

## **RESOURCES to Support SOCIAL SKILLS and CHARACTER EDUCATION in Saskatchewan Rivers School Division**

Saskatchewan Rivers School Division continues to build a library of resources available to schools to support teachers as they teach students about working together, respect and responsibility, caring and consideration. Programs are suitable for various age groups and focus on a variety of specific skills.

Contact [jschultz@srsd119.ca](mailto:jschultz@srsd119.ca) for information on any of the programs

**The Second Step Program** (K to 9) is designed to reduce impulsive and aggressive behavior in children, teach social and emotional skills, and build self-esteem. The program teaches empathy, impulse control, problem solving, and anger management.

**The League of Peaceful Schools** (K to 12) provides support and recognition to schools that have declared a commitment to creating and maintaining safe and peaceful schools.

**The Lions-Quest Program** (K to 8, 9 to 12) is designed to bring together families, educators, and community members to teach young people life and citizenship skills within a caring and consistent environment.

**Non-Violent Crisis Intervention** (K to 12) is a safe, non-harmful behavior management system designed to help provide the best possible care and welfare for assaultive or seriously disruptive students in violent situations.

**Peer Mediation** (K to 12) is a program designed to teach teachers to develop responsible teams of trained students who can serve as support teams to prevent or reduce playground disputes.

**Steps to Respect** (3 to 6) is a school-based social and emotional learning program designed to decrease bullying and help build more respectful, caring student relationships.

**The Conflict Management Series** (K to 12) is focused on developing specific skills needed to deal with conflict and aggression including the learning of strategies for managing anger and conflict resolution skills.

**The Safe and Caring Curriculum Project** (K to 6) is a comprehensive violence-prevention and character education program aimed at encouraging socially responsible and respectful behavior.

**The Harry Wong Classroom Management System** (K to 12) operates on the premise that the number one factor governing student learning is Classroom Management. It sees good classroom management as a precondition for successful teaching.

**The Circle of Courage** (7 to 12) is designed to create a positive climate and culture in the classroom with a focus on helping students who have suffered through destructive relationships, futility and learned irresponsibility.

**The Virtues Project** (K to 12) is an approach which calls students and families to remembrance of the virtues, the simple elements of character that provide a frame of reference that can be integrated into the culture and curriculum of schools.

**Healthy Relationships** (7, 8, 9) is a violence-prevention program that teaches students the prosocial skills necessary to create lasting relationships. The focus is on skill development in problem-solving anger management, empathy and impulse control.

**Beyond the Hurt: Bullying Prevention** is a Red Cross Respect Ed Violence and Prevention program for adults who work with youth. Students are trained and able to present to their peers. Thousands of young people have been involved in the program.

**SmartOptions** (K to 8) is a social skills program developed by the Queen Mary staff to reduce tension and build coping skills. Period seven of every day three is set aside to focus on building co-operation and reducing conflict.

**A School-Based Anti-Violence Program** (K to 9) is a curriculum-based violence prevention resource with practical cross-curricular connections. Areas of emphasis include strategies for violence prevention, gender equity, media awareness and bullying.

**Choice Theory/Restitution** (K to 12) utilizes a behaviorist approach to develop social skills in students. It is based on the idea that five needs and wants drive behavior—power, love and belonging, freedom, fun and survival.

**Focus on Bullying** (K to 7) is a prevention program that includes lesson plans and information on students: who are bullied, who bully others, and who observe bullying.

**Focus on Harassment and Intimidation** (9 to 12) is a comprehensive, school-based approach to addressing harassment and intimidation at the high school level. It includes ideas for involving students and parents, lesson plans, and teaching strategies.

**The BullySMART Journey** (6 to 9) is a bullying prevention program with an emphasis on student leadership with peer-led role-playing, demonstrations, and discussions being the hallmarks of the program. It includes lesson plans and student leader resources.

**H.O.P.E. - Honouring Ourselves and People Everywhere** (K to 8) Saskatchewan Rivers School Division is also very proud of the latest addition to this list of resources called the **HOPE program – Honouring Ourselves and People Everywhere**. This program developed in Prince Albert teaches the skills necessary to develop a peaceful community. It is based on the belief that our collective actions as community members determine the kind of communities we live in. The program teaches students and families behaviours and social skills necessary to build peaceful communities. The program is a joint effort between the Prince Albert Cooperative Health Centre, Communities Against Family Violence, St. John Community School, and Riverside Community School.

**Peace by Piece** (3-6) is a curriculum linked, classroom based resource project with 12 teacher friendly lessons and activities for students. Students explore global humanitarian issues and learn to understand how local actions contribute to a worldwide culture of peace.

**Fighting Anti-Semitism Together (FAST)** (6-10) is an antiracism and anti-Semitism education program. It promotes equity in schools by teaching students to speak out against all forms of racism and discrimination. T.R.C. has copies of the program.

**Roots of Empathy** (K-8) is an evidence-based classroom program that has shown dramatic effect in reducing levels of aggression among school children while raising social/emotional competence and increasing empathy. The heart of the program is a neighborhood infant and parent who visit the classroom.