



PRESS RELEASE

The Ontario 5 Pin Bowlers' Association and Bowl Ontario 5 Pin organizations are both committed to the prevention of bullying and cyber bullying when it comes to our adult or youth athletes and association members.

As society evolves and individuals have access to the ever changing and expanding landscape of platforms and media outlets being made available to all, we as individuals need to be vigilant and remain educated in the possible expanding forms and identification of issues that could affect anyone, at any given time.

Bullying is only one of the issues our modern society faces daily, and we urge everyone to make themselves aware of how to identify and assist anyone facing this type of issue. Rest assured, though previously thought to be an issue faced only by youth, adults can experience this issue as well.

Below, please find sources of information meant for the purpose of education and awareness. If you or anyone you know is dealing with anything listed in these publications, please tell someone or contact a trained professional versed in this matter.

We are only alone if we allow ourselves to be alone. "It is during our darkest moments that we must focus to see the light." — Aristotle.

Please stay safe.

Public Safety Canada

<https://www.publicsafety.gc.ca/cnt/rsrscs/pblctns/blng-prvntn/index-en.aspx>

Bullying Canada

<https://www.bullyingcanada.ca/>

Canadian Mental Health Association

<https://cmha.ca/find-help/if-you-are-in-crisis/>

Kids Help PHone

<https://kidshelpphone.ca/>