

Safe and Caring is a centre of excellence that fosters effective networks and partnerships to improve the quality of life for all Alberta children and youth.

About Safe and Caring

The Society for Safe and Caring Schools & Communities (Safe and Caring) is a not-for-profit organization which builds community capacity to prevent bullying, violence and exploitation of children and youth through the promotion of healthy relationships.

Safe and Caring's Board of Directors includes representation from the Alberta Teachers' Association, the Alberta School Boards Association, the College of Alberta School Superintendents and other community organizations and individuals committed to the children and youth of Alberta.

Our Vision is Alberta's Vision

Every school and community will be a safe, caring and inclusive environment where each child will grow to be a respectful and responsible citizen.

Safe and Caring's vision is closely aligned with the priorities of the Government of Alberta. Alberta's new Education Act requires that students, parents and school boards contribute to building a welcoming, caring, respectful and safe learning environment that respects diversity and fosters a sense of belonging.

Alberta's Social Policy Framework and the Children First Act state that we must all work together to support the safety, well-being and development of children. Safe and Caring shares a similar vision by working to ensure every child in Alberta has the opportunity to grow up in a caring and nurturing home, an engaging and supportive school, and a safe and inclusive community. This requires the involvement of parents, teachers and all the important adults and community members in a young person's life.

Our Tools, Resources and Services

- Professional development and workshop opportunities
- Evidence-based programming
- Research
- Consultations
- Collaboration and networking
- Webcasts
- Tip sheets and toolkits
- Youth action guidebooks

Our Guiding Principles

Safe and Caring honours the following guiding principles:

- **Dignity and Respect** – We promote healthy relationships, respect and dignity as a means of supporting diversity and inclusion in our schools and communities.
- **Evidence Based** – We provide research-based programming, resources and workshops that help adults create safe, welcoming and caring spaces for children and youth.
- **Empowering Schools and Communities** – By teaching prevention and intervention strategies, we help make schools and communities safer and more caring.
- **Engagement of Children and Youth** – Listening, understanding and responding to the needs of children and youth is necessary to effectively mobilize their passion, energy and values. We support youth action that helps to create ethical citizens and social change.
- **Collaboration with Partners and Stakeholders** – We work with individuals, groups and organizations to promote healthy relationships that will positively impact our communities.

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What We Know

- Bullying, violence and sexual exploitation can have traumatic, devastating and long-lasting impacts on those individuals involved.
- Children and youth learn more effectively when they feel safe and are cared for.
- Non-violent behaviours and healthy relationship skills must be taught, modelled and reinforced consistently by the important adults in a young person's life.
- Reducing child and youth risk factors and increasing protective factors relies on collaboration among all community partners.
- Promoting healthy relationships and eliminating violence is the responsibility of all adults in the community.
- Rates of bullying and violence against children and youth are too high: 36% of students have participated in bullying; and one in three girls and one in six boys are sexually abused.
- Rates of family violence against children and youth are on the rise.

What You Can Do

Safe and Caring is a not-for-profit society that depends on individuals and organizations in the community for financial, volunteer and in-kind support.

Contributions - Donations may be made to the address noted on the bottom of this brochure and charitable tax receipts will be provided.

HEROES of a Safe and Caring World Awards – Safe and Caring honours those who have taken steps to create a safe and caring society. Nominate a child, youth, teacher, adult, school, community organization, or business. Nomination information is available each fall on the Safe and Caring website. Recipients will be recognized at the annual Creating Safe Spaces Waffle Breakfast in November.

Art of Caring Contest – Safe and Caring invites children and youth to share their artistic expression of what a safe and caring world means to them through song, video, poetry, drawing, sculpture, or essay. Contest winners will be announced at the annual Creating Safe Spaces Waffle Breakfast. Encourage young people to share their vision of a safe and caring society. Contest information is found each fall on the Safe and Caring website.

Creating Safe Spaces Waffle Breakfast – An annual event during National Bullying Awareness Week in November that brings together children, youth, adults and community partners from across our province. Tickets are available on the Safe and Caring website - consider joining us or sponsoring some young people to attend.



Building Community

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