

Brighter Futures



Celebrating the powerful impact of BullyingCanada donors

2018/19 Donor Update

A country rallies together to help bullied youth

Your support is inspiring kids and saving lives

By Rob Benn-Frenette
Co-Executive Director, BullyingCanada

As a donor to BullyingCanada, the thought of you is carried within me and our 218 Support Team volunteers as we communicate with scared kids who turn to us for much-needed help to bring an end to their being bullied.

You inspire us to open our hearts to hundreds of traumatized youth every day, and create for them a brighter future. ***We owe you our warmest thanks.***

We've created this newsletter for you to share with you some of the challenges and rewards BullyingCanada faces every day. In this issue, you'll read the story of a family with 4 sons, two of whom have been severely bullied. Working with them for more than a year, we've found ways to stop the bullies, and these boys are now healing.

You really do save lives by supporting our work. Many of the kids who turn to us consider suicide to escape the horrors of bullying, which has destroyed confidence and any hope for brighter future, and brought about sleepless nights, poor grades, and a life lived in constant fear.

You help us pay for toll-free phone lines, high-speed Internet services and texting services. You help us do education school and community centre presentations, and distribute educational materials. You help us give educational scholarships to youth who are anti-bullying advocates.

Simply put, ***you are my hero.*** Thanks for your compassionate support.



Rob Benn-Frenette was relentlessly tormented by bullies in his youth. He now saves the lives of others through BullyingCanada, which he co-founded at age 17 in 2006.

Volunteer tells bullied kids that they are not alone



Josh MacKenzie, Sub-Lieutenant in the Canadian Cadet Organization, is one of BullyingCanada's longest serving and most dedicated volunteers. He finds his work very rewarding.

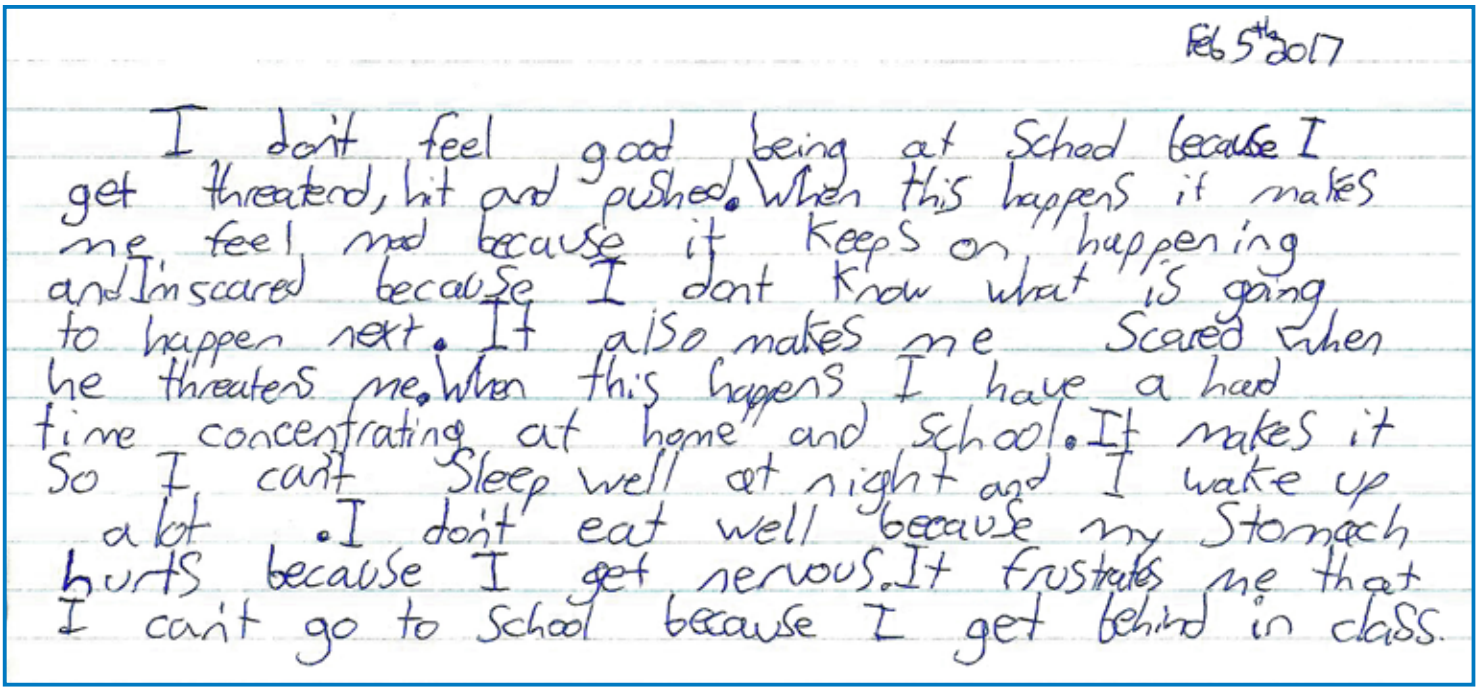
Josh MacKenzie has been a volunteer with BullyingCanada from its inception in 2006. He has given dozens of awareness presentations to New Brunswick students and cadets on bullying. Josh explains why he is so dedicated to his role in BullyingCanada.

"As an Officer with the Canadian Cadet Organization, a mentor and a father, I see the effects that bullying has on the youth in this country every day. I donate my time to BullyingCanada to speak to youth around the province in hopes to educate them, and let them know that if they are struggling with acts of bullying that they are not alone. The time that I give is to ensure a brighter future for my children, and all the youth that I speak to."

How your generosity funds support services that saved two young boys

A 10-year-old boy speaks out on what it is like to be bullied

Elliot* has 3 brothers. He and Jason were both victims of extreme bullying. Last year, when Elliot was 10 years old, he wrote this heartrending note expressing how he feels about being bullied.



Feb 5th 2017

I don't feel good being at Schod because I get threated, hit and pushed. When this happens it makes me feel mad because it keeps on happening and I'm scared because I dont know what is going to happen next. It also makes me Scared when he threatens me. When this happens I have a hard time concentrating at home and School. It makes it So I can't Sleep well at night and I wake up a lot .I don't eat well because my Stomach hurts because I get nervous. It frustrates me that I can't go to School because I get behind in class.

Elliot's father, Mark reached out to Bullying Canada for help. *To learn more about the years of tireless work by Bullying Canada to help both Elliot and Jason, please read Mark's letter on page 3.*

Note: Names in this real-life story were changed to protect the privacy of this family.

Anxieties arise in the summer

Although more bullying occurs during the school year, every summer BullyingCanada's Support Team experiences a spike in anguished cries for help from bullied kids. With more time to reflect on how bad being bullied makes them feel, thousands of kids from all parts of Canada turn to us during the summer months, hoping for help that could eliminate their fear of going back to school in September.

They depend on us because BullyingCanada is this country's only organization that resolves bullying situations by directly facilitating communication between bullied kids, their bullies, parents, teachers, school boards, social services and police. Last year alone, we stopped 74,825 youth from being relentlessly tormented, and set them on the road to healing, and a brighter future.

If you can find it in your heart to make a gift today, you can give hope to the terrified children who are talking to our Support Team right now. *Your gift will be one of hope, of renewed confidence, and of future peace.* You can send your gift in the enclosed postage paid envelope, or give online today: **www.bullyingcanada.ca/FuturesJL18.**



Elliot and Jason's dad explains in his own words how much BullyingCanada's support has helped his family

My name is Mark. I first reached out to BullyingCanada approximately five years ago when our second son, Jason experienced severe bullying and harassment by his ex-girlfriend and her mother, at the age of 15. I had heard radio ads for BullyingCanada on a local station and got in contact with Rob Benn-Frenette through their toll free number.

At that point we had gone to my boys' school, the district school board and local police, and had run out of options in getting the bullying and harassment to stop. Jason was bombarded by an ex-girlfriend making frequent and persistent harassing calls to our home, inappropriate and disturbing posts on social media, and stalking and threatening him school. Jason became withdrawn, stopped eating, and started cutting himself. He was hospitalized and put on suicide watch, and underwent about two years of counselling and taking medications.

I remember a particular meeting with administration at the school when we pleaded with them to do something to help make the bullying stop. We were given a transfer application and told we should put Jason in a different school. Jason was in tears and was shaking uncontrollably. We felt a transfer would be our last resort.

With the help and support of Rob and BullyingCanada, our family doctor and the RCMP, we fought for Jason for more than two years through a Human Rights complaint and lawsuit against the Province and the parents of the ex-girlfriend. BullyingCanada provided a wealth of resources and expertise in helping us find our way through this.

Jason did eventually graduate and time helps in the healing process, however he still bears the emotional and physical scars.

Rob was available 24 hours per day during the most critical and difficult times and was always ready to assist in any way he could. Rob sent hundreds of emails and documents and made countless phone calls on Jason's behalf.

Our fourth son, Elliot, experienced severe and persistent bullying at school at the age of 10. Elliot was pushed, punched in the face, repeatedly threatened to be killed, screamed at, stalked, and otherwise verbally assaulted at school and on the bus. Despite many meetings with school administration, school district personnel, the parents of the bullying child and RCMP, the bullying continued for about five months. Elliot became withdrawn and stopped eating. He had nightmares, cried a lot and developed a facial tick. He didn't want to go to school and was terrified he was going to be hurt.

This time, I contacted BullyingCanada early on and Rob Benn-Frenette was instrumental in bringing resources to bear which resulted in a permanent resolution of the problem. It has been just over a year since the situation was resolved. With the help of counselling and the support of our family doctor, Elliot is much better than he was, however he still bears the emotional scars of his ordeal.

The prescribed process one has to go through to help and support our children in situations like these is absolutely terrible and the system is severely flawed and broken.

I honestly don't know how our family would have made it through these incredibly difficult situations without the tremendous help and support of BullyingCanada. I strongly recommend in any situation where one is faced with the bullying of a child or youth, it is imperative to seek help very early on from this life-saving resource, BullyingCanada.

Sincerely,

Mark

Cyberbullying: *The terror of public humiliation*

Today's kids live much of their lives online, communicating with others on social media and by texting.

On this online world is a growing problem – ***cyberbullying***. One quarter of Canadians kids admit to being mean to others online. One third report having been cyberbullied.

Having helped thousands of victims, Rob Benn-Frenette of BullyingCanada says, "Cyberbullying is as bad – if not worse – than playground bullying. Kids experience devastating emotional anguish when bullies publicly say hurtful things about them, make death threats, and post embarrassing photos for everyone to see. Mean posts are forwarded and shared, bringing forth other anonymous haters saying ugly things that they don't have the nerve to say to someone's face."

Vancouver psychologist Dr. Joti Samra says the effects of harassment range from mild to tragic. "On the mild end, people might feel offended, upset, or hurt when their vulnerabilities are targeted, such as their opinion, race, religion, or sexual orientation. On the extreme end, victims of ongoing harassment can have the most tragic outcome – death by suicide."



Rob adds, "When kids are at their lowest, BullyingCanada's support team is there for them, any time day or night, thanks to our donors. We talk with them the way they feel most comfortable – by texting, online chatting or phone. And we will do everything possible to stop the bullying from continuing."

Do you know a young person who is cyberbullied?

Please let them know they can get help any time, 365 days a year, by calling 1-877-352-4497, or they can text or chat online with a highly trained volunteer by visiting www.BullyingCanada.ca.

DONATE A CAR
CANADA

Turn your unwanted car – running or not – into a generous tax-deductible donation to help BullyingCanada support bullied kids!

EASY & FREE

Learn more at:
bit.ly/DonateCarBullyingCanada

"I help bullied kids, in my own way..."

For years, translator Françoise Mhun has given generously of her time and money to BullyingCanada. Her reasons for giving are quite common amongst our donors.

"When Rob asked me to do some translation work *pro bono* for BullyingCanada, I must say that I had not thought too much about bullying. Volunteering my time as a translator and having a friend whose children are being bullied – and who tells me how hard it is to make it stop – has helped me understand the issue much better and given me an appreciation for the incredible and much-needed work Rob and his team do every day.

"It also makes me feel that I help bullied kids a little bit in my own way.

"It's a great cause!"

BullyingCanada
A National Voice for Bullied Youth

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