

### **IMAGINE...**

**Watching helplessly as someone you care about was being bullied!**

I was heartbroken when I witnessed my little brother being injured at a mall's food court, suffering catastrophic injuries. Worse was the cruelty and bullying that my brother endured at the hands of others after his injury: even from people we knew and from programs that should have been there to help us.

### **ABOUT US**

My name is Parys. I'm a 17 year old who believes that kids can make a difference in the world. **We need to have the courage to speak up to be heard.**

I'm a founder of, and my Mom, brother and I are leaders of K.A.R.E (Kids **A**ctions **R**eally **E**nergize) Power: a grassroots youth action initiative where community challenges are identified: where we try to empower others by offering opportunities to get involved in school-based projects in an effort to make a difference: current project, "A Night in Harmony".

We first came up with the idea of K.A.R.E. after I witnessed an incident that left my brother with catastrophic injuries followed by many family and personal traumas. One moment in time changed our lives irrevocably forever.

My mom told me that bad things can happen to good people, but it is the attitude we bring to the table and how we choose to deal with the problem that determines how it will turn out in the end. She encouraged my resiliency and for me to use my experiences for good.

The years since my brother's injury has been filled with life-changing lessons: heart-breaking lessons of loss of control, a feeling that no one cares, poverty, acceptance and homelessness. Through this, I learned the true meaning of family, and what it's like to have and give unconditional love.

All K.A.R.E. projects are personal to me, they have touched my family and I in some way: I have more than just empathy; I have understanding of many life situations.

My family's passion is breaking down prejudice, ignorance, and fear.

**"Change must happen,  
it starts with one voice  
My voice....and others like mine....join me"**

### **REACH OUT ☺**

Are you creative? Great! Use it and make a difference within your community! Your voice will be heard and you'll meet an awesome group of people who feel just as strongly about community as you.

So... email us any ideas for our current project and/or future projects and get involved!

### **Contact Us:**

Email: [karepower@gmail.com](mailto:karepower@gmail.com)

Facebook: K.A.R.E. Power

Website: [www.karepower.org](http://www.karepower.org)

If you can contribute in any way, please contact us.  
Every little bit helps!!

# "A NIGHT IN HARMONY" Anti-Bullying Initiative

David Thompson Secondary,  
1755 East 55th Ave Vancouver

May 23, 2013 from 6:30–9:30

## **K.A.R.E.** (Kid's Actions Really Energize) **POWER**



**TOGETHER**  
our "KAREing" actions  
have the **POWER** to make a difference

## WHAT IS A "NIGHT IN HARMONY"

A multi-school and community Anti-Bullying project that addresses the many aspects of bullying in our everyday lives through an Arts and Entertainment night: there will be an Art Gallery and theatre component to the evening.

## WHO CAN BE AND IS INVOLVED?

- ♥ Schools (Elementary, Secondary, Public, Private): departments, staff, coaches, counsellors, etc
- ♥ Community groups, organizations, programs, etc
- ♥ Sport teams & Individuals within the community
- ♥ Anyone with passion

## GET INVOLVED 😊

### SPREAD THE WORD

- ♥ Tell your friends, family, co-workers; post the event on your Facebook page, etc

### WEAR THE K.A.R.E. COLOR

- ♥ Wear yellow on the evening of "A Night in Harmony" (or any other) to show you K.A.R.E.; that you are a supporter of friendship and courage. Show others that if you have the courage to stand up and speak out against bullying, brighter days WILL come.

### PREPARE A SUBMISSION FOR THE EVENING

- ♥ Put something together that can be performed in the theatre component of the evening. For example: a play, sing, dance, skit, slam poetry, etc
- ♥ Prepare a piece for the Art Gallery: write a poem/story make a painting, drawing or sculpture, take a photo
- ♥ Schools, make it easy for students to be involved; create an assignment that can be collected and used for a submission

### BE A VOLUNTEER AND/OR SPONSOR CONTACT US

- ♥ Be a Student Liaison
- ♥ Help to organize, set up and clean up: before, during and after the "A Night in Harmony", etc
- ♥ Be a sponsor and/or donate a little something

## THE AIM OF "A NIGHT IN HARMONY"



### STRENGTHEN

- ♥ Communities while showcasing talents and abilities
- ♥ Awareness and IDENTIFY Anti-Bullying behavior: words and actions can help or hinder. Demonstrate how your words affect those around you

### REINFORCE

- ♥ ZERO tolerance for bullying & show people do KARE

### CREATE A SENSE OF ACCEPTANCE & BELONGING

- ♥ Provide a meaning to belonging - open to everyone
- ♥ Take away feelings of isolation: form new bonds and develop new friendships

### EMPOWER

- ♥ Voices often times ignored and forgotten

### DEVELOP A SENSE OF HIGH SELF-WORTH, ESTEEM AND CONFIDENCE:

- ♥ Provide a place where anyone can take initiative, express ideas and showcase gifts with NO judgment
- ♥ We hope to break down preconceived ideas of people and focus on ability versus DISability
- ♥ Volunteer and hands-on-experience can be used on resumes and/or University applications

## ACCEPTING NOMINATIONS EXCELLENCE IN EFFORT AWARD

Submit your nomination that recognizes the effort of an individual; an individual who has kept trying even though they know if they continue, it will be difficult: recognition of perseverance towards their goal, NOT the attainment of a goal (**one IPAD will be awarded** through Western Society for Children)

- ♥ We are looking for additional award items. For example, \$20.00 gift cards from places like Starbucks, movie tickets... (so nominees can share a little something with a friend). ♥ Are you able to help with this?

## MESSAGE

By participating, it shows that our community can come together as one. It shows, you DO K.A.R.E. and bullying will NOT be tolerated. It supports that everyone has their own unique story to tell; we need to learn to listen and not judge someone just by who and what we may perceive them to be.

We will emphasize people do K.A.R.E and that every one of us goes through hardships, but there is help. We need to unite together, and help support each other in our times of need, instead of putting each other down or making things worse through actions and/or words.

## IDEA GENERATOR

THEME: Bullying

MEDIUM: Be creative!

- ♥ Represent negative words like, isolation, silence, jealousy, etc: .....or
- ♥ Depict positive words like intelligence, solutions, etc
- ♥ Portray: What is it like to be bullied & to spot a bully?
  - How does it feel to be bullied, be the bully, be the person witnessing what's going on?
  - What would the world look like without bullying?
  - What is it like to be a bully – why do you do it?
  - Impacts and barriers caused by bullying?