a sexual purpose, images of private areas that are usually covered by a bathing suit.

It is a crime to: Possess, Make, Distribute, Access child pornography. This becomes a crime for youth when intimate photos of a youth are being shared with others. People convicted of child sex offences will be on the Sex Offender Registry for life.

<https://iceont.ca/>

<https://www.prevnet.ca/bullying/cyber-bullying>

<https://www.prevnet.ca/bullying/cyber-bullying/legal-consequences>

<https://www.prevnet.ca/blog/general/cyberbullying>

<https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying/cyberbullying-youth.html>

<https://www.prevnet.ca/news/in-the-news/new-videos-for-parents-from-mediasmarts>

<https://hnoj.hwcdsb.ca/332622--Cyberbullying-Parent-Resource?fileID=465549>

## 2. Illicit Substances and Substance Abuse

Targeted Audience grades 7-12. Length up to 25 slides.

### Guiding Questions

What is a drug? Street names for drugs

Difference between legal and illicit/illegal drugs?

Reasons why some young people might use drugs/risk factors

Effects of different drugs dangers of substance use & the opioid crisis

Canadian statistics & where to get help

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

### Controlled Drugs and Substances Act

- Schedule 1 – Cocaine, Heroin, Fentanyl, MDMA (Ecstasy), Opium, Methamphetamine (crystal Meth), Hydromorphone, Oxycodone, Oxycontin, Gamma Hydroxybutyrate (GHB), Codeine (cough syrup)
- Schedule 3 – L.S.D., Psilocybin (mushrooms), Methylphenidate (Ritalin),
- Schedule 4 – Xanax, Valium
  
- How drugs change your brain.
- The effects of different drugs i.e. stimulant, depressant, hallucinogens
- Criminal consequences – CDSA 4(1) possession, CDSA 5(1) trafficking
- Physical consequences
- Mental consequences – link between drug use and mental health issues
- Marijuana and Alcohol - although legal for over 19, still has extremely damaging effects. Research and discuss those. Against the law to possess and consume under 19
- Vaping, Nicotine and smoking health consequences and addiction
- Substance Abuse & Addiction
- Resources for help for the addict and family of the addict

<https://iceont.ca/>

<https://www.ccsa.ca/sites/default/files/2019-04/ccsa-011521-2007-e.pdf>

<https://www.ccsa.ca/sites/default/files/2020-10/CCSA-Canadian-Drug-Summary-Alcohol-2019-en.pdf>

[https://www.ccsa.ca/sites/default/files/2019-05/CCSA-Child-Adolescent-Substance-Use-Disorders-Report-in-Short-2014-en\\_0.pdf](https://www.ccsa.ca/sites/default/files/2019-05/CCSA-Child-Adolescent-Substance-Use-Disorders-Report-in-Short-2014-en_0.pdf)

<https://smho-smso.ca/wp-content/uploads/2020/12/Prescription-opioids-including-fentanyl-What-parents-and-caregivers-need-to-know.pdf>

<https://smho-smso.ca/wp-content/uploads/2020/12/OPIOIDS-what-you-and-your-friends-need-to-know.pdf>

<https://smho-smso.ca/wp-content/uploads/2019/08/Cannabis-What-Educators-Need-to-Know.pdf>

<https://www.drugfreekidscanada.org/>

### **3. Human Trafficking** (must be grade 12+ to complete)

Targeted Audience grades 7-12. Length up to 25 slides.

#### Guiding Questions

What is Human Trafficking?

Statistics

Possible signs someone may be trafficked?

Who is at risk?

Types of human trafficking

Support for Victims

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

What is it? Who does it? How does it begin?

- Statistics
- How they recruit their targets?
- How they keep their targets? Through control, drug addiction, Low Self- esteem, insecurities, family troubles, feelings of being unwanted, financial vulnerabilities, foreign nationals
- Be-friending, grooming, controlling, striving to belong and feel loved, flashy clothes, gifts, pop culture and rap glorify
- Signs if someone is being groomed for HT and signs if they are already involved
- Mental, emotional and physical abuse
- How to get help
- Resources

<https://iceont.ca/>

<https://www.publicsafety.gc.ca/cnt/cntrng-crm/hmn-trffckng/abt-hmn-trffckng-en.aspx>

<https://www.publicsafety.gc.ca/cnt/cntrng-crm/hmn-trffckng/actns-cmbt-hmn-trffckng-en.aspx>

<https://www.publicsafety.gc.ca/cnt/cntrng-crm/hmn-trffckng/spprt-vctms-srvvrs-en.aspx>

<https://www.ontario.ca/page/human-trafficking>

[https://www.canada.ca/en/public-safety-canada/campaigns/human-trafficking.html?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_human-trafficking](https://www.canada.ca/en/public-safety-canada/campaigns/human-trafficking.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_human-trafficking)

<https://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/2019-ntnl-strtg-hmnn-trffc/index-en.aspx>

## 4. Gangs and Violence

Targeted Audience grades 7-12. Length up to 25 slides.

### Guiding Questions

What are gangs?

What do they do?

How are you recruited into a gang?

Who is at risk?

Statistics

Criminal consequences

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

- What are gangs? Discuss different gangs- street gangs, motorcycle gangs
- How are they structured? What do they do?
- How do you fall into gang life? Or how are you recruited into a gang?
- Who is most at risk? -Isolation from family and old friends, owns more than one cell phone, becomes withdrawn from regular activities, owns expensive items and/or clothing that they can't afford, Changes in appearance (e.g., wearing certain gang-related colours, bandanas, etc.), Changes in behaviour and attitude (e.g., adopting new slang, hand gestures, and/or suddenly refusing to listen to authority figures), Coming home later than usual without explanation.
- Psychology of gang mentality- become your family and sense of loyalty, trust
- Statistics
- Desensitization to violence, drug abuse, criminality
- Corruption of morals and values
- Signs someone is in a gang
- Resources to help someone get out of a gang
- Criminal consequences – drug trafficking, possession of drugs, proceeds of crime, weapons offences, violent offences.
- Criminal record and your future

<https://iceont.ca/>

<https://www.publicsafety.gc.ca/cnt/cntrng-crm/gn-crm-frrms/index-en.aspx>

<https://www.publicsafety.gc.ca/cnt/cntrng-crm/gn-crm-frrms/index-en.aspx>

<https://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/gngs-cnd/index-en.aspx>

[https://www.justice.gc.ca/eng/rp-pr/csj-sjc/crime/rr07\\_1/p2.html](https://www.justice.gc.ca/eng/rp-pr/csj-sjc/crime/rr07_1/p2.html)

## 5. Mental Health

Targeted Audience grades 7-12. Length up to 25 slides.

Define Mental Health and discuss the mental health continuum

- Statistics on how many people are affected and who is affected
- Causes of mental health concerns - stress, health, hereditary, drug, loss and grief, post surgery, post-partum, brain injury, COVID-19
- What do mental health disorders look like –symptoms and signs
- List and define common mental health disorders?
- What does the medication do that helps people live with mental health disorders? Alternatively, why do people not want to take these medications?
- What is a concurrent disorder? What are the inherent issues with mixing drugs and alcohol with a mental health disorder?
- What resources for help do we have in Hamilton?
- What Crisis outreach does Hamilton have?
- What is mental health awareness and how can we promote it?

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

<https://iceont.ca/>

<https://smho-smso.ca/students/learn-more/>

<https://smho-smso.ca/students/learn-more/about-your-mental-health/>

<https://smho-smso.ca/students/learn-more/signs-to-watch-for/>

<https://smho-smso.ca/students/learn-more/help-a-friend/>

<https://smho-smso.ca/students/learn-more/understanding-social-emotional-learning/>

<https://cmha.ca/fast-facts-about-mental-illness>

<https://cmha.ca/document-category/mental-health>

## 6. Impaired Driving by Drug and Alcohol

Targeted Audience grades 7-12. Length up to 25 slides.

### Guiding Questions

What is drug impaired driving?

What does alcohol do to your body?

What do stimulants do to your body?

How does cannabis and other hallucinogens do to your body?

How to plan ahead

How police protect our roads

Statistics

Criminal Charges

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

- What does alcohol do to your body, sight, reflexes, judgement, perception?
- What do drugs do stimulants vs depressants to your body, sight, reflexes, judgement, perception?
  - Statistics on impaired driving
  - Statistics on deaths caused by
  - Section 253 CC
  - Consequences to an impaired charge including insurance costs for years after

<https://iceont.ca/>

<https://www.camh.ca/en/your-care/programs-and-services/back-on-track>

<https://www.camh.ca/en/health-info/guides-and-publications/alcohol-and-other-drugs-and-driving>

<https://www.canada.ca/en/services/policing/police/community-safety-policing/impaired-driving/drug-impaired-driving.html>

<https://www.rcmp-grc.gc.ca/ts-sr/aldr-id-cfa-aldr-eng.htm>

<https://www.justice.gc.ca/eng/cj-jp/sidl-rlcfa/longdesc.html>

## 7. Intimate Partner Violence

Targeted Audience grades 7-12. Length up to 25 slides.

What does a healthy relationship look like? Compare signs of a healthy relationship with an unhealthy relationship.

What is Intimate Partner Abuse?

- Mental/emotional abuse- possessive and jealous, control over victim by financial, who they can see, separate victim from family and friend supports, gas lighting
- Criminal harassment
- Utter threats
- Physical Abuse – assaults, forcible confinement, assault with a weapon, sexual assault, damaging property
- Psychological effects- why would someone stay in a relationship like that
- What are signs that someone is in an abusive relationship
- Where can they get help
- Who is an abuser? Abusers can control who they abuse and when. Cycle of abuse
- Resources

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

<https://iceont.ca/>

<https://www.prevnet.ca/sites/prevnet.ca/files/fb-dating-safety-v6-digital.pdf>

<https://youthdatingviolence.prevnet.ca/learn-more/everyone/>

<https://youthdatingviolence.prevnet.ca/resources/youth-focus/>

<https://intervalhousehamilton.org/what-is-abuse>

<https://www.goodshepherdcentres.ca/services/community-support-services-for-women-children/>



## 8. Bullying

### 2 presentations for Primary grades K-3 and Junior/Intermediate 4-8

Target Audience Primary K-3: / Target Audience Intermediate 4-8: Length up to 25 slides.

### Primary/Junior (K-3)

Getting along with others

Intro to the term “bullying”, examples

Discuss sharing, taking turns, keeping hands to yourself, examples

When someone says something mean to you, how does it make you feel?

- Sad, angry, alone, confused, like crying

What can you do?

1. Stop – tell person to stop hurting you or being mean
2. Talk—tell the person “do not touch me or that hurts my feelings”
3. Walk-leave the area, ignore the person

Bystander to Upstander-uncomfortable position, observe bullying behaviour, can help and tell bully to stop, support Victim

What you should always do after a Bullying incident:

- Notify Teacher, Principal, Parent, or trusted Adult

Respect other people, never use your hands or feet when you're angry. Use your words. Tell someone what has happened.

Questions/Discussion

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

<https://iceont.ca/>

<https://smho-smsso.ca/emhc/healthy-relationship-skills/>

<https://www.prevnet.ca/bullying/kids>

<https://www.prevnet.ca/bullying/facts-and-solutions>

## Bullying Junior/ Intermediate (Grades 4-8)

Bullying in Our Schools. Words Hurt. Be Part of the Solution.

### Board Policy

- Bullying will not be tolerated on Hamilton School Board property, at school related activities, on school buses, or in any other circumstances (e.g. online) where engaging in bullying behaviour will have a negative impact on healthy relationships and the school climate.
- At the Hamilton School Boards, it is everyone's responsibility to stop bullying behaviour within the school community.

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

<https://www.hwcdsb.ca/support/childyouthhealth/?fileID=389>

What is bullying? What does it mean to you?

Definition-Bullying is defined as a form of repeated, constant, and aggressive behaviour toward a person or people that is meant to cause (or should be known to cause) fear and suffering and/or damage to another person's body, feelings, self-esteem.

Videos demonstrating bullying behavior or cyberbullying

Types of Bullying.

- Verbal
  - Usually involves name calling, mocking, and laughing at a person's expense
- Physical
  - Pushing, kicking, punching, throwing, scratching, etc.
- Cyber-bullying
  - When technology is used such as e-mail, instant messaging, chat rooms, cell phones, social media such as Facebook, My Space, Twitter to target victims
- Relationship bullying
  - Silent treatment, rumour spreading, social isolation, exclusion, manipulation of friendships
- Sexual bullying
  - Sexually abusive or inappropriate comment, unwanted physical contact
- Racist bullying
  - Racial slurs, offensive gestures, or making jokes about cultural tradition

Cyber-bullying can be just as bad if not worse than traditional forms of bullying. If you take pictures of someone without asking, and post them on the internet, or send them through text message, you are a bully. If you send or forward mean instant messages, e-mails, or text messages, you are cyber-bullying someone. You don't have to be the creator of the IM - if you forward it, you are a part of the problem.

Are You a Bully?

Have you forwarded a text message? Have you called someone a loser? Have you punched someone in the stomach? Have you touched a person inappropriately without their permission?

## Are You Being Bullied?

If you are being bullied, you probably often wonder how to make that person stop, or how to get that person to like you. Stop, talk, and walk.

## Are You Being Cyber-bullied?

### Are You Watching Someone be Bullied?

- You are called a bystander. You possess a lot of power. You have 2 choices as a bystander:
  1. Join in—by laughing, joining in, or by doing nothing, you are showing support for the bully or encouraging them to continue. You have become part of the problem.
  2. On the other hand, you can choose to intervene—by speaking out or defending against a bully's unkind words or actions, you are becoming part of the solution.

## Bullying and the Law:

Does anyone know what age the police can arrest you and charge you which may result in jail time, for any of the crimes we just spoke about?

Bullying is often breaking the law and can result in criminal charges from physical assault including hitting, kicking, scratching, or throwing. It could be assault with a weapon if a weapon is used during the assault

## The Effects of Bullying

- Can you name some effects of bullying? What could bullying do to a victim? How could it make them feel?

<https://iceont.ca/>

<https://www.prevnet.ca/bullying/types>

<https://www.prevnet.ca/bullying/dangers>

<https://www.prevnet.ca/bullying/teens>

[https://www.prevnet.ca/sites/prevnet.ca/files/cyberbullying\\_tip\\_sheet.pdf](https://www.prevnet.ca/sites/prevnet.ca/files/cyberbullying_tip_sheet.pdf)

[https://www.prevnet.ca/sites/prevnet.ca/files/prevnet\\_facts\\_and\\_tools\\_for\\_schools\\_rev\\_mar2021.pdf](https://www.prevnet.ca/sites/prevnet.ca/files/prevnet_facts_and_tools_for_schools_rev_mar2021.pdf)

## 9. Diversity and Inclusion

Targeted Audience grades 7-12. Length up to 25 slides.

- Diversity is simply a representation of many different types of people (gender, race, ability, religion, etc.). Inclusion is the deliberate act of welcoming diversity and creating an environment where all different kinds of people can thrive and succeed. Diversity is what you have, Inclusion is what you do
- Indigenous- history and persecution
- Black lives matter movement – history, racism
- 2SLGTBQQ Define and discuss each acronym, discuss history, discrimination due to sexual orientation
- Discuss different religions and the resulting persecution
- Disability status
- Equality vs. Equity, unconscious bias, systemic racism

How can this be connected to the Catholic Graduate Expectations or Catholic faith?

<https://iceont.ca/>

<http://www.edu.gov.on.ca/eng/policyfunding/equity.pdf>

<https://youtu.be/2KImvmuxzYE>

<https://youtu.be/hRiWgx4sHGg>