

A Bully-Busting Presentation

“Provides each student with a framework of strength to stand up to bullies by establishing their own personal identity and confidence each day”

Joe Hircock
*Superintendent of Education
Whitby Schools/Safety & Security*

www.sticksandstonesmaybreakmybones.com

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The Mission

To provide each student with a framework of strength to stand up to bullies by establishing their own personal identity and confidence each day.

The Need

The Ministry of Education has directed every school in Ontario to develop and implement Character Building Programs in every grade.

Sticks and Stones May Break My Bones™ is successfully addressing a clearly identified area of concern within our schools and communities

The Programs

In School Presentation

This humour-filled 55 minute fast paced interactive in-school program was developed for school aged children in grades 5-9.

During the program the students will play with words and examine how words can be used to hurt and/or heal. Many of our course participants have learned how the body and mind respond to words. They learn the power of words and how to use them to change their frame of mind daily. The session leaves both students and teachers with valuable tools that can be used immediately.

At the end of the presentation students will:

- realize their own self-talk
- learn to look at a negative put down in a different way
- become more effective in communications at home and school
- learn why positive thinking alone is not the antidote to negative thinking
- learn how to twist words and move from victim to victor

The Ambassador Program

The Ambassador Program is a self-mastery, leadership and character development course. Ambassadors will be educated on the nuances that support the general message from the 55 minute presentation.

Ambassadors will be comprised of self identified and/or a pre-selected group of 12-15 students from various grades and academic levels.

Once this select group has a foundational understanding of the daily application of this training, they will be able to share the concepts taught in the original 55 minute presentation with their peers.



*Quality Education Today-
for Tomorrow*

**400 Taunton Road East
Whitby, Ontario
L1R 2K6
Telephone: (905-666-6373)
Fax: (905)-666-6922
www.durham.edu.on.ca
Hircock_Joe @
durham.edu.on.ca**

Mission Statement
*Students will be prepared to
embrace challenges and
inspired to create
opportunities for their
futures.*

June 27, 2007

Jennifer Adamson
Sticks and Stones May Break My Bones
Comm-Unity Group Consulting

Dear Jennifer Adamson,

Thank you for your presentation at Fallingbrook Public School and all of the other Schools in Durham Region this school year.

As you know, I attended the presentation at Fallingbrook P.S. and was thrilled to see Garth Riley and his team perform "Sticks and Stones May Break My Bones" to the junior and intermediate students in the school gymnasium.

The message is brilliant and Garth is magical with his message of bullying and the importance of self-esteem, self-confidence and personal inner strength to deal with bullying.

The content of the program involves interaction with students. The range of emotions covered touches the students hearts and provides each student with a framework of strength to stand up to bullies by establishing their own personal identity and confidence each day.

With the recent Ministry of Education initiative asking every school in the Province to establish Character Education programs in every grade, the data collected from the schools indicates that students personally grow and feel an inner strength to help them when dealing with bullies or related issues.

This is a strong Character Education presentation that benefits each student and improves the school culture. I highly recommend and endorse this program to all of the Schools in the Durham Region.

Sincerely,

Joe Hircock
Superintendent of Education
Whitby Schools/Safety & Security

**INTERNATIONAL RECIPIENT OF THE CARL BERTELSMANN PRIZE
FOR EXCELLENCE IN PUBLIC EDUCATION**

Durham Catholic District School Board



September 4, 2007

Jennifer Adamson
Sticks and Stones May Break My Bones
Comm-Unity Group Consulting

Dear Jennifer Adamson,

Thank you for inviting me to attend your "Sticks and Stones May Break My Bones" presentation delivered by Garth Riley.

Garth Riley used the old adage about *sticks and stones*, to create a brilliant presentation on the complex issue of bullying. His mission is to provide each student with a framework of strength to stand up to bullies by establishing their own personal identity and confidence each day. Garth drew from his personal experience with bullies, to bring authenticity and emotion to his talk. During the program, students had the opportunity to play with words and examine how words can be used to hurt and/or heal. In this activity based presentation, Garth reached each student by allowing the students to realize their own self-talk; learn to look at a negative put down in a different way; become more effective in communications at home and school; learn why positive thinking alone is not the antidote to negative thinking; and learn how to twist words and move from victim to victor. Throughout this humorous address, students were actively engaged in listening and participating. Each student left with a tool to immediately create change in their lives when dealing with bullies and conflict.

This *Bully-Busting Sticks and Stones Program*, which involves an address to students and a follow-up ambassador program is outstanding. The content and the interactive delivery of the message are very effective and entertaining for all students. I look forward to continued work with our Catholic schools in the Durham Region.

Respectfully yours in Catholic Education,

A handwritten signature in blue ink, appearing to read "C. Anne O'Brien".

C. Anne O'Brien
Superintendent of Education
Family of Schools/Safe Schools

650 Rossland Road West, Oshawa, Ontario L1J 7C4

Tel 905 576-6150 Toll Free 1 877 482-0722

www.dcdsb.ca

Paul Pulla B. Sc., B. Ed., MSc. Ed. Director of Education / Secretary / Treasurer

Testimonials From Principals & Teachers

Principal 1

Hi Jennifer,

I wanted to send you a brief note in appreciation for the program that you presented here at Bayview Heights this spring. The presentation has been an immense help to our staff and students. There is now some common vocabulary regarding bullying and how to deal with incidents. The more “tools” we equip our students with for dealing with problems the better the long term outcome. This school is not always in a position to afford such a program and we appreciated the donation of your time to our school. I would recommend the program to other schools and would ask any potential sponsors to help make this program available to schools that can make good use this program and may not be able to afford it at this time. Thank you again for your time and support.

Keith Wainwright
Vice-Principal

Bayview Heights Public School

Principal 2

Good Afternoon Janet, Garth and Jennifer

Thank you for providing our school with a presentation that will live long in our students memories.

Further to our conversation with you I have booked you to present to our staff on Friday, May 18th in the afternoon.

Would you please let me know the title of your presentation and a brief paragraph that I can communicate with my staff and Superintendent.

You are awesome
David Royle
Principal, Applecroft P.S. # 397

Principal 3

Dear Jennifer;

Our grade 6, 7 and 8 Meadowcrest students were incredibly energized and deeply affected by the Sticks and Stones presentation on April 2. Garth's timely chat about his personal experiences touched our kids. From their responses, I can see that he not only gave them another way to look at the issue of bullying but he gave them a simple, practical and ready-to-use tool to deal with an on going problem in our society.

The feedback you provide us with is extremely valuable in planning for our Leadership team next year. Your prompt response time was impressive ! Your professional manner and eagerness to meet our school needs was clearly evident.

On behalf of the students and staff at Meadowcrest, I thank you for sharing your time and vision with us.

Sincerely, Brian Gillespie

Principal 4

Hi Jennifer,

On behalf of the whole school community, thanks for the presentation. The teachers and students I talked to all felt it was very worthwhile. I certainly appreciated the tabulation of the attitude survey.

Please let me know of any other presentations which you do.

Again, thanks,
Linda

Linda Lopata
Principal
E.A. Fairman P.S.

Teacher 1

Gertrude Colpus Public School

The Sticks and Stones presentation was very well received at Gertrude Colpus Public School. The humourous, yet realistic way Garth entertained and educated our junior-Intermediate students was exceptional.

He used his real life experiences to demonstrate that you can “sign off” on being bullied. His message is relevant to all students and adults. You have the power to make the decision not to let words hurt. Many students have since commented on the visual representation on how the hurtful words can weigh you down, once you sign off on the words you can be happy and not worried about being bullied.

The most powerful observation made from the presentation and the workshop was one student who was “signing off” on allowing a bully to refer her by hurtful names became so emotionally overwhelmed, it brought her to tears. Had we not participated “Sticks and Stones” we (her teachers & parents) would not have known she was struggling with being bullied.

Garth came back to Gertrude Colpus and provided a workshop for some of students, not only were they entertained, they understood the important message. Before leaving, thirty-five unprompted students gave the workshop at standing ovation.

I would highly recommend this program for your school.

Tracy Phillips
Teacher-Librarian

Teacher 2

Hello Jennifer

Thanks again for yesterday’s fabulous presentation. The students really were affected by it. We are very interested in having the Ambassador Program here at the school. However, Mrs. Nova is concerned about the cost. Yesterday, the other lady with you (I am so sorry I forgot her name) mentioned you did have sponsors who would help with this cost. Would you be able to give me more information about that as well as forward me some more information about what the Ambassador Program actually entails for training and once students are trained.

I appreciate all your help.
Andrea

Professional Development Day

Applecroft School, Ajax, Ontario

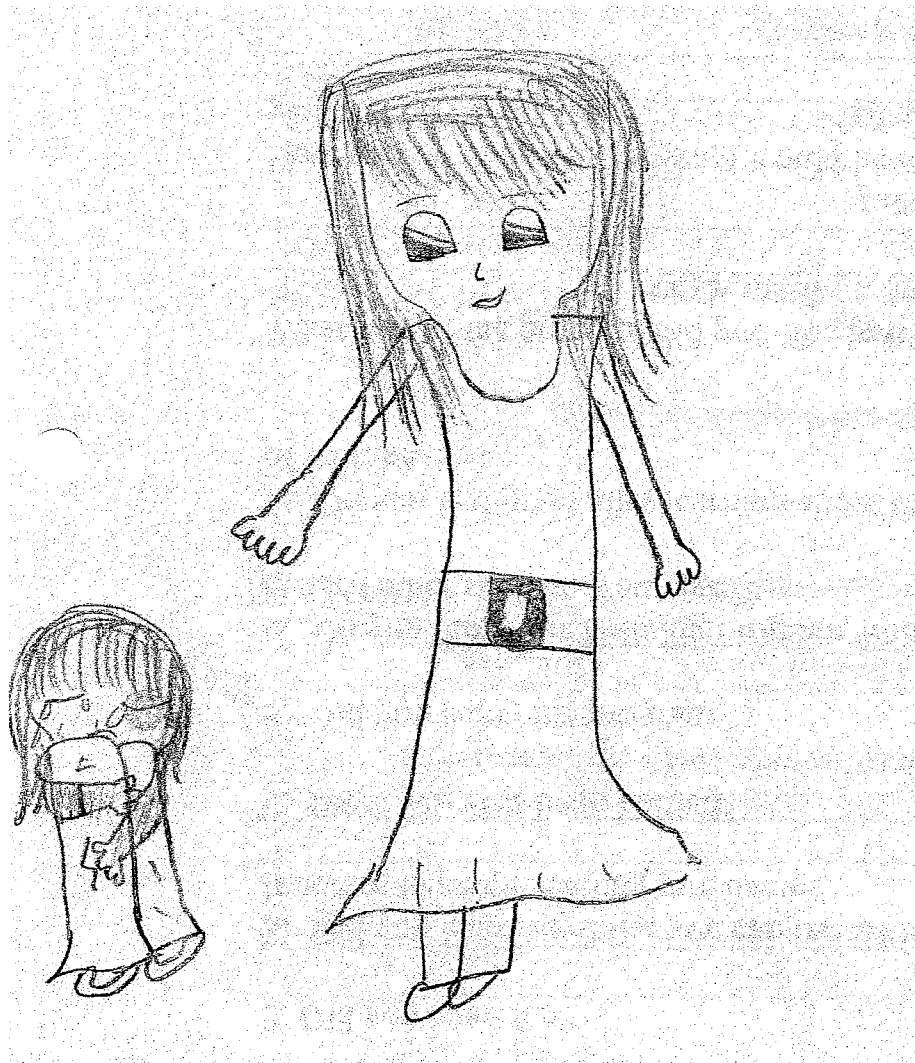
Teacher Comments:

- I attended both the student and teacher presentations, and the core message is great for both groups.
- Personally and professionally, this session touches both sides of my life. I could use this information to improve my own thinking, which ultimately leads me to improving the thinking of my own students. Changing your own thinking is such a powerful tool....for a kid to learn that now at their age can change their future!!!!
- The session was a great reminder that we as teachers need to be aware of our thinking as well as to make our students aware of theirs.
- The workshop was down to earth, humorous, practical, wants you wanting more, beneficial not just for schools. I would like to consider your presentation to the next school I will be moving on to. From Vice Principal
- This presentation is following along the path I have been exploring and was very reaffirming, Thank you!!!
- Fantastic both for me personally as well as professionally.
- A great link between the presentation for the kids and the staff.
- I can make use of this information immediately to help my students and myself to rephrase my thinking and put more conscious thought into what were saying to ourselves with out even realizing it (not to mention the impacts of those words!!
- What a great way for our staff to come together to focus on the positive and have a laugh at the same time!!!
- The most enjoyable workshop I have attended in years!!!
- This permission slip tool will give the students permission to find solutions
- Gave a new way of thinking for myself as well as the way I deal with students.
- Great speakers, Lots of fun!!!
- Very informative and interesting.
- Very entertaining and informative.....the face readings were cool!!!
- The presenter was engaging and had lots of interesting stories, Thanks!!!
- I enjoyed reading faces....

A Picture Says It All

Some children speak through drawing. This is a picture drawn by an Inner City School student.

She said the picture shows how she felt before the presentation and how she felt after.





Julia [redacted]
U V

Sticks And Stones May Break My Bones!!!

Student Questionnaire

1. Did you feel good after listening to the sticks and stones presentation by Garth?? Yes No
2. Did you have fun? Yes No
3. Did you learn anything you can use when it comes to people calling you names? Yes No
4. Have you ever been bullied? Yes No
5. Did you enjoy the program? Yes No
6. Do you think this bullying program would benefit other students your age?? Yes No
7. Do you feel good after learning about the power of words? Yes No

What part of the program did you like best?

I liked the part where he taught us to interpret the world.

How do you think this program would benefit another student your age?

I'm not really sure I just enjoyed it personally.

What did you learn? I learned that you don't always take what people call you to heart.

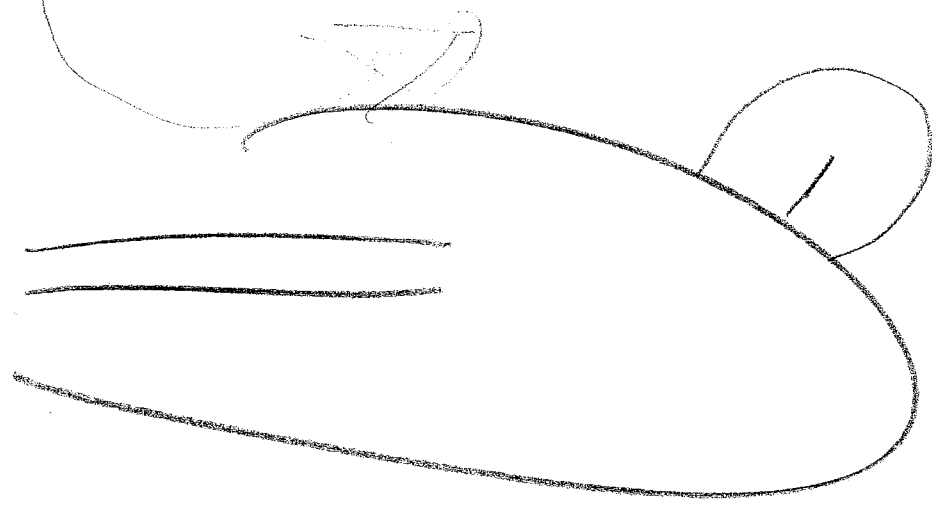
Please feel free to add any of your own comments about the program. (use the back of the sheet for more room.)

I thought this program was very good for people our age because when most people get bullied they don't know

how to react to the situation? at the moment, because
in the bully's eyes there in control, and the victim,
is the weaker one. But i think this program has
taught most of us that you have to stand up
for yourself and your better than that.

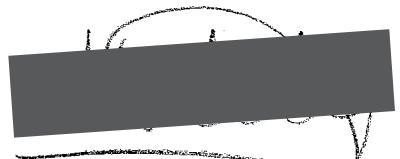


THANK-YOU FOR THE
AWSOME ~~ASSE~~ PRESENTATION



~~Julia~~ ♥

you rock!



Kenata
UV.

Sticks And Stones May Break My Bones!!!

Student Questionnaire

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2. Did you have fun? Yes No
3. Did you learn anything you can use when it comes to people calling you names? Yes No
4. Have you ever been bullied? Yes No
5. Did you enjoy the program? Yes No
6. Do you think this bullying program would benefit other students your age?? Yes No
7. Do you feel good after learning about the power of words? Yes No

What part of the program did you like best?

I liked it best when we got to say names.

How do you think this program would benefit another student your age? It will help others on how they

see themselves and that bullying is wrong!!

What did you learn? I learned how strong and powerful words are.

Please feel free to add any of your own comments about the program. (use the back of the sheet for more room.) I think that this

will help a lot of children who are bullied. I think that Garth did the right

thing about telling us about bullying but.

www.sticksandstonesmaybreakmybones.com

in a fun way.

Sticks And Stones May Break My Bones!!!

Student Questionnaire

1. Did you feel good after listening to the sticks and stones presentation by Garth?? Yes No
2. Did you have fun? Yes No
3. Did you learn anything you can use when it comes to people calling you names? Yes No
4. Have you ever been bullied? Yes No
5. Did you enjoy the program? Yes No
6. Do you think this bullying program would benefit other students your age?? Yes No
7. Do you feel good after learning about the power of words? Yes No

What part of the program did you like best?

When he told his weight and height. I thought he was brave.

How do you think this program would benefit another student your age?

I don't think it would, people my age don't really listen to this stuff, and don't care.

What did you learn?

I learned that I have the power of one.

Please feel free to add any of your own comments about the program. (use the back of the sheet for more room.)

I REALLY enjoyed this presentation, this man is my HERO!



Sticks And Stones May Break My Bones!!!

Student Questionnaire

1. Did you feel good after listening to the sticks and stones presentation by Garth??

Yes No

2. Did you have fun?

Yes No

3. Did you learn anything you can use when it comes to people calling you names?

Yes No

4. Have you ever been bullied?

Yes No Sort of ?!

5. Did you enjoy the program?

Yes No

6. Do you think this bullying program would benefit other students your age??

Yes No

7. Do you feel good after learning about the power of words?

Yes No

What part of the program did you like best?

I think my favourite part was
being able to feel good about myself @ the end.

How do you think this program would benefit another student your age?

it may benefit them by teaching
kids about the power of words.

What did you learn?

I learned that anybody
can be bullied about anything
even stupid things.

Please feel free to add any of your own comments about the program. (use the back of the sheet for more room.)

I think Garth should
keep doing what hes doing it's
GREAT!!!!

Sticks And Stones May Break My Bones!!!

Student Questionnaire

1. Did you feel good after listening to the sticks and stones presentation by Garth?? Yes No
2. Did you have fun? Yes No
3. Did you learn anything you can use when it comes to people calling you names? Yes No
4. Have you ever been bullied? Yes No
5. Did you enjoy the program? Yes No
6. Do you think this bullying program would benefit other students your age?? Yes No
7. Do you feel good after learning about the power of words? Yes No

What part of the program did you like best?

The part of the program I liked best was when he was doing the face reading.

How do you think this program would benefit another student your age?

I think it could benefit another student by helping them get through the bullying.

What did you learn?

I learned ~~that~~ how you can tell what kind of person you are by the face reading.

Please feel free to add any of your own comments about the program. (use the back of the sheet for more room.)

I would just like to thank ~~Mr.~~ Garth for showing us all about how you can make words work for your benefit.

Student Survey Summary

These numbers represent a summary of all the surveyed questions received, from eight schools visited.

	R	C	D	E	G	M	S	A
Did you feel good after listening Average 86.5	63%	76%	97%	91%	81%	93%	93%	98%
Did you have fun Average 83.5	52%	62%	95%	97%	83%	93%	88%	98%
Did you learn anything Average 85.6	65%	80%	99%	91%	85%	90%	91%	84%
Have you ever been bullied Average 75.7	73%	76%	73%	62%	77%	89%	85%	71%
Did you enjoy the program Average 84.8	61%	65%	95%	92%	81%	93%	93%	99%
Do you think its good for students your age Average 86.8	71%	76%	99%	94%	92%	90%	93%	80%
Did you feel good about learning about the power of words Average 81.5	60%	65%	100%	91%	83%	82%	84%	87%

Code for the schools

R= Roberta Bondar Public School
 C= Colonel J. E. Farewell Public School
 D= D. A . Fairman Public School
 E= Eastview Jr. Public School
 G= Gertrude Colpus Public School
 M=Meadowcrest Public School
 S= St. Judes Catholic School
 A= Applecroft Public School

Students Were Asked...?

What did you enjoy the most??

(Taken from over 1800 responses)

- The part that I liked most was when we wrote down the names that bullies use and then threw the paper out because it made me feel better
- I liked how you taught people to fight verbal bullying
- I liked the whole thing it was entertaining and informative at the same time
- I liked the permission slip part I found it got the point across really well.
- I learned that I am in control of how I feel.
- Writing on the slips really helped me move on!! Thank you so much
- I like the part when you guys gave the papers and let us write the mean words because I felt like I'm letting go of the word and it made me forget the word and I feel much more better.
- The whole presentation was great I loved when he told personal non fiction stories
- I like all of it there wasn't any part that I favored more than one
- I liked the entire presentation equally because they were all amazing
- Different activities Garth did to prove names hurt and how to prevent it
- How it made me feel after, I liked it
- I like how it will help a person who has low self esteem
- I liked it all and I think it would benefit anyone whether they are a bully or a victim because it shows what damage you do to the person and how the victim can learn to deal with it
- It was the best bullying presentation ever, But you could add some examples of other students that you helped through your presentation
- I learned that words aren't mean, the meanings are.
- This was the best presentation ever in the school, very fun!!!

What did you learn???

(Taken from over 1800 responses)

- I learned you have to stand up for yourself if something is wrong
- I learned if you were a victim of bullying, you can help yourself and feel better and keep your head up high so people won't bother you.
- I learned NOT to bully others!!
- I learned other people were and are bullied too!
- A lot.. I learned how to stick up for myself and about keeping a word in or leaving it out.
- I learned if you are bullied you can throw the words away , which helps a lot!!
- I learned a bully doesn't pick on someone that has confidence
- I learned to think about the words and evaluate it myself.
- I learned if you throw away the words, it doesn't hurt as much.
- Not to allow words to bother me....take a stand for bullying!!!
- I learned DON'T CALL PEOPLE NAMES!!!!!!
- I learned that you should be confident with yourself and not be put down because of how you look or how tall you are.
- I learned that we choose to let the words people call us in. If we really want, we can let go and move on.
- Don't believe every thing anyone calls you.
- I learned how to take hurtful words into something funny.
- People can tell what you are feeling by the way you look....posture etc.
- I learned many things but what I liked best was how to get words out of our head
- I learned to think about other peoples feelings.
- I learned not to bully others, ignore what people are calling you.
- I learned that you don't have to keep names bottled in you for ever.
- I learned that bullying is the wrong way to go
- Everyone should be treated the same not because they are different
- Words hurt, so do sticks and stones
- I learned that words might not look like they hurt but they do to the person
- Not to feel bad when I'm called a name

What do you think other students will learn???

(Taken from over 1800 responses)

- I think it will go good because if it went good with me it will go good with them because nothing makes me happy!!!
- It will boost their confidence and teach them how to stand up while having fun.
- **** They will learn more than any other presentation that we have had.***
- This program would benefit everyone my age by everyone knowing the same program then everyone my age won't do those things to each other that were shown in the presentation because they know how they will feel afterwards.
- I think another student would benefit from this program because they can also throw away any names that have ever bothered them and feel relieved..
- They will learn some tips about what to do when being bullied
- This program helps them learn what to do when they are being bullied.
- I think that it would benefit other students because it helped me with it, so why not other students!!
- People my age go through bullying on a daily basis so it is very helpful.
- Informative.....would show them how to ignore it....
- I think this program will benefit another student because it would make them feel much better about themselves.
- I think it would benefit another student my age because Garth made everything exciting but still we were able to learn.
- It gives people a lot of confidence and if they get bullied often, it puts them in a place where they don't feel so alone.

To Leave Their Own Comments

(Taken from over 1800 responses)

- Thank you for helping me Garth, with your wonderful stories and presentation.
- I loved this program it's like my favorite bullying program
- I really enjoyed this presentation, this man is my hero!!!
- I feel that this was the best bullying presentation yet!!!
- It was really interesting.
- Good job!! On your presentation it was really good and I know a lot of kids learned from this presentation and Garth you did an AWESOME JOB!!
- It was fun and a lot better then the other presentations we have had.
- I thought the ohhhhhhs and ahhhhhhhs were hilarious . Please do continue your performance it was great!!!
- ***It was the best presentation ever in the school very fun!!!
- ***It was awesome best presentation yet by far.
- You guys did an awesome job keep up the AWESOME work, Garth you are hilariously funny, Keep it up.
- It was the best program I've seen this year. Also it was very good advice.
- The program was great, please continue this because kids won't get bullied.
- Thanks for teaching us to value ourselves and showing us that if we do get bullied, we are not alone.
- The presentation well spoke to me in a different way than any other bullying presentation.
- It was the best presentation I have seen.
- I think it will get the message across to bullies, victims and bystanders for every school
- I feel the program is great, it is helping us to prevent bullying
- I think the program was really fun and it got me thinking, how I shouldn't let words bother me
- Thank you for coming to our school I really appreciated it

Ambassador Training

Roberta Bondar Public School, Ajax, Ontario

1. Did you use the tools since we last met?

Give us an example

- A friend was feeling bad about a death of a family member and I told her to sign off on a permission slip that nothing would get better and she didn't sign it because she knew they would.
- My friend Raza said he was going to fail his science test so I said "let's sign off on that" he felt better after he had written it
- I used them on my mom when she said she can never change my brother
- My friend said he couldn't ride his bike fast so I gave him a permission slip
- To tell myself that the words that people say don't mean anything

2. What did using the tools do for you?

- It taught me how to discover the true meaning of things
- It made me see that you can do what you want if you try
- The permission slip helped me and my mom and my brother
- It helped me understand that the words people say to me don't mean anything
- It made me feel good about myself

3. Have the tools changed the way you speak to yourself? Yes 86%

4. What did you notice that had changed?

- The way my confidence level has gotten better and the way I feel about myself making new friends
- Nothing much has changed I just see how much people talk negatively about themselves
- It doesn't bother me as much anymore
- I noticed my brother passed the level in the game
- I noticed that I am more positive in the way I speak to myself and others

5. Please feel free to add any of your own comments

- Keep your head up high, lead your walk with your body, not your head and discover the true meaning of things

Ambassador comments training continued:

Gertrude Colpus Public School, Oshawa, Ontario Grade 6 + 7

“Garth came back to Gertrude Colpus and provided a workshop for some of students, not only were they entertained, they understood the important message. Before leaving, thirty-five unprompted students gave the workshop at standing ovation.

I would highly recommend this program for your school.”

Tracy Phillips
Teacher-Librarian

“After your training I used the training to help my mom. She told me that “she would never get a better job than working at Tim Hortons” Then I told her to “sign off on it” just like you told me to do. Then I showed her how to put down what she wanted.....The next week my mom had 2 job offers!”

Grade 7 student
Gertrude Colpus Public School
Oshawa

“I gave myself permission to become the valedictorian...I did! Thanks Garth”

Grade 8 student
Gertrude Colpus Public School
Oshawa

About The Presenter:

Garth Riley- Confidence Coach, TV Talk Show Host

It is hard to imagine that a person who today stands 6’6” tall and weighs 290lbs was bullied as a child.

From the ages of nine to fifteen years of age Garth experienced the effects of being a victim of bullying. He experienced racial / religious discrimination, segregation and physical abuse at the hands of bullies.

Then one day it all stopped!

He learned the power of words, how to use them on himself first and then in communication with others. He will share his colourful insights and tips with your young audience which will keep them engaged throughout.

It’s no wonder he has been known for being outspoken and “straight to the point” on his network TV show. Garth’s TV credits include being host of THE RILEY ALTERNATIVE for five seasons, appearances on The W-Network. Currently the Monday & Tuesday evening Host of **FIRST TAKE LIVE** on **Channel 12 CHEX TV**.

www.garthriley.com



*The Sticks and Stones Team
Janet Donovan, Garth Riley & Jennifer Adamson*

PRICING

55 Minute in School Presentation (Up To 200 Students)	\$1,000.00
2 hr Ambassador Training (12 - 15 Students)	\$600.00
2 hr Professional Day Training (20 - 30 Attendees)	\$600.00

PACKAGES

STICKING AROUND

- 55 Minute in School Presentation Plus
- Ambassador Training (Presented Same Day)

\$1,300.00



STEPPING STONES

- 55 Minute in School Presentation
- Professional Day Training

\$1,400.00



LEAVE NO STONE UNTURNED

- 55 Minute in School Presentation
- Ambassador Training (Presented Same Day)
- Professional Day Training

\$1,700.00



* Some travel considerations may apply.

**If partial or full funding requires subsidy, see Subsidy Requirement Sheet

Subsidy Requirement Sheet

Does your school or community group need a partial or full subsidy of a Sticks And Stones May Break My Bones™ program?

Our Five Step process may be your solution:

We believe that EVERY student is important regardless of the social economic conditions in any geographic area.

Over the years we have established relationships with local and national service organizations and corporations. Many are looking to help communities in very unique ways. While funding is at times limited, we will do our best to leverage our existing relationships and forge new ones where required in order to achieve the aim.

If your school or community group has a unique set of financial challenges and partial or full subsidy is required, simply follow the instructions below and we will work with you and our contacts to see how we can be of service.

Step One:

Simply tell us your unique story. Describe in detail why you believe having this presentation will be an important asset to your school.

Step Two:

Provide a description of your unique circumstances necessitating subsidy.

Step Three:

List other programs already booked for the current school year.

Step Four:

Specify the amount of subsidy required.

Step Five:

Ask your superintendent of education to send a supporting document along with your request.

All information can be sent to:

info@sticksandstonesmaybreakmybones.com

We look forward to being of service and working with you to help make this presentation and training a reality in your school.

Contact Page

Websites

www.sticksandstonesmaybreakmybones.com

www.garthriley.com

Email

info@sticksandstonesmaybreakmybones.com

Contacts

Garth Riley:

Co-Founder, Program Development, Creative Director, Facilitator, Sales, Trainer

garth@sticksandstonesmaybreakmybones.com

416-303-5441

Jennifer Adamson:

Vice President and Co-Founder, Administration, Sales, Client Relations, Trainer

jennifer@sticksandstonesmaybreakmybones.com

905-626-0755

Janet Donovan:

Vice President and Co-Founder, Sales, Client Relations, Community Liaison

janet@sticksandstonesmaybreakmybones.com

647-274-4959