

Safe School Concept

The following overview contains all classroom and extracurricular offers that are intended to make AvH a safe place for everyone.

Topic	Preventative Measures	Intervention Measures
Constructive conflict management Social skills	Workshops: <ul style="list-style-type: none"> • Social Skills (K-gr. 4) Charity project (Ethics) Ferdi and Faustlos training program (behavioural training in problem solving strategies for elementary school students) Classroom: <ul style="list-style-type: none"> • Ethics (gr. 7): conflicts and conflict management 	AvH: AvH ABAV Action Plan External: Family Resource Centre (for families with children experiencing learning and/or behavioural problems)
Promoting a safe class environment Bullying Violence	Workshops: <ul style="list-style-type: none"> • Social skills (K-gr. 4) • Cyberbullying (gr. 8) • Pre-adolescent program on human sexuality and healthy relationships (gr. 7/8) • Healthy relationships 101 (gr. 9/10) Pink Shirt Day Classroom: <ul style="list-style-type: none"> • IT/Ethics (gr. 6): Cyberbullying 	AvH: AvH ABAV Action Plan ABAV Bullying Report Link AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca) External: SOS Violence Conjugale (domestic violence): 1-800-363-9010
Addiction	<ul style="list-style-type: none"> • Substance abuse workshops (gr. 8, 9, 10, 11) 	AvH:



	<p>Classroom:</p> <ul style="list-style-type: none">• Biology	<p>AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca)</p> <p>External:</p> <p>CAFE (crise-ado-famille-enfance) (for families with a child ages 5-17 for immediate crisis intervention)</p> <p>Kids Help Phone: 1-800-668-6868 (24/7 confidential service for youth)</p> <p>Crisis Text Line: text HOME to 741741 in Canada (free 24/7 support with a trained crisis counselor)</p> <p>8-1-1: Info Santé and Info Sociale (24/7 information line to direct you to local health services)</p>
Media education	<p>Workshops:</p> <ul style="list-style-type: none">• Cyberbullying (gr. 8)• Beyond The Screens (gr. 7/8) <p>Classroom:</p> <ul style="list-style-type: none">• AvH media curriculum• IT (gr. 6): Online safety• IT (gr. 6): Cyberbullying	<p>AvH:</p> <p>AvH ABAV Action Plan</p> <p>AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca)</p>

<p>Involvement opportunities</p>	<p>Student council Class representatives Election of student advisors Class council Parent council Teacher representatives</p>	<p>https://avhmontreal.ca/student-support/</p>
<p>Code of conduct</p>	<p>Schülerkonvolut Schulordnungen DEU 25.08.2023</p>	<p>Agenda/Bulletin boards Introduction by homeroom teacher AvH ABAV Action Plan</p>
<p>Sexual violence</p>	<p>Workshops:</p> <ul style="list-style-type: none"> • Pre-adolescent program on human sexuality and healthy relationships (gr. 7/8) • Healthy relationships 101 (gr. 9/10) <p>Classroom:</p> <ul style="list-style-type: none"> • Ethics (gr. 8): friendship, love, sexuality • Gr. 4: Good and bad secrets 	<p>AvH: AvH ABAV Action Plan</p> <p>AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca)</p> <p>External: Sexual Abuse Helpline: 1-888-933-9007</p>



Discrimination	<p>Classroom:</p> <ul style="list-style-type: none">• Various subjects throughout curriculum• Survey on diversity, evaluation of the results and implementation of recommendations DIVERSITY SURVEY	<p>AvH: AvH ABAV Action Plan https://avhmontreal.ca/student-support/</p> <p>AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca)</p>
Mental health	<p>Workshops:</p> <ul style="list-style-type: none">• Mental Health Basics (gr. 7/8)• Depression and Mental Health (gr. 9)• Stress & Anxiety (gr. 10)• Stress Management (gr. 12)	<p>AvH: https://avhmontreal.ca/student-support/</p> <p>AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca)</p> <p>External: ANEB: 514-630-0907 (eating disorder clinic) Youth Resources Handbook - WICRC (connects people in vulnerable situations to community resources) Friends for Mental Health/Ami Quebec (support and other resources for those close to a person with a mental health issue) Herzl Adolescent Clinic: 514-340-8242 (medical and counseling support for adolescents who do not have a family doctor or pediatrician) Suicide Action Montreal: 1-866-277-3553</p>



<p>Diversity</p>	<p>Classroom:</p> <ul style="list-style-type: none">• Various subjects throughout curriculum <p>Survey on diversity, evaluation of the results and implementation of recommendations</p>	<p>AvH: AvH ABAV Action Plan</p> <p>AvH school counselor (Kalie Rae: rae@avh.montreal.qc.ca)</p>
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