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## ***Staying Together While Keeping Apart***

*John Howard Society of Waterloo- Wellington  
Releases Online Video Content To Encourage Students To  
Stay Socially Aware*

**KITCHENER, ON:** In the spirit of giving and to help support students and families during this time of social/physical distancing, John Howard Society of Waterloo-Wellington (JHSWW) is releasing a series of animated videos entitled “Check Your Choices”. These videos are separated into three targeted streams for ages 5-7, 8-9 and 10-12. Each 3-5 minute video in the series will allow students to view social learning concepts and encourage them to continue to build on self and social awareness while we experience this new normal in our lives.

As Social Intelligence is one of the top predictors of future success, it is important to provide students with the opportunity to continue to build upon these skills. For over fifteen years, JHSWW has been helping students in Gr. 1-8 to get along. Each year, over 5000 students in the region have learned self-awareness, emotion management, problem solving, assertive skill training and respectful communication through four evidence-based social competency/bullying prevention programs. These programs are unique to JHSWW and have been designed by an educator to meet the curriculum needs of students exactly at their developmental levels.

After completing sessions with our Friendship Teachers in class, students consistently report positive changes in self-esteem; social interaction; and feelings of confidence and safety. They learned new things and they had fun! As one student wrote “Ms. J. (*My friendship teacher*) is my best friend!” It is the hope of JHSWW that the new online content will continue this sense of connection and motivate the students to be responsible in their choices. (Yes, the videos can help with sibling squabbles too!)

Videos are free and can be accessed through the JHSWW website (<https://johnhoward.on.ca/waterloo/>) at any time. The first videos of the series (and a short orientation video for parents and caregivers) are available now. New content will be added throughout Spring 2020. ###

### **About John Howard Society Of Waterloo-Wellington**

John Howard Society of Waterloo-Wellington is a community-based, non-profit, charitable organization operating in the area since 1950. Our mandate is to address the root causes of crime and to support the creation and maintenance of healthy communities. Thus, our primary role is providing primary, secondary and tertiary prevention services to children, youth and adults in Waterloo Region and Wellington County including the cities of Cambridge, Guelph and Kitchener/Waterloo.