



The Abigayle Kempton Memorial Award

A.B.I. ANTI-BULLYING INITIATIVE

www.abinitiative.ca

Many schools are increasingly aware of the damaging effects of bullying. Bullying can leave permanent scars on the confidence and self-esteem of a teen. The effects of bullying can be devastating for all young people and can result in long-term emotional problems, diminished school success, student absenteeism, behaviour problems, parent complaints, and classroom disruptions. Bullying can even have deadly consequences.

Bullying can be stopped and early prevention and education is the key.

This award has been developed in memory of **Abigayle Rachel Kempton**, a former student from Baltimore and Dale Road Public Schools who died tragically on August 9, 2008.

Abi was artistic and enjoyed drawing and writing. Animation was her specialty and she had talked about becoming an animator one day. Abi always drew a little green gecko which is our symbol in support of anti-bullying efforts.

Our hope is that Abi's life story will inspire young people to make a difference. This award is to acknowledge caring students for showing compassion and concern for others by taking a stand against bullying in their school and community. This is an image that Abi would deeply treasure.

The recipient of the award will be chosen based on the following criteria:

1. Applicants must be graduating from St. Mary Secondary and Cobourg Collegiate Institute schools.
2. The student must be pursuing a post-secondary education within 1 year after winning the award;
3. The student must submit a 500 word typed essay using the ABI Award guidelines, describing how their concern for others and commitment to anti-bullying has made a significant difference in their school and community. The student must have demonstrated societal compassion and a high level of community involvement beyond the basic requirements for graduation.
4. The student must submit two character references to support their application.
5. The student must complete the application form by the deadline.

The winner will receive \$1000, a certificate, a car decal and an ABI Anti-Bullying Initiative pin and ABI bracelet. The award winner will have their name engraved on a large plaque donated to their school and will receive an ABI keeper plaque.

All application packages must be dropped off at the school Guidance Department prior to June 1st of each year. Applications will then be forwarded onto Abi's family who will choose the final award recipient.

We hope this award will become one that students will strive for and one they will be very proud to receive.



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APPLICATION:

Name: _____

Address: _____

Telephone: _____ E-mail: _____

Secondary School: _____

Please list Universities/Colleges applied to:

University/College:	Program
_____	_____
_____	_____
_____	_____

List volunteer activities related to criteria of award:

ESSAY:

By using the attached ABI Guidelines, submit a 500 word typed essay, describing what efforts you've made over the years to eradicate bullying and how you have made a difference in someone's life by showing compassion and concern.

DEALINE: All application packages must be dropped off at the school Guidance Department prior to June 1st of each year.



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- GUIDELINES -

**What does it mean to be an ABI person and how do I qualify for the ABI Award?
It means to have compassion and courage.**

Here are some guidelines and things you can do to help qualify for the Abi Award:

- Join and/or form a student group (i.e. ABI Committee) in your school to promote the idea that bullying is a community problem and can only be beaten with broad school and community action and vigilance. Being an ABI person means you are available to discuss issues and to provide a confidential place for someone who is being bullied to retreat to, talk and feel comforted.
- Let it be known that as an ABI person you are part of a larger group and will not stand by and let bullying happen to your friends.
- Befriend someone new to your school. Everyone has the right to be respected and the responsibility to respect others.
- Watch out for others who are alone and invite them to hang out with you and your friends.
- Help plan activities in your school and community.
- If someone is being teased or bullied, go to that person, intervene, take the bully aside talk to them.
- Participate in the Canadian Red Cross RespectEd Stand Up to Bullying Program.
- Make yourself available to talk to someone who is being bullied. It is much more likely that that person will open up to a fellow student rather than an adult.
- Keep in touch with someone you know is being bullied, have lunch together or just hang out for awhile. Being bullied brings on feelings of isolation. It feels like no one cares.
- Be aware of the more insidious forms of bullying that now occur, text messages, Instagram and other forms of social media. Do not fall into the trap of interacting with people who wish to use this faceless way of hurting someone.
- Keep school staff informed and bring serious situations to the attention of professionally trained people where there may be potential for physical harm to yourself or others.
- NEVER GIVE UP ON ANYONE!

Remember the success of this initiative is in the hands of each and every student.

YOU CAN MAKE A DIFFERENCE!