

My First Activity Book Of “I SAY NO”



Acknowledgment

This booklet contains sensitive topics which should be carefully presented with the appropriate behaviours and understanding. Many individuals will relate and will be able to encourage them to stand up for themselves. It is important to remember that you could be helping a victim within your group and will allow them to feel they are not alone. Remember no joking and no mean comments. I hope you have enjoyed and were able to learn an important lesson throughout this activity booklet.

Thank you

What is Family Violence?

Family is often a safe zone for many individuals, where they can rely on for support, care and love. However, that may not always be the case for everyone as some may say their work, school, or even outdoor is an escape from home. This occurs when there is violence among families where the individual is encountering abusive behaviour from their members where their lives are at risk of being harmed, injured, or controlled. The violence that occurs within a household is when the abuser is trying to display power by using force and taking drastic steps to ensure their position. Family violence comes in various forms that could be associated with domestic violence, child abuse, elder abuse, or intimate partner violence. This can make a huge impact on the victim and it can change their perspective toward family and relations. Individuals who grew up in a different household environment would often see violence as normal. This allowed them to believe that it corrects one's behaviour or changes the way how the household is operated. This occurs as violence is a learned behaviour due to what we see every day. This can be influenced by the way the individual grew up where the idea of family violence is passed down. This can be known as “**Intergenerational Transmission of Violence**” which occurs when the abuse travels through generations. This is why many cases of abuse such as child abuse, siblings abuse, and partner abuse occur as many abusers learn to abuse from their parents. They often portrayed the idea that family violence is a normal environment, where they believe it gives them the ability to control. Violence is common within families where many members, including children, elders, and disabled individuals are vulnerable to these experiences. One of the common family violence that is seen in society is **Child Abuse**, where the child is mistreated and has a lack of care by their parents/guardians resulting in injury and harm. There are many forms of abuse that occurs such as:

- **Emotional Abuse**
- **Physical Abuse**
- **Sibling abuse**
- **Sexual Abuse**

Each of these abuses will be explored and understood throughout the lesson plan activity, where you will understand the impact it has on a child and will be able to identify signs and what you can do to help. The goal of this activity book is to allow you to understand child abuse and recognize different methods to help individuals who are victims.

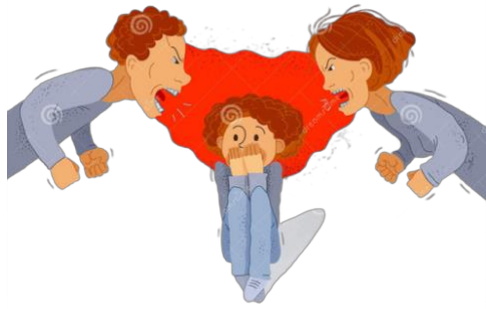


What is Child Abuse?



There are many children around the world suffering from abuse within their households and outside of society. Many of them are finding ways to escape to find a safe comfort zone, where they could be heard to make changes to their living arrangements. The occurrence of child abuse can occur due to Intimate Partner Violence as the child is trapped in the parent's fight. Intimate Partner Violence is when the abuse occurs between former spouses in a relationship that causes a negative impact on the child. Child abuse occurs when the parent or the guardian chooses to mistreat the young individuals by considering extreme measures. Child abuse comes in various forms where the individual is neglected, physically, emotionally, and sexually. Children are an easy target due to the fact that they are seen as insensible and as "less of a person". The power that adults have over them can lead to abuse where they are manipulated and forced to comply with their elders. In turn, children fear speaking out about the abuse that they face. There are many causes why a parent would choose to abuse their child and one of them is facing financial issues. This often occurs when the parents see the child as a burden in their life, who they have to maintain and provide care for. This can lead the parent to neglect the child by forgetting who they are and ignoring their emotions. In this case, the parents would choose to take out their anger on the child by using harsh measures. This can be understood as **'Financial Abuse'** where the parents are being restricted from making personal financial decisions due to the responsibility of caring for a child. Child abuse impacts the child's behaviours where they tend to isolate themselves from others due to fear. This leads the child to block the emotion that causes them to face long consequences in future.





Types of Abuses

There are types of abuse that children endure where they suffer silently due to mistreatment by elders closest to them. They have experienced many traumas and display the characteristics of bravery and resilience of never giving up. There are four types of abuse they can encounter. The abuses that are commonly associated with Child Abuse are physical abuse, emotional abuse, sexual abuse, and siblings abuse.

Physical Abuse:

Physical abuse is when the abuser takes inconsiderable actions endangering the child. In turn, this can result in injuries like broken bones or bruises. Physical abuse is often the common type of abuse a child may face where the parents or the abuser would use materials or raise their hand to harm the child. This force is often taken to correct a child's behaviour or into enforcing their power. For instance, beating a child due to failure to comply.

Emotional Abuse:

Emotional abuse is when the child is put down due to a point where they feel worthless or sense the idea that they do not belong here. Emotional abuse is different from physical, where emotional abuse is invisible where it cannot be seen but understood through one's changes of behaviour. This abuse can be associated with verbal violence where they are manipulated, insulted, and emotionally neglected. For example, when a child is told that they can never do anything right or compared to another individual, it can cause the child to feel emotionally incompetent. This shows emotional abuse where the child is criticized for their actions continuously.

Sexual Abuse:

Sexual abuse is a form of violence when the abuser takes the advantage of the child by engaging inappropriately. This act can occur when the abuser is touching the child without permission or harassing and assaulting the individual. Sexual abuse can occur on many levels where it can go from inappropriate touching to rape. The rape culture is constructed by the social norms where that normalize sexual violence, which causes the development of pedophilia behaviours. A pedophile is known as an individual who is sexually attracted to younger children. For example, when a child is being touched unwantedly, it displays an act of sexual violence as they are not able to provide consent.

Sibling Abuse:

Sibling abuse is a combination of emotional, physical and sexual abuse among the siblings. This abuse can make an impact on one's life where it is adapted through the atmosphere of the household. Sibling abuse is often normalized by society due to the stigma displaying the idea that it is common for the act of violence. However, sibling abuse is unrecognized due to a lack of awareness in society. Not only that, but society has created an image where the abuse among siblings is taken lightly due to the fact violence is normalized between siblings. Sibling abuse can lead the child to suffer through nightmares, sympathy issues, and emotional outbursts. For instance, when an individual throws a tantrum and hits their sibling it is often ignored and told that it's common between siblings.



Child Abuse

Find the following words in the puzzle. The words are hidden up, down, left, right, and diagonal. Goodluck!

O	M	U	V	C	N	G	G	M	F	W	C	F	T	G	K	I	K	B	O
I	U	R	P	U	H	G	B	A	V	B	R	V	I	O	L	E	N	C	E
D	X	D	I	H	L	I	H	L	W	I	N	J	U	R	Y	S	S	Z	X
P	C	K	G	S	M	N	L	S	U	J	W	V	J	M	U	B	C	D	C
R	L	W	C	G	K	V	E	D	I	A	H	W	Q	O	U	W	H	T	E
I	I	R	Z	J	W	S	U	R	A	L	Z	C	T	L	Y	Y	I	E	S
V	P	H	Y	S	I	C	A	L	A	B	U	S	E	J	N	U	C	P	S
A	T	R	A	U	M	A	R	I	A	B	U	S	D	G	A	D	L	O	I
T	M	F	R	P	A	K	E	N	Z	B	L	S	E	S	M	E	T	L	V
E	R	B	H	E	B	D	L	J	W	Q	U	E	E	T	E	G	L	N	E
P	G	X	E	T	A	L	A	U	Z	D	C	S	T	S	C	R	U	E	C
A	U	C	L	O	N	Z	T	S	A	L	M	S	E	T	A	A	N	G	W
R	Y	O	P	U	D	C	I	T	S	Y	S	C	M	C	L	D	N	L	P
T	V	N	O	C	O	Q	O	I	Y	H	E	W	O	I	L	A	A	E	M
S	R	T	O	H	N	R	N	C	M	B	K	V	T	G	I	T	G	C	F
O	G	R	Z	I	M	A	S	E	T	Q	J	H	I	D	N	I	S	T	O
A	W	O	Y	N	E	O	H	K	Z	Q	W	H	O	L	G	O	W	Y	R
X	X	L	L	G	N	Q	I	T	D	E	L	S	N	J	N	N	J	P	C
Q	E	Q	Y	V	T	M	P	T	S	E	X	U	A	L	A	B	U	S	E
M	B	J	C	V	W	U	S	O	S	Q	Q	K	L	X	M	C	R	M	G

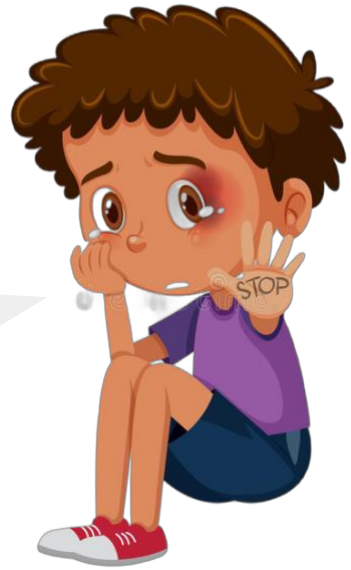
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NEGLECT
RELATIONSHIPS
TOUCHING
VULNERABLE

BRUISES
DEGRADATION
FORCE
INJUSTICE
PHYSICALABUSE
RISK
TRAUMA

My Body Safety Rules:

Remember it's your body! You and only you can make the decisions. No one else has the right to make the decision for you. You can say 'NO'



Here are some safety tips you can follow:

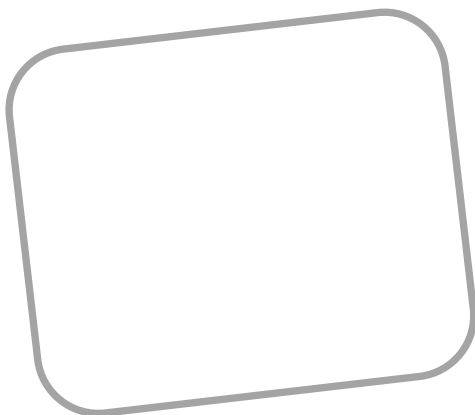
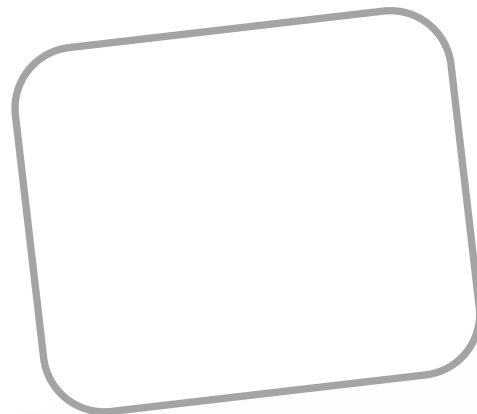
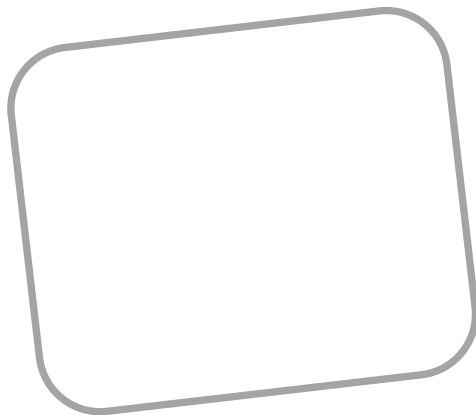
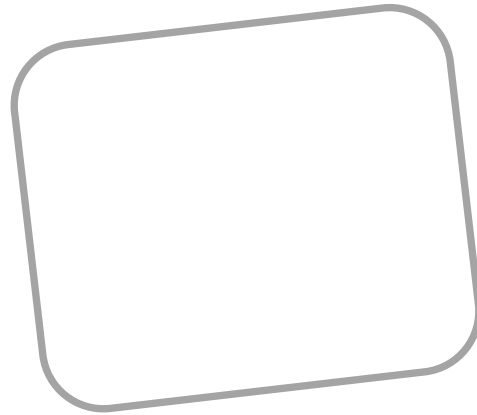
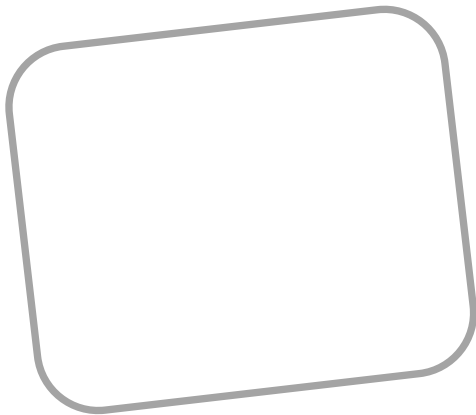
1. You have the right to choose who you give a high five, hug, or blow a kiss. (You are the boss of your body)
2. Always have 4-5 trusted adults. You should be able to share any incident with them and you know they will believe you. Your safety is their Number 1 concern.
3. Never keep secret. If you think your safety is compromised. Tell an adult
4. Always call your private part by its correct name. This create an easier conversation during any conflict. No one can force you to look or touch any of the private area.



_____ 's Safety Network

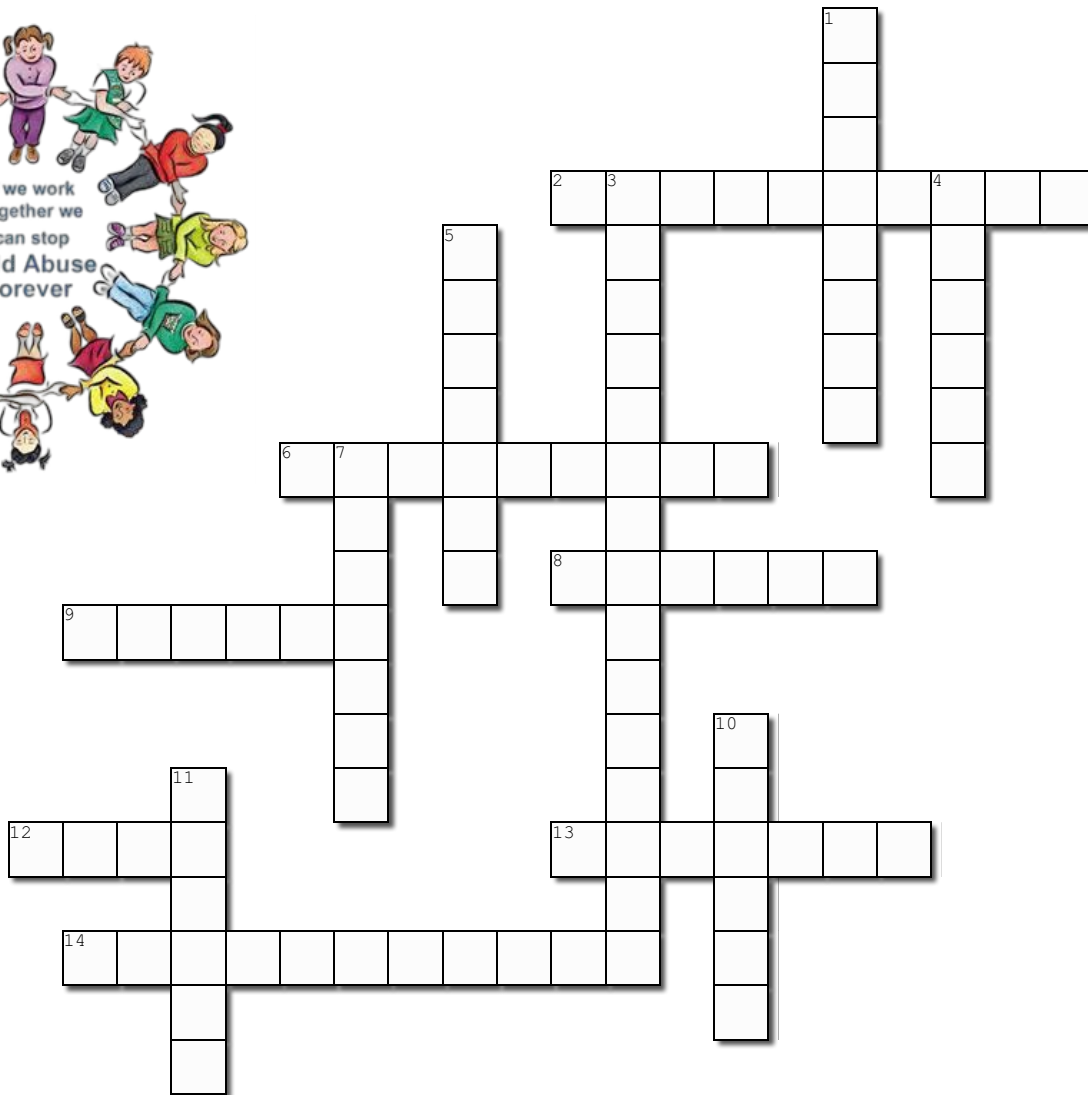
Every Individual should have at least 5 trusted adults who they can depend on. This ensure the individual that someone is there for their care and safety.

Let's practice knowing who is our 'Safety Network.' In each box, list the names of your trusted adults.



Understanding Child Abuse

Fill in the crossword with the missing word by reading the sentences displayed below. Match the number to the sentences with the correct word. Have Fun!



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. A lack of self-worth, may lead to sadness can result of _____
6. What is one way to report an abuse without disclosure.
8. Abuse can occur when violence is associated among one's _____.
9. When an individual is uncomfortable with someone touching or inappropriate gesture it is a _____ abuse
12. There are _____ types of child abuse
13. Providing the victim with _____ can provide comfort and protected
14. Occurs when a child is mistreated or uncared by parent/caregiver.

Down

1. Act of violence, such as beating, kicking, and punching is a _____ abuse
3. When a child is manipulated into feeling distress, guilt is result of _____
4. Sign of continuous _____ which result in treated/untreated care.
5. A child is commonly to experience abuse by _____
7. Type of abuse when a child is ignored/poorly cared
10. One can help a victim by _____ by seeing the signs and symptoms of abuse
11. When the individual has discoloured skin it is a sign of _____

How to Recognize Child Abuse



1. Unexplained injuries
2. Sudden change in behaviours
3. Isolate themselves
4. Fear of places
5. Falling asleep in class
6. Refuses to be touched or jumpy
7. Loss of hunger
8. TRUST YOUR GUT- If you think someone is being child abused, speak up and take action. You can make a difference



Scenarios Exercise: Identifying Child Abuse

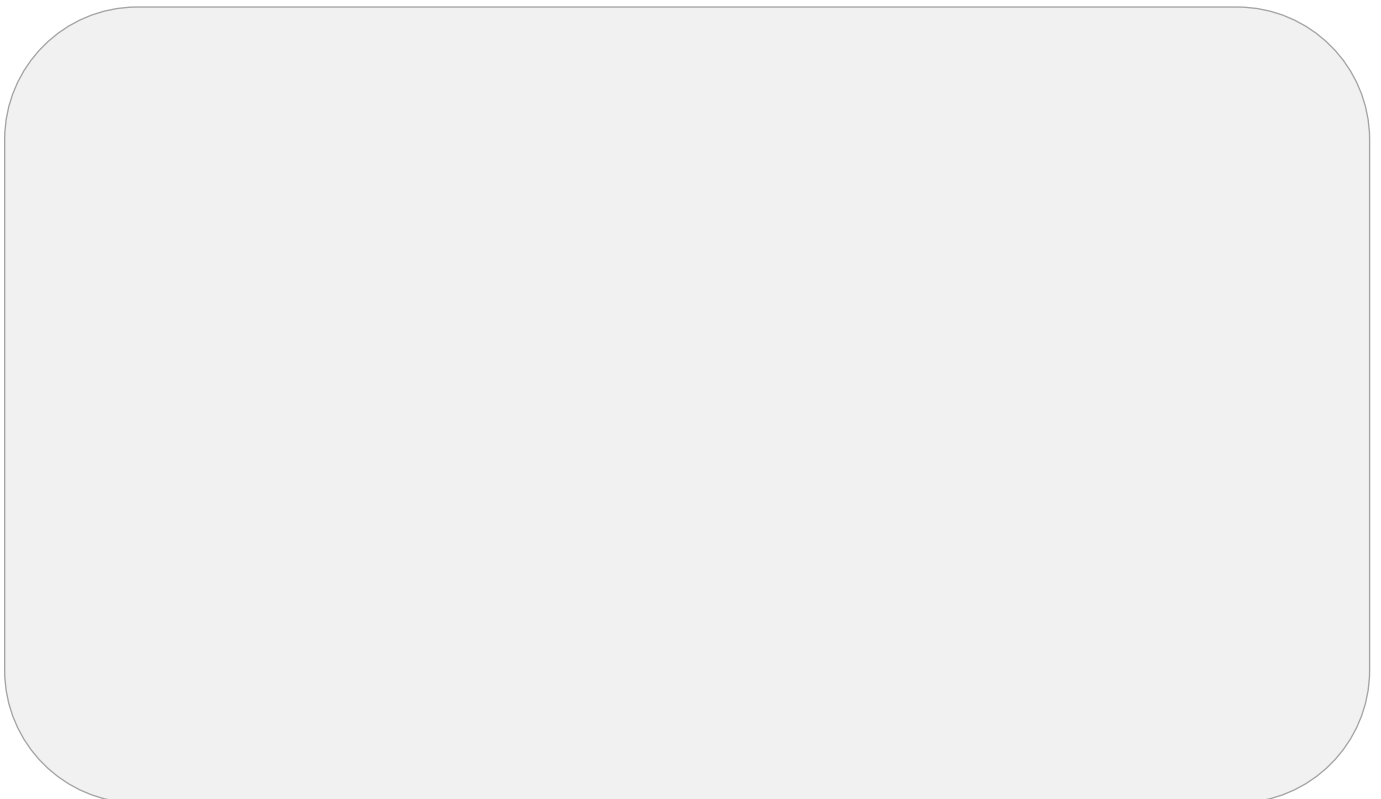
Instruction:

Read the cases below. Identify the type of child abuse and write points on what they/you can do in that situation to help.

Case 1:

Elizabeth, age 10, walked into the classroom with glasses. When she sat down, she was asked to remove her glasses but kindly refused. You asked her if everything was okay? She kept her face covered and nodded her head saying yes. She stated, "the glasses were there to prevent the light in her eye as it was too bright." You notice she had been keeping her distance from your classmate all day.

Identify the type of Child Abuse. What can they/you do to help?



Case 2:

It's recess. You noticed Braydon sitting by himself on the playground floor. You walked up to him to ask if he would like to talk. He agreed. Braydon tells you how he has been feeling worthless and useless around home and school. He thinks he is not good enough. You assure him that it's not true and express what you admire about him. Braydon felt better after talking together.

Identify the type of Child Abuse. What can they/you do to help?

Answer can Vary



Available Helplines:

Remember You're not alone. There's help available for you

KidsHelpPhone:

Available 24/7 to help individual suffering with mental health and abuse at home.

Phone Number: [1-800-668-6868](tel:1-800-668-6868)

Website: <https://kidshelpphone.ca/urgent-help>

Childhelp National Child Abuse:

Report and protect yourself from abuse.
(24/7)

Phone: 1-800-422-4453

Website: <https://childhelpline.org>

Ending Violence Association of Canada:
Several resources available to individual

Website:

<https://endingviolencecanada.org/getting-help/>

Hope for Wellness:

Offers immediate help to all individual across Canada (24/7)

Phone Number: [1-855-242-3310](tel:1-855-242-3310)

Website:

<https://hopeforwellness.ca/home.html>

Cybertip!ca

Know someone who need help, report and protect the individual anonymously.

Phone: [1-866-658-9022](tel:1-866-658-9022)

Website: <https://www.cybertip.ca/en/>

Other Helplines:

Police/immediate danger: 911

211 Ontario (Immediate assistance): 211

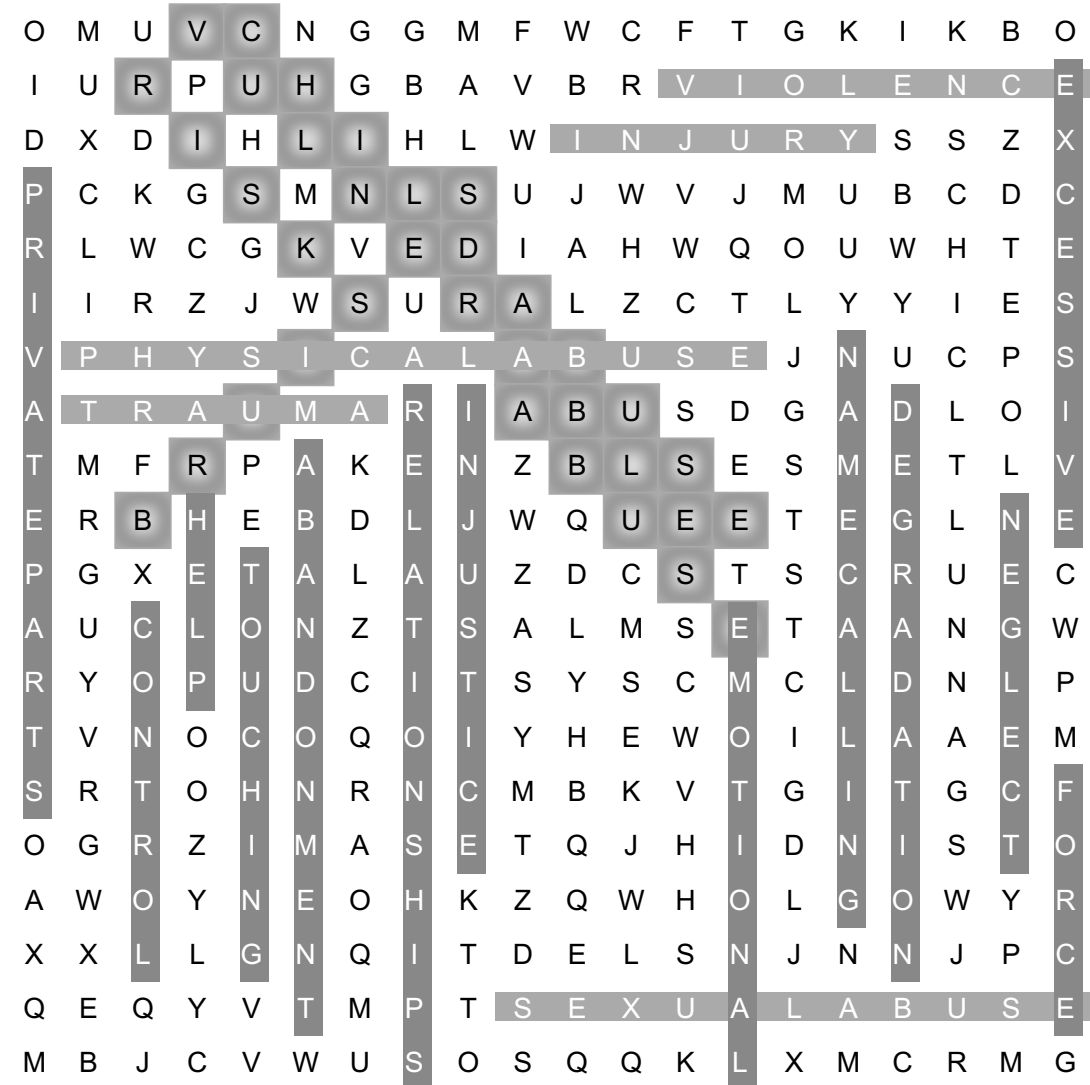
Children's AID Society of Toronto: 416-924-4646 or 1-866-527-0833



Answers

Child Abuse

Find the following words in the puzzle. The words are hidden up, down, left, right, and diagonal. Goodluck!



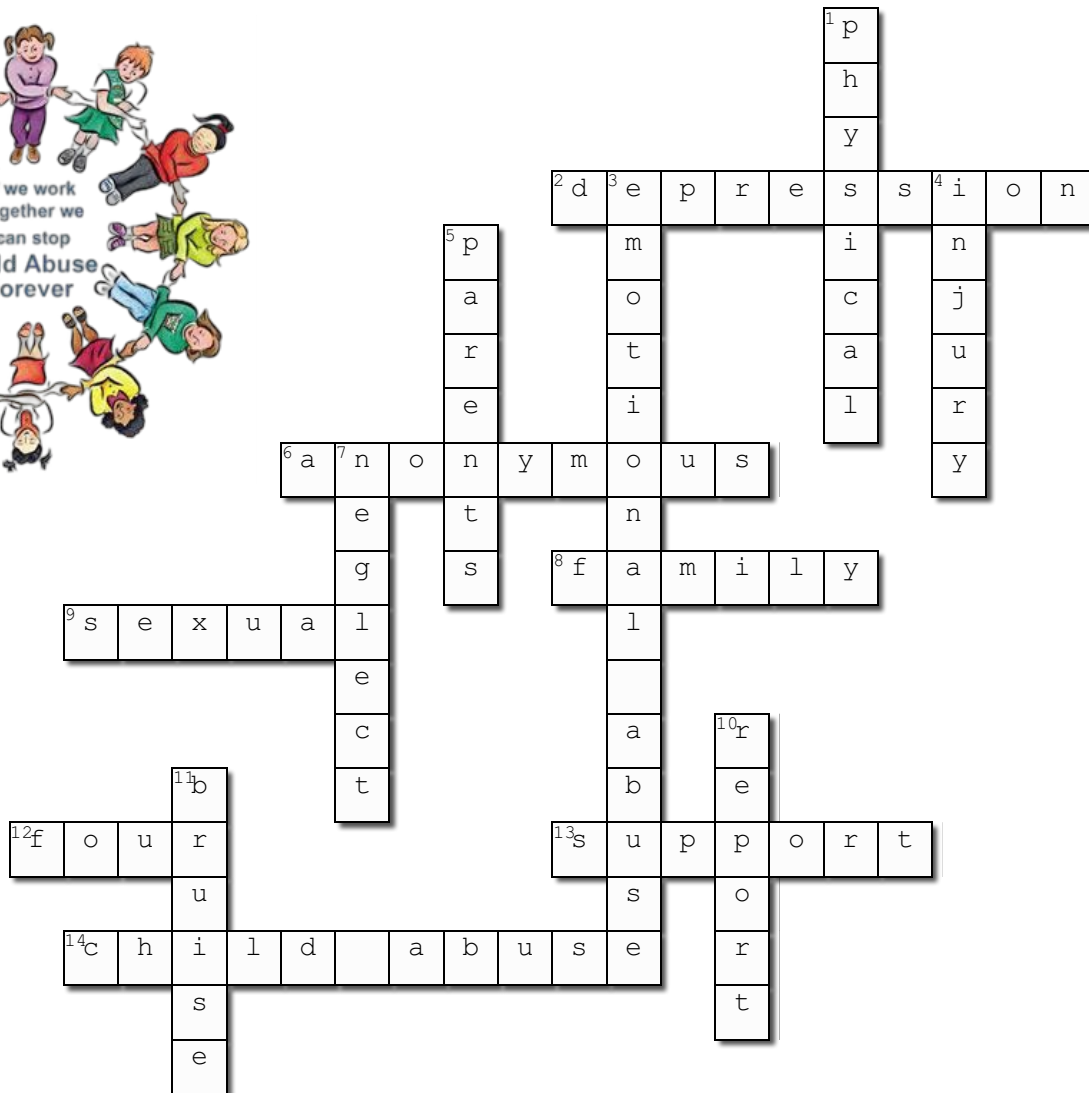
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Understanding Child Abuse

Fill in the crossword with the missing word by reading the sentences displayed below. Match the number to the sentences with the correct word. Have Fun!



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Across

2. A lack of self-worth, may lead to sadness can result of _____ (**depression**)
6. What is one way to report an abuse without disclosure. (**anonymous**)
8. Abuse can occur when violence is associated among one's _____. (**family**)
9. When an individual is uncomfortable with someone touching or inappropriate gesture it is a _____ abuse (**sexual**)
12. There are _____ types of child abuse (**four**)
13. Providing the victim with _____ can provide comfort and protected (**support**)
14. Occurs when a child is mistreated or uncared by parent/caregiver. (**child abuse**)

Down

1. Act of violence, such as beating, kicking, and punching is a _____ abuse (**physical**)
3. When a child is manipulated into feeling distress, guilt is result of _____ (**emotional abuse**)
4. Sign of continuous _____ which result in treated/untreated care. (**injury**)
5. A child is commonly to experience abuse by _____ (**parents**)
7. Type of abuse when a child is ignored/poorly cared (**neglect**)
10. One can help a victim by _____ by seeing the signs and symptoms of abuse (**report**)
11. When the individual has discoloured skin it is a sign of _____ (**bruise**)

Number 1 Book
for
Children

Creative Approach to Acknowledge the Violence Amongst Family

Learn and Engaged with
Activities

Fun Interactive way to Learn

