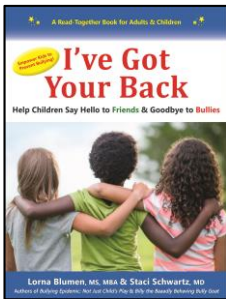


# I've Got Your Back:

## Help Children Say Hello to Friends & Goodbye to Bullies

### ★ Bullying Prevention Training for Camp Counsellors ★



Summer's almost here! Camp counsellor selection and training are key contributors to a smooth, successful summer. Properly trained, your counsellors work with you to create a camp environment filled with fun, learning, and friendship!

**Here's the challenge: Counsellors are selected for being friendly, energetic, and fun-loving.** Young adult counsellors, however, typically lack parenting or extensive teaching experience, leaving them less sure how to handle and set limits for campers. **Common camp problems can ruin a child's summer:** Excess competition, conflict, intolerance, social exclusion, overt bullying, making fun of others, or one child always being picked last for teams are problems for staff and campers.

Setting consistent behavioural boundaries allows everyone to have a great, safe time. We can help! *I've Got Your Back: Help Children Say Hello to Friends & Goodbye to Bullies* provides the resources adults and children need to create positive friendships and prevent bullying at camp. *I've Got Your Back* is a powerful teaching tool for all adults who work with children to help build respect for self and others, manage conflict, and prevent bullying.

### How can camps use *I've Got Your Back* with counsellors & campers?

- Use *I've Got Your Back* to train camp counsellors. Short and action-focused, *I've Got Your Back* clearly identifies "Bullying Essentials" – what camp directors, camp counsellors, and campers *really* need to know.
- Trained counsellors can use their copies of *I've Got Your Back* with campers. *I've Got Your Back* is filled with useable tools. Engaging children's stories solve friendship problems and practical, skill-building activities for counsellors and campers to do together help children become supportive friends and teammates.
- *I've Got Your Back's* children's stories contain "Stop & Think" discussion ideas. The skill-building activities can be easily adapted for group use. Older campers can also read and discuss with younger campers.
- Build respect, kindness, friendship, and resilience from the first day of camp. Anywhere children come together in social groups is a great place to build the skills of collaboration and friendship.
- Create consistency within your camp staff, as they learn to recognize – and stop – bullying at its earliest stages.
- *I've Got Your Back* can be customized with your camp's name and/or a message from the camp owner or director.
- *I've Got Your Back* can be gifted to every camper, to bring home to parents and siblings (Bulk discounts available). Think ahead and build campers' and counsellors' skills for next year!

### Creating safe, nurturing camps & communities improves lives!



**Lorna Blumen, MS, MBA** is a children's and adult workplace bullying prevention specialist. She's the author of five books, including *Bullying Epidemic: Not Just Child's Play* and *Girls' Respect Groups: No More Mean Girls!* The Girls' Respect Groups Program is used in 130 countries. [BullyingEpidemic.com](http://BullyingEpidemic.com) & [GirlsRespectGroups.com](http://GirlsRespectGroups.com)



**Staci Schwartz, MD** is a physician, children's bullying prevention specialist, tolerance education consultant, and author of children's books including *Billy the Baaadly Behaving Bully Goat* and *The New Bear on the Block*. [StaciSchwartz.com](http://StaciSchwartz.com)

Together they bring 35 years of experience helping adults empower children to stand up for themselves and one another.