

# Equity Newsletter

Newsletter of Upcoming Initiatives and Dates of Significance



TVDSB opposes hate in all its forms, including the recent anti-Asian racism and misogynistic attacks in the US. Educators wondering how to discuss recent events with students are invited to review the following resources:

1. <https://www.etfo.ca/BuildingAJustSociety/EquityResources/Pages/Anti-AsianRacism.aspx>
2. <https://www.learningforjustice.org/sites/default/files/general/TT%20Difficult%20Conversations%20web.pdf>

## Meet the TVDSB Equity Team

The TVDSB Equity Team is excited to meet with staff about promoting equitable and inclusive education initiatives throughout Thames Valley.



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## Important Dates of Recognition

- Sikh Heritage Month (April)
- World Autism Awareness Day (April 2)
- Good Friday (Christian, Low German Mennonite, April 2)
- Easter (Christian, Low German Mennonite, April 4)
- Ramadan (Islam, April 13 - May 12)
- Baisakhi (Hindu, Sikh, April 14)
- Feast of Ridván (Bahá'í, April 20 - May 2)
- Mahavira (Jain, April 25)
- Ninth Day of Ridván (Bahá'í, April 28)
- Holy Friday (Orthodox Christian, April 30)

**Sikh Heritage Month** is recognized in **April** every year in Ontario. Schools are invited to explore resources available at <https://www.sikhheritagemonth.ca> and to share their initiatives using **#TVDSBInclusive & @TVDSBEquity**.



## HOW TO PROMOTE HEALTHY MASCULINITY

10 tips for promoting healthier masculinities among boys and young men:

### 1. MODEL A FULL RANGE OF HEALTHY EMOTIONS.

For boys, it's especially important to see you express a multitude of feelings, including sadness, loss, frustration, delight and happiness.

### 2. EXPRESS AND IDENTIFY YOUR OWN FEELINGS.

Children can understand more easily when you give a reason for your reaction, e.g. "I'm crying because I'm sad and upset," "I feel frustrated because I can't find my book," "This thunderstorm scares me."

### 3. DISCUSS GENDER STEREOTYPES AND THEIR IMPACTS.

Explain to boys that not sharing our feelings may make us feel depressed, and that not talking about why we're angry or upset may lead us to use violence.

### 4. DIFFERENTIATE BETWEEN PHYSICAL STRENGTH AND STRENGTH OF CHARACTER.

Boys need to hear that expressing feelings and emotions is very healthy, and that being strong is as much about being gentle, respectful and kind as it is about muscles.

### 5. ENCOURAGE AND CELEBRATE SELF-EXPRESSION.

Let boys know it's okay to step outside the "man box" and take on behaviours and choices associated with any gender.

### 6. CELEBRATE HEALTHY MASCULINITIES.

A healthy masculinity is one that's devoid of stereotypes; promotes kindness, empathy and peaceful interactions; and empowers boys to be confident in their true selves.

### 7. CONSIDER POSITIVE DISCIPLINE OVER PUNITIVE DISCIPLINE.

Controlling a child's behaviour with corporal or punitive discipline practices lead to poor modelling and undeveloped skills in getting along with others. Consider more positive alternatives to gain a child's cooperation, such as logical consequences, time-outs, acknowledging desirable behaviours and reinforcing forgiveness of wrongs.

### 8. MODEL AND TEACH BOYS ABOUT CONSENT.

It's never too early to talk about consent in broader terms using everyday examples (ask permission to borrow a toy; ask first before giving your friend a hug.) In later years, talk about it as a foundation for healthy and respectful relationships.

### 9. HELP BOYS UNDERSTAND GENDER AND SEXUAL DIVERSITY.

Teach boys that some boys grow up to be attracted to other boys, some girls are attracted to girls, and some young people don't want to identify as a boy or girl.

### 10. EDUCATE BOYS ABOUT GENDER EQUALITY.

Help them learn the definition and value of allyship, and the importance of speaking out against gender-based violence, racism, homophobia, transphobia, etc.

### WHAT YOU CAN DO

Take the White Ribbon pledge, or sign up for our newsletter to receive more information and stay in touch.  
[www.whiteribbon.ca](http://www.whiteribbon.ca)



white ribbon

## Promoting Healthy Masculinity

The TVDSB Equity Team continues to receive requests from schools related to promoting healthy masculinity. Educators looking for resources for supporting these conversations are invited to review the following resources:

1. **White Ribbon Campaign:** The White Ribbon Campaign is "the world's largest movement of men and boys working to end violence against women and girls, promote gender equity, healthy relationships and a new vision of masculinity." For more information, go to: [whiteribbon.ca](http://whiteribbon.ca)
2. **Next Gen Men:** Next Gen Men is committed "to engage, educate, and empower boys & men around gender & equality." For more information, go to: [nextgenmen.ca](http://nextgenmen.ca)

Schools requesting support with these conversations are invited to contact members of the TVDSB Equity Team.

## World Autism Awareness Day - April 2

"The United Nations General Assembly unanimously declared April 2 as World Autism Awareness Day, to highlight the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as an integral part of society." For more information, go to: <https://www.un.org/en/observances/autism-day>

World Autism Awareness Day presents an opportunity for all TVDSB staff to deepen their knowledge of Autism Spectrum Disorder, in order to serve the learning needs and affirm the identities, lived



\*Educators are reminded to use a Trauma Sensitive Approach when discussing identity. For more information, go to: <https://bit.ly/33RmHNT>

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