



## MEETING MINUTES

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Thursday, December 6, 2018

1:00 – 3:00PM

2420 Montrose Ave – ACS Jasbir Saran Room

**Chair: Sue Federspiel**

### **1. Welcome: Round table introductions**

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### **2. Special Guest – Steve Andrews from Bully Back Off**

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Bully Back Off Canada was formed by Steve Andrews and a number of senior high school students from East Vancouver over 18 years ago and has since won numerous awards, including from: The Solicitor General, Attorney General, and *The BC Society for Children and Youth*.

He has worked with children and teens for over 20 years, and has over 6 years of post-secondary education. He has enjoyed teaching college level Child and Youth Care Counselling and being an Instructor/counsellor at several Alternate Schools. In addition, he has been a Youth Services Coordinator and a Counsellor in many municipalities. He is currently a Child/Youth and parenting Counsellor in the Fraser Valley, as well as teaching anti-bullying skills directly to professionals, students, and parents on a weekly basis.

#### **Tips/Facts:**

- Why is it children have to ignore the bullier and tell an adult? This has been a huge problem that needs to be fixed. The child needs to take care of the problem, not the adult; adults tend to make the situation worse for the child. Never have the conversation with the bullied and the bullier in a group! Only include the bullied and the main bullier in this conversation.
- Steve creates calm and resiliency in the schools, and teaches real skills to the students which they can bring into adulthood.
- We forget everyone's emotions are different. You don't know what the results will be, so just don't do it!
- If someone is being bullied, support and help them through this. They need to know that they have support and someone to talk to.
- The bullier is looking for your reaction. Bullies do what they do to make themselves feel good and to make the bullied feel bad. If we can't stop the bullying, we need to make the affects it has on the child an minimum.

**Blank Face, Eye Contact, Silence, Tell then what you want (to stop)**

Use this tactic when you (the bullied) are calm enough to approach the bullier.

### 3. Program/Agency Updates

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**Youth Resource Centre:** The YRC recently completed a round of groups (Red Zone and Parent of Teen). These groups only run when there are enough registrants. Groups are usually 6-8 weeks, depending on the registrants' needs. There may be a plan to bring the Red Zone and Healthy Relationships groups into the schools, as these groups run near the end of day; it is difficult to have consistent numbers. If you have an interest, please email [Pam Jones](#).

Check out the **Foundry Abbotsford** [Facebook page](#) for workshops, events and activities for youth! The **Abbotsford Youth Health Centre** (AYHC) and **Walk-In Counselling** is closed the week of Christmas.

**Abbotsford Youth Commission:** The winter program calendar is out and available on their [website](#) and [Facebook page](#). The office and drop-ins is closed over Christmas this year.

**Healthy Schools:** A grant was submitted for \$5,000 for mental well-being. This would be used for treadmills, heart rate monitors and other equipment for students if the grant were awarded. The plan for the New Year is to have more Focus Schools in Diane's profile, as well as bringing more high-level resources to the schools.

**West/Central Abbotsford Community Schools:** The [winter 2019 program](#) calendar is out! Marketing into other schools will be in the New Year's plan.

**Abbotsford Restorative Justice:** New ED, Christine Bomhof has been appointed. The team are currently working on grant writing.

**Big Brothers Big Sisters:** Don't forget to enter the [West Jet raffle](#)! 2019 marks BBBS 50<sup>th</sup> anniversary! There will be one year of celebrations, filled with various activities, fundraisers and events throughout the year.

**City of Abbotsford:** There is a plan to have an MRC expansion (grants available), with possible multi-purpose rooms available for community use. More info to come. [Neighborhood Spirit Grants](#) will be available on January 9, 2019. There is a Youth component next year, so be sure to let your youth know of this great opportunity! Sue is working on the Neighbourhood Tool Kit, which is free to borrow for anyone in the community. If you think of any ideas that could be included, please [email Sue](#) your ideas! Examples: BBQs, lawn games, tents, etc.

### 4. CYC Table Updates

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**Early Years:** The table have been very busy over the past few years, wanting to make a difference for children and their families in Abbotsford. The goal is to make meaningful investments with families. There have been discovered funds and will be given out to communities as RFPs. There are many partnerships and relationships building in the community.

**Middle Years:** The October 25<sup>th</sup> Forum went really well, with students visiting most of the booths, getting more information on programming available to them. Over 100 families that attended the evening session. The guest speaker had an engaging speech. The Spring 2019 Forum will be at Clayburn Middle.

**Youth Networkers:** Next meeting December 12, at 8:45am at 2606 Alliance St (conference room).



**Next ACYC meeting:** February 14 from 1:00 – 3:00pm

Abbotsford Community Services (2420 Montrose Ave) in the Boardroom

**Website:** [www.abbotsfordchildand youth.ca](http://www.abbotsfordchildand youth.ca) | **Facebook:** [Abbotsford Child and Youth Committee](#)