



Brighter Futures

Celebrating the powerful impact of BullyingCanada donors

2020 Donor Update



Surge in bullied youth contacting BullyingCanada during pandemic

BullyingCanada has seen a surge in kids reaching out for help since COVID-19 has closed schools and quarantined families at home.

Contacting us by phone, text, email and online chat, thousands of kids are still being haunted by their bullies, who continue to chase them through texts, emails, and through publicly humiliating social media posts.

“Our Support Team members are seeing that the stress and depression brought on by being bullied is amplified by kids’ uncertainty over when their lives will return to normal,” says Rob Benn-Frenette, Co-Executive Director of BullyingCanada.

“They’re missing their friends and activities they enjoy, and are feeling isolated, and they only feel worse when their bullies are

finding new ways to humiliate and emotionally torture them. For so many kids, this pandemic is completely exhausting, and a clear end is not in sight.”

For example, classmates have been bullying each other using the online software that schools have used to deliver online lessons.

Stress from isolation is multiplied by rise in cyber bullying

Rob notes that the most common question kids are asking BullyingCanada about is how to deal with bullying on Facebook and Instagram.

“Public cyber bullying crushes the spirit of kids. We’re on call 24 hours a day, doing everything we can to help,” says Rob.



How your generous donations heal the hurt of bullied youth

More than ever, donor support is critically important to provide vitally-needed help to bullied kids.

Thank you for your past support! *You are helping us to ensure we*

can answer every call for help, whenever a terrified youth finds the strength to reach out.

Your ongoing support is critical right now, since our donations have dropped by half due to the

pandemic’s economic affect on many of our donors.

If you can make another heartfelt gift today to help us give bullied youth a brighter future, we would be so grateful!

What is cyber bullying?

Kids call it hating, drama, gossip or trolling. Whatever name it goes by, cyber bullying is serious. It can be emotionally scarring, leaving kids with hurt feelings; eroded confidence, self-esteem and reputation; depression and stress – and can lead to suicide.

Right now, even with kids sheltering with close family, cyber bullying is rampant. It is the most common reason kids are contacting BullyingCanada since schools closed in March.

Cyber bullying is when a child or teen becomes a target of actions by others – using computers, cellphones or other devices – that are intended to embarrass, humiliate, torment, threaten or harass. Most targets are teenagers, but countless younger kids contact us for help as well.

Unlike face-to-face bullying, cyberbullying can be relentless. It can reach a victim anywhere at anytime: in their bedroom, playing in a park, or riding their bike.

It can spread quickly to a wide audience. Most teens have been either a target, bully, silent observer, or have “liked” or shared hurtful information with realizing the emotional harm they are causing.

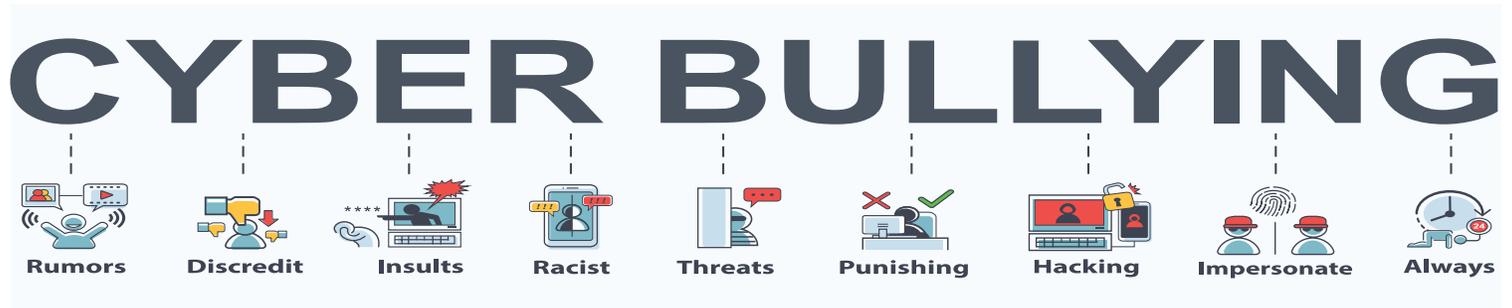
Reaching kids through texts, emails, messages or social media posts, cyber bullying tactics continually change as new technology emerges and new social networking sites pop up. For example, we are receiving calls from kids filling time by playing online games with others who are being

targeted by cutting comments from online opponents.

The graphic below outlines many common cyber bullying tactics that can be even more hurtful than being physically beaten up by a bully.

It can also include hacking a kid’s email account or social media password and sending hurtful content to others while pretending to be them; tricking someone into share personal information and sharing it widely with others; creating online polls and rating people in negative, mean ways.

Because cyber bullying happens online, bullies may not witness first-hand the pain they’re causing, making it easier for them to continue and even increase the intensity of their attacks.



Cyberbullying is increasingly hurting our kids

According to Public Safety Canada:

- Almost 1 in 10 Canadian online teens say they have been victims of online bullying on social networking sites.
- 35% of Canadian teens with a social media profile have seen mean or inappropriate comments about someone they know; 14% have seen mean or inappropriate comments about themselves.



Painting and giving with an open heart

Callen Schaub is a Toronto abstract artist. He's developed an intriguing method of creating art by applying paint to a spinning canvas. He created his own spinning machine, and a pendulum and trapeze that he uses to drizzle paint, often applying layer upon layer of vibrant colour to the canvas, and as a side effect, to himself!

A graduate of the Ontario College of Art and Design, for the last 10 years Callan has used the language of art and colour as a positive method of expression and expressing his emotional energy.

Callan is no stranger to bullying. Since he uses social media to post photos of his work and livestreams videos of himself creating his art, he fields a constant stream of negative comments including "This isn't art!" "A five-year-old can do this." "SCAM!" and "This is just a prank that got so out of hand so I feel ridicule is well deserved."

Instead of letting this get him down, Callan has playfully created a "Fake Art" movement.

Now enjoying significant financial success from his art, he and his team mutually felt it was important to give back.

"We found what we wanted to support in BullyingCanada, a charity working to find grassroots solutions and heal those affected by bullying," says Callan.

"I am encouraged by the work that BullyingCanada does, and it inspires me to continue on my path to help heal both those who are survivors of cyber bullying



Artist Callen Schaub's paintings seek to celebrate authenticity and imaginative freedom. He is regularly bullied online by people who believe that his work is not art. Drawing strength from both negative and positive feedback, he started a Fake Art movement and is using proceeds from his art to assist BullyingCanada and other grassroots-founded charities that help bullied and oppressed people to get the support and justice they deserve.

and those who are posting the negativity."

In July 2020, Callan sold the original painting "Open Heart" (pictured above) and equally divided 20 per cent of the \$25,000 selling price as donations to BullyingCanada, Color of Change (an American racial justice organization), the Native Women's Association of Canada, and The 519 (which supports LGBTQ2S people in Toronto).

To these same charities, he has also donated 100 per cent of the proceeds of limited edition prints of Open Heart and another new

work of his called Effusion.

"Our team is currently working on new community initiatives that would allow us to continue to champion organizations such as BullyingCanada," says Callan. "We look forward to working together to find solutions and help out where we can."

Rob Benn-Frenette, Co-Executive Director of BullyingCanada commented, "I am most grateful for Callan's financial support. His generosity is helping to make our world a more colourful, forgiving, supportive and inclusive place."

Standing by bullied kids until the bullying stops

Gary* was born with cerebral palsy, and has difficulties walking. When he was 9, he really enjoyed swimming at the Aquatic Centre next to his home since it offered him freedom of movement.

One day, as he entered the centre with his sister, aunt and two cousins, two much older, stronger boys viciously mocked the way Gary walked. Frightened, Gary sought the privacy and safety of a washroom stall to change into his bathing suit.

The bullies followed him into the washroom. They reached beneath the stall door and pulled down Gary's pants, causing him to fall and hit his head. Gary started to cry hysterically.

Gary's cousins witnessed this, and ran out to get help from their mom. She was blocked from entering the men's washroom by a male lifeguard because she was female. The lifeguard then refused to go in and intervene.

Gary's sister called their stepfather, who ran from their home to help. He found Gary crying in the washroom. The bullies were still there. Grabbing

**Names have been changed to protect the privacy of this family.*

one of them, he said, "If you touch my stepson again, there will be consequences."

Gary's parents were disturbed that the Aquatic Centre staff had done nothing, and that the boys were not charged with assault.

Frustrated, his mom Suzanne called BullyingCanada for help.

BullyingCanada Co-Founder Rob Benn-Frenette took her call, and was surprised to find out that this incident happened in his own home town! Rob first spoke with the administrator of the aquatic centre, and helped them implement a zero tolerance bullying plan, and training for their employees should bullying occur in their centre.

BullyingCanada goes to greater lengths to stop and prevent bullying than any other Canadian charity.

Rob, who similarly was born with cerebral palsy and whose noticeable limp also led him to be relentlessly bullied as a youth, provided one-on-one coaching and coping tips for Gary and the family for one month.

As a result, Gary happily returned to swimming at the centre. He is also more confident, having learned from Rob how to handle bullying should he experience it again. Rob also checked in with the family periodically for a year.

The family did decide to go public about this, and BullyingCanada became part of a larger, healthy community discussion on bullying.

*BullyingCanada goes above and beyond to help kids across Canada, just as Rob helped Gary, because of generous donor support. **Should you wish to help give bullied kids a brighter future by donating today, mail back the enclosed reply form or securely make your gift online today: www.bullyingcanada.ca/FuturesAU20***



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BullyingCanada

Giving bullied kids a brighter future

Brighter Futures

Editor: Rob Benn-Frenette
Writer & Designer:
Marlena McCarthy

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BullyingCanada 471 Smythe St., P.O. Box 27009,
Fredericton, New Brunswick, E3B 9M1
Donor Services: 877-459-7413 Fax: 866-780-3592
24/7 Support: 877-352-4497 (phone or texting)
info@BullyingCanada.ca www.BullyingCanada.ca
Charitable Registration # 82991 7897 RR 0001