

Sticks and Stones May Break My Bones

RESULTS :

The Parent Bully Busting Event that was sponsored by DDSB Durham District School Board and DDCSB Durham District Catholic School Board and THE TOWN OF AJAX Results from the questionnaire given out on November 20th event at J Clarke Richardson / Notre Dame Theatre.

81/186 Participants handed back questionnaires

Rate the overall performance of this presentation. (From 1 – 5)

1 being the Lowest 5 the Highest

54 participants circled #5. **20** circled #4. **1** circled # 3. **1** circled #1. **5** no response

Q-Was the message something that has helped you?

79 Responded Yes 2 Did not respond

Q-Have you ever been a bully to others?

39 responded NO 39 responded YES 3 Did not respond

Q-Have you ever been bullied?

7 Responded NO 74 Responded YES

Q-Have you ever allowed limiting thoughts to hold you back?

5 Responded NO 66 Responded Yes

Q-Did you learn something that will help you?

1 Responded NO (but it reminded me of what I knew)

1 Responded No Answer

79 Responded YES

Q-What part of the program did you like best?

6 Answered.....All of it...thanks

3 Answered..... The Entire Program is excellent

2 Answered.....Everything..... it was very Powerful!!

The whole presentation was consistent and pertinent

Garth Really spoke the truth what he said really hit home

Practicality of the program

Motivating....., Something to think about

Having to find something to write down on a permission slip. Putting more emotion

than I thought went into giving yourself permission to be heard, or acknowledged
Garth's personal experience that resulted in the permission slips
I liked the message and how to explain a situation to another person you care about
The "I" message "Permission slips"
Coaches corner segment... What to do ...What Not to do
Basic premise of taking negative meaning / effect out of words
The whole program
Message of how to give each of us the power of the word and how not to let it in
The humor was great! Direct – great presentation!
When Garth taught me that I should think words through
Very well presented
This helps me in how to help my children from being hurt by words
Garth's personal perspective and Life Experiences
Overall program was great, examples and stories were very clear
3 Answered.....The interactive portion the game with Steven from the audience
The interactive part with Steven I found it brought the point across very well
Not letting words (yours and others) to affect you
Effective speaker
Message and presenter
When Garth told the crowd the word shmoo
Garth's Game with Steven
4 AnsweredPermission slips
To write down what you want to change
Garth's Speaking
The unique way of getting people (me) to identify what the problems are and find a
positive solution
How to help understand the power of words
No one can control me unless I allow it
Garth's Presentation was Awesome
When Steven came up to volunteer
The enthusiasm and personal stories
Catalyst to self change
The permission slip
Using physical props to get the message across (ie holding up bad names)
The permission slip as a tool for improvement
The Idea
I liked all of it, the game with the young boy Stephen had a great impact
The concept of the permission slips, Signing off on your problems, very hard and very
helpful.
Garth's presentation – The whole thing!!!
Great refresher from previous presentation
I really liked that it was interactive
Sharing personal experiences really catches the listener's attention and endears them
to the presenter , good job
It was simple and it made sense

Great presentation, Well presented and KEEP MOVING FORWARD!!!
Realizing that we “allow” ourselves to be bullied, either by ourselves or by others
Light hearted yet strong message
How it made clear that we can have a direct impact in making a difference
The presentation was engaging and it was an interesting approach to personal accountability.
The power of I
I found out I am in charge of ME
The idea of the permission slip
The Permission slip it will really help me
Telling us the power of words
Advise for kids being bullied
Garth is a great speaker, Personal stories were good
Putting it on paper
Garth is very entertaining, easy to relate to since he speaks from personal experience,
He projects his voice very well which makes it easier to get the message

Q- What were your overall thoughts about this program, the message & presenter?

This was wonderful not just for kids but for Adults life issues. Presenter Garth keeps your attention Great job thanks.
I came here to help my son, and now I have realized I can only do that when I help myself first, thank you for a wonderful lesson
It was not quite what I was expecting, but I am positive about the material covered and plan on using it in my home
This presentation really made sense to me, and it will hopefully give me a tool to better myself and my family, Thank you
Excellent presenter and presentation, Simple yet powerful
This entire idea needs to be spread EVERYWHERE!!
This was a very powerful message for students and adults
It is very important to teach our children how to stand proud in a world so full of negative elements, when we can all learn to see it through the innocence of a child’s life!!
Very well done!! Great speaker for children / youth/ teenagers and adults, Knows the audience and tailors presentation accordingly, Well done
Good Presentation over all
Great idea I would like to have him into my school - Glen Dhu Whitby
I would like you to go to my sons school Southwood Park PS and my daughters in Ajax High School
It was too short I wanted to hear more, but it was very effective, My children’s school has not had a bully presentation this year and my son is being bullied all the time, wish you could go to his school.
Very entertaining and worthwhile will be useful in my own life too
Fantastic presentation I will definitely try to get my child’s school to get this presentation.

I feel that he has a great deal to offer, I would hope he could come speak at my school and the school my children attend

Good

Excellent on both counts

It was done very well, easy to understand

Enthusiastic speaker with passion and a great mission

I was expecting more about traditional bullying and how to prevent it, I feel that this message will help get to the problem in a more direct and open way

Its great and thank you

The presenter was a good speaker

The program is good along with the message and presenter

It was good for clarifying thoughts to children about self image

3 Answered.....Excellent

It was presented very well, Garth does a great job

It was not long enough, Presenter and message was great I would have liked to learn more. Great clear message

I found this very insightful with a different perspective to bring across to my children

Powerful and positive!!

Wonderful , Excellent presentation and excellent speaker

This is useful and helps not only for bullying but for improving life

Very helpful!! Made me realize that we do allow ourselves to be bullied subconsciously!!

As a person who was and is accustomed to being bullied in school I am thrilled to see a program like this put into place

The program did send a message which was very important

You have been empowered by yourself!! Amazing Message!!

The presenter was outstanding and the message is so very important

The delivery makes the message

The presenter delivered a clear message and it is very helpful to me

Presenter was wonderful, More everyday examples and solutions, A question period from audience would have been great.

This was a very positive and insightful presentation to me, Thanks

Wonderful message

Simple and very effective, I understand the need to "Write it down" now

Great value in practical behavior changes

It helped me to help kids

This was very helpful to me

Great job!! Good presentation style

The presenter was very personable, relates easy to the audience

Garth is a very animated, engaging, entertaining presenter, The information is easy to understand and honest, Great Job!! Thank you

It was Awesome!!

Done well!!

I thought the presentation and Garth were amazing

All were amazing
Enjoyed Garth and all of his words
Was Great!!
Great presentation, very simple, something I could see myself using, Presenter
was fun
The message was great, The presenter was very enjoyable
Excellent
Great strong focus!!
The program and message provoke thought Garth is very energetic and dynamic.
What a great message!
This was really understandable, very well presented starts at home to our kids and
then in the schools
It was good
2 Answered.....My over all thoughts are it was GREAT!!
I agree with the message and enjoyed the presentation. It was different perspective
on dealing with bullying for me
It was very simple and clean
It brought home to me that you as a parent can make a huge difference
This would work well for kids

Please added their own comments:

Thank you for making a difference!! Are there going to be mentors in every school, I think it should happen!!!
This entire idea needs to be spread everywhere, I wish you luck!!
Your program was great, I feel when young children bully they are also victims at someplace in their life maybe at home and also need help with self esteem
Thank you so very much you have helped my son and I
Talk was inspiring to get out and make a difference, glad I attended Thanks
Great message for students in schools
I am so glad I attended this evening, Thank you
I think every child in Durham needs to see this program
I am so anxious and I can't wait to share this with everyone I know
This program is long past due, I wish you much luck, I feel that parents have to have communication with their kids, So they can help them. We can't leave it to strangers, it has to begin at home. Let's listen to our kids before it's too late
I will try to use this on my kid, The Bully
Your program will be a great help to our family , Thank you
This should be a huge success!!
Are you going into all of the elementary schools in the Durham Region>>???
Great message about just words
I thoroughly enjoyed this presentation and am looking forward to implementing the ideas with my family and myself

I think this is an amazing tool, for parents and students and community members
Keep your message and your program going it really helps.

This will empower many students

Garth it was a great presentation, having Steven come to the stage was great. If
someone Steven's age gets it everyone gets it

Finally a tool that is easy to use and very effective, Bravo!!

I can't wait for sequel part 2 and extended version would be great, Enjoyed it

This show Rules!!

I realized tonight that if you allow the stage to be set for the bully, it works, But if
you take away the bullies requirements it doesn't work

I would love to volunteer if you ever need more help , thank you

**I truly hope that this program reaches every child (student) in every class
room across the region and all of Canada!!**

**I would have brought my children if I had known it was possible. I believe
that this program will provide much positive feedbacks from all of us.**

It was Great

What happens when bullies now days use weapons not just words

This sounds too easy!!

Garth you are better looking in person

How can this be effective or used if our son is the one doing the bullying?

I look forward to learning more and how to use it in a daily life with our kids

I will check your website to learn more thanks